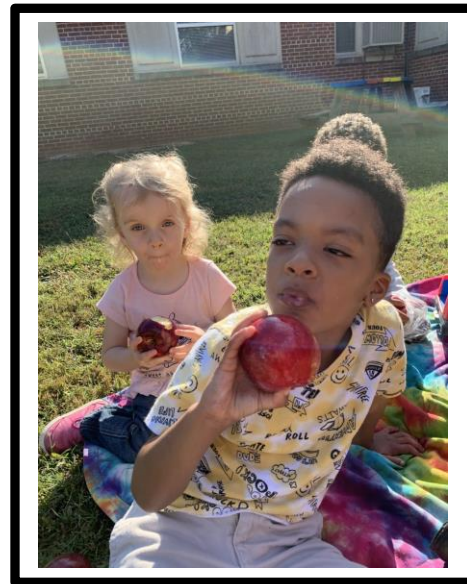


Martinsville City Public Schools

*2017 - 2020 Triennial Assessment
First Edition*



Crunch Day 2019-2020 School year

OVERVIEW & PURPOSE

In accordance with the *Final Rule* of the federal Healthy, Hunger Free Kids Act of 2010 and the Virginia Administrative Code: Title 8. Education, Agency 20. State Board of Education, Chapter 740 *Final Rule*, Martinsville City Public Schools (MCPS) presents the first triennial report. The triennial report outlines updates on the progress and implementation of our wellness policy and wellness initiatives in MCPS and provides the required documentation of actions, steps, and information as outlined in the *Final Rule*.

AUTHORITY & RESPONSIBILITY DESIGNEE(S)

Responsibility of creating a culture of well-being and supporting the *whole child* is shared among all students, parents, staff, departments, schools, and leaders within Martinsville City Schools. However, the *Final Rule* requires specific designee(s) identified to help lead the oversight, implementation, and progress assessments of the wellness policy and its requirements. Broad oversight of the policy in Martinsville City Public Schools is provided by the Division Wellness Committee (DWC), with direct responsibilities overseen by the Director of School Nutrition and the Director of Pupil Personnel Services.

WELLNESS POLICY

The Martinsville City Public Schools Student Wellness Policy (JHCF) includes all the identified regulations outlined in the **Healthy, Hunger Free Kids Act of 2010** as well as important division level expectations for our schools. The policy can be found on the MCPS website under School Board Policies. The Student Wellness Policy was adopted on June 12, 2006 and last revised on February 10, 2020. Revisions were triggered by the introduction of the Healthy, Hunger Free Kids Act of 2010 *Proposed Rule*, *Final Rule*, and state regulation changes.

PUBLIC INVOLVEMENT: WELLNESS POLICY UPDATES PROCESS

Our DWC was established with collaboration and engagement in mind. It is composed of experts in various areas of health and wellbeing, important internal leaders, and stakeholders. The overall process of policy updating and revising is maintained by this our DWC with guidance from the Director of School Nutrition Services along with the Director of Pupil Personnel Services. To ensure we had a diverse representation and engaged the community in the process, we charged our principals to choose 2 representatives from their schools and invite parents. Community stakeholders were invited to join as well. The Director of Nutrition, the Director of Pupil Personnel Services, and the Division Health Coordinator met during the 2016-17 school year (**January 19, 2017**) for planning purposes. At that time, a list of suggested members was made along with yearly meeting times and first steps. One of the first steps consisted of sending a survey sent to schools asking what they were currently doing that lined up with our Wellness Policy.

On January 30, 2017, we had another meeting which included our Superintendent, Assistant Superintendent for Instruction, Director of Pupil Personnel Services, Director of School Nutrition, and the School Health Coordinator. At this meeting, we solidified our plans for the upcoming school year and planned on presenting the new changes to the policy to the School Board.

As mentioned above, the most updated and current policy (updated in February 2020) can be found on the MCPS website. Small updates were made in June 2018 to reflect state regulations (Va. Code § 22.1-207 by HB 1604/SB 953 and by HB 1532 and Va. Code § 22.1-253.13:1 by HB 357/SB 211 from 2016).

PUBLIC INVOLVEMENT: ANNUAL COMMUNICATION OF WELLNESS POLICY

The policy is available on our MCPS website under **BoardDocs**, the policy will also be shared in our **2020 - 2021 Student Expectation Handbook**. These handbooks will be distributed to all families at the beginning of the school year and can be found on the MCPS website. Lastly, our MCPS website will be updated to add a new **student wellness page** that provides a wealth of information, resources, initiatives and a link to our wellness policy.

SCHOOL WELLNESS COUNCILS & SCHOOL WELLNESS ACTION PLANS

All schools had 2 representatives for our DWC under the leadership of the individual school's administration. For each school, the Health/PE teacher was a part of the team along with another individual from the building with a strong view of wellness. The goal was for each school to create goals for their Action Plans. Plans were approved by the principal and uploaded into the Alliance for a Healthier Generation website. Goals were to be aligned with the Division's Wellness policy and best practices in school wellness.

WELLNESS POLICY PROGRESS ASSESSMENT

As part of the requirements outlined in the *Final Rule*, Martinsville City conducted the first wellness policy progress assessment for our 5 school sites (1 Preschool, 2 elementary schools, 1 middle school, and 1 high school).

Martinsville City Schools used the *Healthy Schools Assessment* provided by the Alliance for a Healthier Generation. This eight module assessment has been developed utilizing the Centers for Disease Control and Prevention's School Health Index (SHI) and best practices for healthy schools. The Alliance for a Healthier Generation was founded by the American Heart Association and the William J. Clinton Foundation and works to reduce childhood obesity and to empower kids to develop lifelong, healthy habits.

While the assessment does not include all aspects of a student's well-being, it does align well with the focus of the USDA's *Final Rule* and regulations related to the wellness policy. The eight modules included in the assessment are:

1. School Health and Safety Policies & Environment*
2. Health Education*
3. Physical Education and other Physical Activity*
4. Nutrition Services*
5. Health Services
6. Counseling, Psychological & and other Social Services
7. Health Promotion for Staff*
8. Family and Community Engagement*

*Required module of the Healthy School Assessment

School wellness representatives and the school wellness councils led the completion of the *Healthy School Assessment* for their respective school. All 5 schools completed the assessment during the 2017 - 2018 school year.

While there is an action plan component on the Alliance for a Healthier Generation portal, our MCPS schools is not currently using this tool. The action plans on the portal was a starting point for our schools to get them thinking about wellness activities, etc. within their schools.

PROGRESS ASSESSMENT FOR IMPLEMENTATION

The assessment data was used to assess baseline progress of our Student Wellness Policy implementation. The main areas of our policy and the baseline data from the division level (based on 5 schools when applicable) are provided below. Please note that the policy encourages additional healthy practices that are not indicated below. Additionally, our policy may not align exactly to the questions within the *Healthy School Assessment*. Below are the results of the School Wellness Assessment for each of our 5 schools. Each section shows at what percent we are implemented thus far. An example of the Assessment is shown in Figure 1A.

	<i>Clearview Early Childhood Center</i>	<i>Albert Harris Elementary School</i>	<i>Patrick Henry Elementary School</i>	<i>Martinsville Middle School</i>	<i>Martinsville High School</i>
<i>Nutrition Education</i>	100%	75%	88%	100%	75%
<i>Nutrition Services and Food and Beverages</i>	88%	82%	86%	92%	93%
<i>Physical Activity</i>	81%	86%	91%	89%	65%
<i>Total</i>	88%	83%	88%	89%	81%

Figure 1A.

Nutrition Education	Fully in Place	Partly in Place	Not in Place	Not Applicable
Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.	2	1	0	N/A
Division health education curriculum standards and guidelines addresses both nutrition and physical education.	2	1	0	N/A
Nutrition education materials are reviewed by qualified nutrition professionals.	2	1	0	N/A
Families and students are provided with additional information that promotes a healthy and active lifestyle.	2	1	0	N/A

Nutrition Services and Food and Beverages	Fully in Place	Partly in Place	Not in Place	Not Applicable
Students have access to healthful food choices in the school cafeteria.	2	1	0	N/A
Students have adequate time to eat lunch every day.	2	1	0	N/A
Access to vending machines, school stores, and other venues that contain foods of minimal nutritional value are restricted to students during meal periods.	2	1	0	N/A
Nutrition information is accessible to students and their parents/guardians concerning the nutritional content of foods and beverages sold through the school meal programs.	2	1	0	N/A

100% of fundraisers sold during the school day are non-food items.	2	1	0	N/A
Fundraisers sold outside of the school day are primarily non-food items or healthy food items.	2	1	0	N/A
Food is not used as a reward or punishment.	2	1	0	N/A
The cafeteria atmosphere is clean and inviting and offers a pleasant eating environment (artwork, plants, natural light, health education information, reduced noise).	2	1	0	N/A
100% of foods and beverages available during school parties are healthy items.*	2	1	0	N/A
100% of foods sold at student stores are healthy items.*	2	1	0	N/A
100% of vending machine food items are healthy.*	2	1	0	N/A
100% of vending machine beverage items are healthy.*	2	1	0	N/A
Soda is prohibited from the cafeteria in elementary and middle schools.	2	1	0	N/A
Appropriate portion sizes, per MyPlate recommendations, are promoted whenever foods are available.	2	1	0	N/A
Staff encourages students to take and eat fruits and vegetables in the lunchroom. However, students are not forced to eat or finish their plate.	2	1	0	N/A
<p>*"Healthy" foods and beverages:</p> <ul style="list-style-type: none"> • Not more than 30% of total calories of the food item, excluding nuts or seeds, is from fat • Not more than 10% of total calories of the food item, excluding reduced-fat cheeses, eggs and nut butters, is from saturated fat • <u>Not more than 35%</u> of the total weight of food item, excluding fruits or vegetables, is composed of sugar • Elementary & Middle School beverage categories: bottled water, fat-free and low-fat milk, flavored and unflavored; 100% juice without added sweeteners • High School beverage categories also includes zero or low-calorie beverages with up to 10 calories/8 oz; other drinks, up to 12 oz servings with no more than 99 calories/ 12 oz; no diet soda or energy drinks 				

Physical Activity	Fully in Place	Partly in Place	Not in Place	Not Applicable
Students are taught by certified physical education teachers.	2	1	0	N/A
Age appropriate physical education is provided for all students.	2	1	0	N/A
Schools encourage parents and guardians to support their children's participation in physical activity and to be physically active role models.	2	1	0	N/A
Schools partner with community stakeholders to create ways for students to safely walk to school.	2	1	0	N/A
After-school programs will encourage physical activity and lifelong healthy habit formation.	2	1	0	N/A
Students receive adequate recess time every day.	2	1	0	N/A
Students are active during recess.	2	1	0	N/A
Physical activity opportunities are provided and encouraged for students with all levels of physical fitness.	2	1	0	N/A

Physical fitness available to all students for at least 150 minutes per week on average during the regular school year.	2	1	0	N/A
Students are given opportunities for physical activity during the school day through physical education classes.	2	1	0	N/A
Teachers incorporate physical activity into other subject areas (i.e. reading, math, science, social studies).	2	1	0	N/A

DIVISION WELLNESS GOALS

Based on review and consideration of evidence-based strategies and techniques, the Martinsville City School Board has established the following goals to promote student wellness.

Nutrition Promotion and Education

- Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.
- Division health education curriculum standards and guidelines will address both nutrition and physical education.
- Nutrition education materials are reviewed by qualified nutrition professionals.
- Families and students are provided with additional information that promotes a healthy and active lifestyle.

Physical activity

The Martinsville City Public School Division has a goal of making a program of physical fitness available to all students for a least 150 minutes per week on average during the regular school year. Such programs may include any combination of physical education classes, extracurricular activities and other programs and physical activities. The division’s goal for the implementation of its physical fitness program is for students to be given opportunities for physical activity during the school day through physical education classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate.

Other school-based activities

- Students will be taught by certified physical education teachers.
- Age appropriate physical education is provided for all students.
- School encourage parents and guardians to support their children’s participation in physical activity and to be physically active role models.
- Schools partner with community stakeholders to create ways for students to safely walk to school.
- After-school programs will encourage physical activity and lifelong healthy habit formation.

Current and past goals have helped to establish a framework and foundation to implement the updated wellness policy. Division and individual school goals around wellness will continue to adapt as we move forward with the implementation of the wellness policy and wellness recommendations.

GOALS FOR NEXT 3 YEARS (2020 - 2023)

MCPS will continue to stay committed to the goals outlined above that have not been fully executed. Additionally, division goals have been created based on the identified opportunities of the progress assessment completed during the 2017 - 2018 school year and the requirements outlined in the federal regulations. All schools will continue to have their own individual goals as well and will be captured in their School Wellness Action Plans.

Goals to be completed by the next triennial report (2021 - 2022):

1. All schools will have functioning School Wellness representatives
2. **Nutrition Goal:** 80% of schools will be fully compliant with fundraising with only healthy items (meets Smart Snacks in Schools Nutrition Standards) or non-food items *during* school hours. Currently 50% of schools indicate current compliance.
3. **Physical Activity Goal:** 80% of schools will be fully compliant with prohibiting recess being withheld due to punishment. Currently 60% of schools indicate current compliance.

QUALITY OF OUR MCPS WELLNESS POLICY

To fulfill the federal requirement of assessing the quality of the wellness policy under the *Final Rule*, we used the Alliance for a Healthier Generation, Action for Healthy Kids, and the School Wellness Assessment to help measure the quality of our written wellness policies as it relates to the requirements under the Healthy, Hunger Free Kids Act of 2010. Please note, that there may be common practices in MCPS that are not indicated in the policy.

An Action Plan was completed in March 2018 by each school using the Alliance for a Healthier Generation. Each Action Plan was maintained at the school level by the Wellness Committee.

HIGHLIGHTS

- Successfully created a Division Wellness Committee with representatives from the community
- Completed our first Wellness Week Campaign (March 2018)
- Completed our first Successful Crunch Day (September 2019)
- Now participate in the Summer Feeding Program
- Now participate the CACFP which provides after-school healthy/nutritious snacks for students
- Completed our 2nd Rev Your Bev Campaign (November 2019)
- Elementary School garden