

Maryland Local School Wellness Policy Triennial Assessment Report



Directions for Triennial Assessment Report: There are four parts to this report. Review the guidance instructions (in blue text boxes) for each part and fill in the required information. Email the final document to leslie.sessomparks@maryland.gov at the Office of School and Community Nutrition Programs (OSCNP).

(Refer to SM 19-20: Triennial Assessment of Local School Wellness Policy memo for additional information)

General Information

Local Education Agency (LEA) Name:

Bnos Yisroel of Baltimore

Wellness Policy Title:

Bnos Yisroel of Baltimore's Wellness Policy

Web Link:

<https://bnosyisroel.org/parent-resources/>

If applicable, related local regulation title(s):

Click or tap here to enter text.

Web Links:

Click or tap here to enter text.

Number of Schools/Sites in LEA:

1

Reporting Time Period/School Year(s):

2020-2021

Person(s) Completing Tool:

Name: Sara Wetstein

Position: Food Service Director

Email: swetstein@bnosyisroel.org

Phone Number: 443-524-3200

January 2020

Part 1: Comparison to a Model Wellness Policy

WellSAT 3.0

The MSDE recommends using WellSAT (www.wellsat.org) a quantitative tool, for wellness policy comparison. In order to improve written school wellness policies, WellSAT provides an overall strength and comprehensiveness score, in addition to subscale scores for specific content areas. Items in WellSAT 3.0 reflect current federal law and best practices.

During school year 2019-2020, the Maryland Wellness Policies and Practices Project (MWPPP) via the University of Maryland Division of Growth and Nutrition will be completing the WellSAT 3.0 on all LEA's wellness policies/regulations, and will provide a report to each individual LEA outlining their scores. In the future, LEAs may need to complete the WellSAT on their own.

WellSAT 3.0 Scores

Overall Comprehensiveness:

70

Overall Strength:

43

Analysis

Based on the results of the WellSAT, provide the following information:

- 1) A description of two policies/regulations that you would like to update.
- 2) How will your school health council/wellness team plan to update these items?

Identified Policy/Regulation #1:

Nutrition Standards: Addresses fundraising with food to be consumed during the school day.

Plans for Updating:

We plan on educating the students and staff with multiple ways to fundraise with either non-food items or focus on food items that meet standards to promote healthy eating habits.

Identified Policy/Regulation #2:

Standards for USDA School Meals: Addresses access to the USDA School Breakfast Program

Plans for Updating:

We have received funding and we plan on starting the USDA School Breakfast Program to provide healthy breakfasts to our students so they can start their day with energy for the school day.

January 2020

Other Comments:

Click or tap here to enter text.

Part 2: Extent of Each Schools' Compliance with the Wellness Policy

School-Level Compliance Tool

The LEA is responsible for ensuring that a Triennial Assessment of **all** schools under its jurisdiction is conducted (see School Meals memo SM 23-17). Examples of school-level reporting include the following:

- 1. A summary of wellness practices for each school
- 2. A grading system with scores given to each school.

Tools to support school-level compliance with the LEA wellness policy include examples in the table below. The table also includes the school survey to support completion of the first Triennial Assessment conducted by the MWPPP. If a LEA did not have 100% school participation in the MWPPP school survey, the district's data specialist may be helpful in compiling the aggregated data required for this report using another tool.

How many schools/sites completed an assessment of compliance to the school wellness policy?

1

Identify the tool(s) used to assess compliance. Check boxes where applicable.

<u>Compliance Tools</u>	Check if applicable
<p>Maryland Wellness Policies and Practices Project school survey: A school-level survey to measure individual school(s)/site(s) compliance to federal and state wellness policy requirements. The survey is focused on nutrition and physical activity. http://www.marylandschoolwellness.org/</p> <ul style="list-style-type: none"> • Aggregate summary report is produced for local school systems. 	<input checked="" type="checkbox"/>
<p>Maryland School Wellness Scorecard: A school-level scorecard adapted from the School Health Index that focuses on federal and state wellness policy requirements and best practices. The scorecard focuses on the physical activity environment, nutrition guidelines, and the nutrition environment. It can be used for both assessment and action planning. http://www.eatsmartmaryland.org</p> <ul style="list-style-type: none"> • LEA will need to produce aggregate summary report. 	<input type="checkbox"/>
<p>School Health Index: The <i>School Health Index (SHI) Self-Assessment and Planning Guide</i> is an online self-evaluation and planning tool for schools. SHI aligns with the Whole School, Whole Community, Whole Child model, which expands beyond nutrition and physical activity. https://www.cdc.gov/healthyschools/shi/index.htm</p> <ul style="list-style-type: none"> • LEA will need to produce aggregate summary report. 	<input type="checkbox"/>
<p>Action for Healthy Kids Game On: An on-line tool for schools to assess their wellness policies and best practices and action plan on improving their environment. The focus of this tool is on nutrition and physical activity. https://www.actionforhealthykids.org/game-on-program/</p>	<input type="checkbox"/>

- **LEA will need to produce aggregate summary report.**

Alliance for Healthier Generation Healthy Schools Assessment: A on-line tool for schools to assess and action plan about their health and wellness policies and practices. The tool is aligned with School Health Index and the Whole School, Whole Community, Whole Child model, which expands beyond nutrition and physical activity. <https://www.healthiergeneration.org/take-action/schools>

- **LEA will need to produce aggregate summary report.**

LEA survey tool: LEAs can develop their own tool to survey schools on compliance of their school wellness policy.

- **LEA will need to produce aggregate summary report.**

Other tool(s), if applicable:

Click or tap here to enter text.

Aggregate Summary of School-Level Compliance

Aggregate reports should summarize each school-level report to minimally include:

- Total schools/sites in LEA
- Total schools/sites or percentage responding to compliance tool
- Percentage compliance to the following:
 - Smart Snack standards
 - Physical activity goals
 - Nutrition education and promotion goals,
 - Food and beverage marketing standards,
 - All non-sold foods made available to students (birthdays, celebrations, rewards)
 - Other school-level wellness activities

Provide an aggregate summary of school-level compliance with the LEA's wellness policy.

Our score of 70 for comprehensiveness indicates that we have solid comprehensive policies in place. Our strength score of 43 indicates that we have some work to do to enforce our policies. In general our school level compliance is strong and aiming for improvement where needed.

Part 3. Progress in Meeting the School Wellness Policy Goals

To summarize your LEA's progress in meeting the goals of the school wellness policy, use information and data from Part 1 and Part 2 of the Triennial Assessment report to complete the questions below.

Areas of Success

Example areas of success: *Collaborated with Alliance for Healthier Generation in 10 schools to support improving the nutrition and physical activity environment. Provided professional development to over 100 elementary school teachers on how to integrate physical activity throughout the school day. Identified funding for wellness team leaders/champions in each school.*

- 1. Identify two successes of how schools are meeting wellness policy goals and regulations, and how they are adopting best practices?**

Success #1:

We have started cooking and baking classes for our students where we have hands on demonstrations that show how to cook healthy meals that are both delicious and nutritious, thus encouraging our students' healthy eating habits and providing them with ideas for healthy food.

Success #2:

We have organized sports clubs promoting basketball and various sports and daily activities throughout the day.

- 2. How is your LEA and wellness council/school health council, etc. supporting implementation of the school wellness policy?**

The school wellness council meets frequently and is informed of school updates that are increasing compliance to our wellness policy. Board members are kept informed of policies and are more willing to approve expenditures that promote the wellness of the students.

Areas of Improvement

- 3. What are two areas for improvement and what are your goals for improvements? Utilize SMART (Specific, Measurable, Attainable, Realistic, Time bound) goals to measure improvement.**

Area for Improvement #1:

We need to recruit a more diverse representation on our wellness council.

Goals for Improvement #1:

We will reach out to the parent body via newsletter, local residents via our website, and elected officials via emails to their offices, to request their participation on our wellness council.

Area for Improvement #2:

Currently we do not serve breakfast due to lack of funding and time constraints at the start of school day.

Goals for Improvement #2:

We intend to serve a grab and go breakfast for every child in the upcoming school year.

Other Comments:

Click or tap here to enter text.

Part 4. Reporting to the Public

Public Accessibility

LEAs are required to make the wellness policy and the Triennial Assessment public. At minimum, LEAs should make Part 2 of the Triennial Assessment public (the summary of how school(s)/site(s) comply with the wellness policy).

Indicate the dates and methods (email, phone, meeting minutes, press release, social media, newsletter, automated messages and/or website) that the Triennial Assessment will be made public accessible for each target audience.

Target Audience:

School Board

Date(s):
June 30, 2021

Method(s):
Once our Triennial Assesment is completed, it will be made public on our website <https://bnosyisroel.org/parent-resources/>.
The School Board will be notified of this updated via a Board Meeting.

Families/Parents

Date(s):
June 30, 2021

January 2020

Method(s):

Once our Triennial Assesment is completed, it will be made public on our website
<https://bnosyisroel.org/parent-resources/>.

The Families/Parents will be notified of this update via the school newsletter.

Students

Date(s):

June 30, 2021

Method(s):

Once our Triennial Assesment is completed, it will be made public on our website
<https://bnosyisroel.org/parent-resources/>.

The Students will be notified of this update via the summer student mailing.

Teachers

Date(s):

June 30, 2021

Method(s):

Once our Triennial Assesment is completed, it will be made public on our website
<https://bnosyisroel.org/parent-resources/>.

The Teachers will be notified of this update via the summer staff mailing.

School Administrators

Date(s):

June 30, 2021

Method(s):

Once our Triennial Assesment is completed, it will be made public on our website
<https://bnosyisroel.org/parent-resources/>.

The School Aministration will be notified of this update via the summer administration meeting.

Other School Staff

Date(s):

June 30, 2021

Method(s):

Once our Triennial Assesment is completed, it will be made public on our website
<https://bnosyisroel.org/parent-resources/>.

The Staff will be notified of this update via the summer staff mailing.

January 2020

Community Partners

Date(s):

June 30, 2021

Method(s):

Once our Triennial Assesment is completed, it will be made public on our website

<https://bnosyisroel.org/parent-resources/>.

Other

Date(s):

Click or tap here to enter text.

Method(s):

Click or tap here to enter text.

Thank You.