

Dr. Howard Fuller Collegiate Academy

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2023-2024

A local wellness policy guides efforts to create a healthier school environment. Effective wellness policies support a culture of well-being by establishing healthful practices and procedures for students, staff, and families. Schools/districts participating in the federal Child Nutrition Programs are required to complete an assessment of their local wellness policy, at minimum, once every three years. This report summarizes policy objectives and details the results of the most recent evaluation. For questions regarding the results, contact Amanda Johnson-Crump.

Section 1: Policy Assessment

Overall Rating:
2.4

Ratings are based on a four-point scale to measure success in meeting/complying with each policy objective.

- 0 = objective not met/no activities completed
- 1 = objective partially met/some activities completed
- 2 = objective mostly met/multiple activities completed
- 3 = objective met/all activities completed

| Nutrition Standards for All Foods in School | Rating |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| All schools in the district participate in the USDA child nutrition programs. | 3 |
| Meals served through the districts' food services program shall comply with the National School Lunch and Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served. | 3 |
| Morning bus routes, when applicable will be scheduled to allow students to arrive at school in time to eat breakfast. | 3 |
| Students will have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch after obtaining food. | 3 |
| Filtered water fountain and water filling stations are available in the cafeteria. | 3 |
| The district limits the sale of beverages with caffeine to high school students. | 3 |
| All food and beverages sold and served outside of the school meal programs shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in School rule. | 2 |

| Nutrition Promotion | Rating |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Students and staff will have access to free, safe, and fresh drinking water throughout the school day. Students are also allowed to bring in bottled water from home. | 3 |
| Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media. | 2 |

| Nutrition Education | Rating |
|-----------------------------------------------------------------------------------------------------------------|--------|
| Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors. | 1 |

| Physical Activity and Education | Rating |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Teachers are encouraged to provide students with physical activity breaks. | 1 |
| Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason. PE or other physical activities will not | 3 |

| Physical Activity and Education | Rating |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| be withheld from students as a punishment for poor behavior or incompetent class work. | |
| Physical education will enable students to acquire the knowledge and skills necessary to maintain physical fitness, participation in physical activities and make healthy lifestyle choices. | 2 |
| Unless otherwise exempted, all students will be required to engage in the District's physical education program. | 3 |
| All physical education classes are taught by licensed teachers who are certified to teach physical education. | 3 |
| The physical education curriculum will be aligned with established state physical education standards. | 2 |

| Other School-Based Wellness Activities | Rating |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| The district will implement the organization of employee physical activity clubs. | 1 |
| The district will encourage staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases. | 2 |
| The district shall inform and invite parents to participate in school-sponsored activities throughout the year. | 2 |

| Policy Monitoring and Implementation | Rating |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| This policy will be posted on the school's website. | 3 |
| The District's wellness policy shall be updated as needed based on evaluation results, District changes, release of new health science information/technology, and/or issuance of new federal or state guidance. | 3 |
| A quantitative assessment of policy implementation will take place every three years using the Wellness School Assessment Tool (WellSAT:3.0). The triennial progress report with information about each school's wellness related activities will be share on the district website. | 2 |

Section 2: Progress Update

The District is committed to the continual progress of overall wellness for both the staff and the students. The school nutrition program has made tremendous improvement in ensuring that all students are receiving healthy meals. This program also ensures that students are being educated and made aware of what it looks like to have a complete meal with all the components to a healthy meal. The district has also been extremely attentive to meals or food served outside of the school nutrition program to ensure the nutrition standards are continued to being met. In addition, the district is committed to helping staff become aware of healthy lifestyle choices. The district has organized staff activities and programs to promote exercise and healthy eating habits. Lastly, the district is committed to improving the accessibility to nutrition education through the physical education curriculum and helping students acquire the knowledge and skills necessary to maintain physical fitness and healthy lifestyle choices.

Section 3: Model Policy Comparison

A required component of the triennial assessment is to utilize the Rudd Center's Wellness School Assessment Tool (WellSAT) for comparison of the Local Wellness Policy to a Model Wellness Policy. The WellSAT includes 67 best practice policy items related to nutrition education; nutrition standards for foods; physical education and activity; wellness promotion and marketing; and implementation, evaluation, and communication. The comparison identified policy strengths and areas for improvement.

Local Wellness Policy Strengths

Based on the finding of the WellSAT, some of the areas of policy strength include the Standards for USDA Child Nutrition Programs and School Meals and the Wellness Promotion and Marketing. Both areas have especially been a priority in order to ensure that students are provided adequate nutrition and that families are provided the necessary information.

Areas for Local Wellness Policy Improvement

Based on the finding of the WellSAT, some areas for improvement include Nutrition Education and Physical Education and Activity. Both areas will be focused on as the policy continued to be implemented and reviewed. The additional focus on how to combine physical education curriculum with nutrition education will be paramount in improvement in these areas.

WellSAT Scores

WellSAT scores are calculated for comprehensiveness and strength. The comprehensiveness score reflects the extent to which recommended best practices are included in the policy. The strength score reflects how strongly the policy items are stated. Scores range from 0 to 100, with lower scores indicating less content and weaker language and higher scores indicating higher content and the use of specific and directive language.

Comprehensiveness Score:
89

Strength Score:
39