

Manassas Park City Schools

2016 - 2019 First Triennial Wellness Policy Assessment

OVERVIEW & PURPOSE

In accordance with the federal Healthy, Hunger Free Kids Act of 2010, *Final Rule: Local School Wellness Policy Implementation*, Virginia Administrative Code §8VAC-20-740, and the Virginia Department of Education requirements for local educational agencies that participate in the National School Lunch and Breakfast Programs, Manassas Park City Schools (MPCS) presents the first triennial Wellness Policy report. The triennial report outlines updates on the progress and implementation of the district's wellness related policies and initiatives.

AUTHORITY & RESPONSIBILITY DESIGNEE(S)

Creating a school division that supports the well-being of the *whole child* is a responsibility shared among all students, parents, staff, departments, schools, and leaders within the community. The *Final Rule* requires school divisions designate individuals outside of the Food Service Department to help lead the oversight, implementation, and progress assessments of the Wellness Policy and its requirements. The district's Safe and Healthy Schools Advisory Committee provides broad oversight of the Wellness Policies. The Advisory Committee meetings are held three times a year and have a broad representation that includes students, staff, parents, administrators, department leaders, and community partners. Guests with a diverse spectrum of related information are invited to provide information on new programs, initiatives and community resources. The Nurse Coordinator is responsible for leading the Committee, policy oversight, and reporting. School division Administrators and the Food Services Coordinator are critical persons in the guidance and implementation of MPCS wellness related policies.

WELLNESS POLICIES

The MPCS policies and regulations as related to Food Services and Wellness: EFB Food Services, JHCF Student Wellness, and JHCF-R Wellness, include all the identified regulations outlined in the Healthy, Hunger Free Kids Act of 2010 as well as state and division level expectations. The Wellness Policies are located on the division's website under School Board Policies and Regulations. These policies are living documents, undergoing periodic review and revision as needed or mandated.

- EFB Food Services
 - Adopted December 16, 2013
 - Last Revised April 19, 2017
- JHCF- Student Wellness
 - Adopted August 13, 2013
 - Last Revised April 23, 2018
- JHCF-R Wellness
 - Adopted June 21, 2006
 - Last Revised March 19, 2018

WELLNESS POLICY ASSESSMENT

To establish a baseline and comply with reporting requirements, MPCCS conducted its first Wellness Policy Assessment for the division. The tool used for the district’s assessment was the Virginia Department of Education’s template, *School Level Report Card: Tool for the Triennial Assessment*. The resource was edited to reflect the MPCCS policies and regulations as related to food service and wellness. The assessment tool was then distributed to each school’s leadership for reporting. The tool also helps each site’s leadership track the school’s degree of compliance and progress towards attaining the division’s goals.

PROGRESS ASSESSMENT AND IMPLEMENTATION

The assessment data from the schools, in addition to other division information, was used to assess baseline progress of policy implementation.

The focus topics of the MPCCS wellness policies and division level baseline data are provided in the following tables. Please note that MPCCS policies include and encourage additional healthy practices that the division deems important, but that are not part of the *Final Rule*. Also, the division’s wellness related policies include language that agrees with but does not align exactly to the questions within the *Healthy School Assessment*, so the assessment tool utilized the wording of the division policies and regulations to assess progress. For more information, please see the MPCCS School Board Policies and Regulations; EFB Food Services, JHCF Student Wellness, and JHCF-R Wellness.

<p style="text-align: center;">FOCUS 1 NUTRITION, HEALTH, AND WELLNESS INFORMATION</p>	<p style="text-align: center;">FULLY IN PLACE</p>	<p style="text-align: center;">PARTIALLY IN PLACE</p>
<p>Nutrition educational and promotional materials are age appropriate, delivered in a number of different instructional settings, and based on current dietary guidelines with an emphasis on consumer literacy and integration of nutrition, exercise, and healthy choices. Schools are enrolled as Team Nutrition Schools.</p>	<p style="text-align: center;">FULLY IN PLACE</p>	
<p>Menus and related nutrition information on foods served in the cafeterias are available on the division website.</p>	<p style="text-align: center;">FULLY IN PLACE</p>	
<p>Applications for free and reduced priced meals are made available at the beginning of each year. Applications are available year-round on the division website and upon request at each school.</p>	<p style="text-align: center;">FULLY IN PLACE</p>	

FOCUS 1 NUTRITION, HEALTH, AND WELLNESS INFORMATION	FULLY IN PLACE	PARTIALLY IN PLACE
Food-tasting opportunities to gain feedback on food choices offered as part of the School Food Services Program.	FULLY IN PLACE	
Office of Food and Nutrition Services provides a list of healthy snack suggestions for classroom celebrations.	FULLY IN PLACE	
Health and wellness information is posted on the division website.	FULLY IN PLACE	

FOCUS 2 FOODS AND BEVERAGES, SOLD OR PROVIDED	FULLY IN PLACE	PARTIALLY IN PLACE
All schools participate in the National School Lunch Program, National School Breakfast Program, and the Special Milk Program.	FULLY IN PLACE	
Students have access to free, safe, unflavored drinking water to maintain hydration throughout the school day.	FULLY IN PLACE	
Federal school meal nutrition standards are followed for all foods and beverages available for sale on campus during the school day.	FULLY IN PLACE	
Adopted and implemented Smart Snacks nutrition standards for all items sold during school hours, including a la carte offerings and food sold in school stores and vending machines.	FULLY IN PLACE	
Food and beverages provided during the school day for celebrations, treats, and rewards should make a positive contribution to children’s diets and health with an emphasis on serving fruits and vegetables, grains, meat/meat alternatives, and dairy products. The Office of Food and Nutrition Services will provide a list of health snack suggestions for classroom celebrations.	FULLY IN PLACE	
<u>Fundraising Activities</u> : To support children’s health and school nutrition-education efforts, any school fundraising activity involving food sold for consumption during the school day should include only food and beverages that meet the same nutritional requirements defined above. Schools shall encourage fundraising activities that promote physical activity. Exempt fundraisers (those not meeting requirements	FULLY IN PLACE	

FOCUS 2 FOODS AND BEVERAGES, SOLD OR PROVIDED	FULLY IN PLACE	PARTIALLY IN PLACE
under “Food and Beverages Sold”) are limited to no more than 30 per school per year.		
Foods and beverages offered or sold at school-sponsored events outside the school day shall make a positive contribution to children’s diets and health.		PARTIALLY IN PLACE 6 OF 9
Students sharing food and beverages with one another during meals or snack time is discouraged due to concerns for allergies, medical restrictions, or other dietary accommodations.	FULLY IN PLACE	

FOCUS 3 PHYSICAL ACTIVITY	FULLY IN PLACE	PARTIALLY IN PLACE
Physical education classes provide students with instruction aligned with the state standards and the MPCS Physical Education Curriculum in order to prepare students with the knowledge and skills to develop healthy lifestyles.	FULLY IN PLACE	
A variety of physical education activities shall be offered as electives in the high school.	FULLY IN PLACE	
Elementary teachers provide guidance and supervision during recess/physical activity and are encouraged to participate in physical activity with the students. Physical activity, nutrition, and health education are incorporated into lesson plans whenever appropriate.	FULLY IN PLACE	
Students shall be encouraged to lead physically active lifestyles and participate in physical activities before, during, and outside of school.	FULLY IN PLACE	
Recess/physical activity is provided for a minimum of at least 20 minutes each day at each elementary school.	FULLY IN PLACE	
Teachers may not deny recess as form of discipline except in unusual circumstances.	FULLY IN PLACE	
When weather conditions are below 32 degrees utilizing the “feels like” temperature, elementary school children shall not go outside for recess.	FULLY IN PLACE	

FOCUS 4 HEALTHY AND SAFE SCHOOL ENVIRONMENT	FULLY IN PLACE	PARTIALLY IN PLACE
All schools and buildings shall maintain an environment that is free of tobacco, alcohol, and other drugs.	FULLY IN PLACE	
Actively seek community involvement for updating and maintaining wellness related policies.	FULLY IN PLACE	
Wellness policies are posted on the website and available to families/community.	FULLY IN PLACE	
Health services are provided by Registered Nurses for students in the school setting to appraise, protect, and promote health and wellness.	FULLY IN PLACE	
Conduct and produce a triennial wellness report (every three years).	FULLY IN PLACE	

OTHER WELLNESS INITIATIVES, RECOGNITIONS & SUCCESSES

MPCS strives to create a positive school culture and environment to support students’ health and well-being. There are several programs, partnerships, and highlights across the division. Here are a few of the successes.

- **Ease of Access to Meals and Meal Participation**

To encourage meal participation, MPCS’ School Nutrition Program allows paid and reduced priced students to charge a meal if funds are not available on their account. Cashiers do not burden any students with account balance information at the point of sale. All student and staff account information is kept highly confidential.

MPCS meal debt has been reduced by 75% as a result of hiring an additional .5 position as of 2019. Staff have increased the level of communication with parents and guardians proactively and throughout the debt collections process to ensure our students are accessing meals and unique family situations can be considered.

Throughout the pandemic and school closures and/or reduced capacity, the School Nutrition Department and staff have offered several sites for meal pick up and have also delivered thousands of meals to households that do not have access to a distribution site. Access to these free meal programs have been available since April 2020.

- **MPCS Family Market**

The continued goal of the Family Market program is to help alleviate hunger throughout the Capital Area Food Bank (CAFB) through a monthly distribution of healthy and

nutritious food to children and their families. Through the Family Market program the CAFB provides food – including nonperishable items and fresh produce – to schools where students and families are in the greatest need. To qualify for the program, at least 50% of the student body must qualify for free or reduced school meals. Families of Manassas Park City are encouraged to participate in all monthly family markets. Through the support of volunteers from Manassas Park City Schools and The City of Manassas Park, the Family Market program will help families in need, educate and empower the families.

- **Interactive Online Menus – Work In Progress!**

Parents, students, and staff can take part in a digital experience that allows them to view menus, allergens, carbohydrate counts, and additional features for each menu item offered. Features include:

- Nutrition facts at a glance
- Customizable printable menus
- Allergen filtering by item
- Mobile device access

- **Staff Health and Well-being**

HR has signed the contract to expand the Employee Assistance Program for all employees regardless of their benefits selection status including our part-time employees, and the members of the employee's household (spouse, children up to the age of 26, disabled children no age limit) will have access to the eight-core benefits offered. Below are the eight-core benefits that are covered.

1. EAP-Employees will receive eight counseling sessions per issue. Counseling is available in-person, telephonic, and video.
2. Health Advocacy-Employees will receive access to a Health Advocate. The Health Advocate will help with various issues, medical billing disputes, finding providers, etc. Employees will have unlimited access to the Health Advocate.
3. Wellness-Employees will have unlimited access to a Wellness Coach. This will cover a nutritionist, fitness programs, coaching on organizational skill and other wellness techniques.
4. Legal-Employee will receive 30mins of free legal counsel and a 25% discount for additional legal services.
5. Financial-Identity Theft, CPA assistance, banking support, home ownership, etc.
6. Employee Education- Access to E-learning platforms that cover a wide range of training programs.
7. Work-Life Balance- Employees will have access to a wide range of wellness resources
Company Discount- Travel, rental car discounts, daycare, and eldercare discounts.

- **Nursing Staff Expansion**

The Code of Virginia Standards of Quality sets staffing requirements for local educational agencies. Divisions have the discretion but are not required to provide some support positions at specified staffing ratios, but as are “...necessary for the efficient and cost-effective operation and maintenance of its public schools.” There are no mandatory

staffing ratios for school nurses in Virginia. MPCCS believes in the important contribution that school nurses make to school wellness and provides a team of 6 full-time Nurses and a Nurse Coordinator. Each school clinic is staffed with a full-time nurse, except for MPHS which has 2 full time nurses. MPES and CES share a nurse to serve the students campus wide.

ADDITIONAL INFORMATION

This report was prepared by Nurse Coordinator, Anne Shaw, MSN, RN; Greg Taylor, Food Services Coordinator; and Executive Director of Special Programs, Jennifer Braswell-Geller with input from each school principal. This tool provided the building administration an opportunity to track school compliance and progress toward attaining the goals of the division's Wellness Policy.