



PHILLIPS

Programs for Children and Families

Maryland Local School Wellness Policy Triennial Assessment Report

General Information

Local Education Agency (LEA) Name: PHILLIPS PROGRAMS

Wellness Policy Title:

PHILLIPS Programs~Annandale and PHILLIPS Programs~Laurel

Web Link:

<https://www.phillipsprograms.org/phillips-school-annandale>

<https://www.phillipsprograms.org/phillips-school-laurel>

Triennial Assessment indicates updates on the progress and implementation of PHILLIPS Program's Wellness Policy Federal Healthy, Hunger Free Kids Act of 2010

Number of Schools/Sites in LEA:

Annandale, VA & Laurel, MD

Reporting Time Period/School Year(s):

From School Year 2017-2020

Person(s) Completing Tool:

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January 2020

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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.

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PHILLIPS ~ Family Partners

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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:

84

Overall Strength:

67

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:

Encourage more involvement in movement breaks, healthy snacks and wellness activities

Plans for Updating:

Create a Student Wellness Committee which consists of representatives from elementary, middle school and high school, to help lead wellness initiatives, policy, and recommendations.

Identified Policy/Regulation #2:

The Wellness Policy is made available to the public on an annual basis, at minimum. This includes any updates to and about the Wellness Policy. PHILLIPS would like to have more involvement with the community.

Plans for Updating:

The Wellness Policy will be updated and included in the Parent Handbook in addition to the website and parent packet. The Wellness Committee will work on relationships with organizations in the community that could help promote overall wellness opportunities for staff and students.

Other Comments:

PHILLIPS Programs must conduct an assessment of the Wellness Policy every three years, at a minimum. The final rule requires State Agencies to assess compliance with the Wellness Policy requirements as a part of the general areas of the Administrative Review every three years. The PHILLIPS Wellness policy will be reviewed at a minimum of at least once every three years. The policy will be revised by the designated committee under the guidance of the Chief Operations Officer (or designee). The committee will solicit input from a variety of stakeholders to include parents and referring jurisdictions. The call for stakeholder input will be advertised on the website and will be accepted through a variety of mediums to include both written and spoken format. The Chief Operations (or designee) holds at least 4 meetings per year to facilitate development of and updates to the wellness policy, and ensure the school's compliance with the policy.

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.

Compliance Tools Check if applicable

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/>

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>

LEA will need to produce aggregate summary report.

School Health Index: The School Health Index (SHI) Self-Assessment and Planning Guide 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>

LEA will need to produce aggregate summary report.

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/>

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>

Standards and Nutrition Guidelines

PHILLIPS follows federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. PHILLIPS Program's follows the policy on exempt fundraisers as outlined in our Division's Wellness Policy. To support student health and nutrition school fundraising activities will meet the portion and nutrition standard guidelines as outlined by the USDA.

All fundraisers involving food will be approved by a member of the PHILLIPS wellness committee.

The breakfast and lunch served by PHILLIPS Schools adheres to nutrition guidelines outlined in the United States Department of Agriculture (USDA) standards. PHILLIPS adheres to the state and federal regulations for reimbursable meals. Nutrient and product information is available for all products served.

Public Involvement: PHILLIPS Programs permits participation by the general public and the school community in the Wellness Policy process. This includes parents, students, and representatives of the School Food Authority, teachers of physical education, school health professionals, the School Board, and school administrators.

Public Updates The Wellness Policy is made available to the public on an annual basis, at minimum. This includes any updates to and about the Wellness Policy.

Leadership

PHILLIPS Programs established a Wellness Policy leadership of one or more LEA's and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.

Physical Activity Guidelines

All PHILLIPS students will be encouraged to participate in physical activity weekly. They will be exposed to structured games and sports as well as a variety of activities they may be able to replicate in their home or community. PHILLIPS will consult with their occupational therapy staff to identify self-regulation goals and activities to support students who need support in modulating their sensitivity to sensory stimuli in the surrounding environment.

Wellness Guidelines

PHILLIPS Schools engage students in a variety of school-wide ancillary activities designed to expose the students to information related to healthy living such as fitness fairs and gardening activities. PHILLIPS will host a special event each quarter that will educate and promote a healthy lifestyle. PHILLIPS Schools value socio-emotional well-being as a component of Health Education and Life Skills. The curriculum focuses on developing and promoting positive social skills to help children improve their socio-emotional well-being.

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 I 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 to support improving the nutrition and physical activity environment. Provided professional development to over 100 elementary and high 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:

PHILLIPS Schools engage students in a variety of school-wide ancillary activities designed to expose the students to information related to healthy living such as fitness fairs and gardening activities. PHILLIPS will host a special event each quarter that will educate and promote a healthy lifestyle.

Success #2:

PHILLIPS Schools value socio-emotional well-being as a component of Health Education and Life Skills. The curriculum focuses on developing and promoting positive social skills to help children improve their socio-emotional well-being.

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

The PHILLIPS Health and Wellness Council is a committee of designated staff members who are responsible for the development, implementation and monitoring of this policy. The Chief Operating Officer is responsible for designating the committee members and for ensuring the policy is being implemented with fidelity.

Plans are approved by the principal and should be shared with the school staff and community. Goals should be created by the school so that forward movement is made based on the individual school needs. Additionally, division goals may be incorporated into the plan to ensure all schools align with our Strategic Plan goals and federal requirements. Goals should also be aligned with our wellness policy and best practices in school wellness.

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:

Improving and increasing student and community involvement in the development of the Wellness Policy

Goals for Improvement #1:

Wellness Activity Goal for SY 2020-2022: PHILLIPS Programs will coordinate a group of students and staff to serve as a Wellness committee, who will meet at least 4 times a year, to focus on promoting nutrition education and wellness throughout the school.

Area for Improvement #2:

Improve and increase excitement and participation in activities that support a healthy life style.

Goals for Improvement #2:

Physical Activity Goal for SY 2020-2022: Once per year, PHILLIPS Students will be given an opportunity to participate in a school wide fitness event that promotes movement for a healthier lifestyle.