

HCPSS Wellness Policy Assessment 2022-2023

Selected School Survey Responses

| Elementary School | Level (Elem, Middle, High) | Age-appropriate instruction is provided to students that teaches lifelong healthy eating habits and healthy level of physical activity. | Nutrition education is part of a systematic and structured unit of instruction. | Nutrition education is included and taught as on of the five content areas in the curricular program. | Health education is taught by a qualified and certified health education teacher. | Teachers have adequate materials and resources to provide current nutrition education in the classroom. | Nutrition education opportunities are offered to parents and families. | Healthy eating, physical activity and the school meal program are actively promoted to students, parents, school staff, and the community at school registrations, parent-teacher meetings, open houses, in-services, etc. | Parents have the opportunity to participate in wellness-related activities in the school. | Section 1 Total: Elem | Section 1 Total :Score Elem | Comments | School offers a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special healthcare needs. | Physical activity is available in after-school programs, such as intramurals, interscholastic athletics, and physical activity clubs. | Students are not withheld from physical education, recess, or other physical activities as a consequence of poor behavior or punishment for any reason. | Students are not required to engage in physical activity as a behavioral consequence |
|-------------------|----------------------------|---|---|---|---|---|--|--|---|-----------------------|-----------------------------|----------|---|---|---|--|
| Bushy Park | Elementary | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 16 | 100.00% | | 2 | 2 | 2 | 2 |
| Manor Woods | Elementary | 2 | 2 | 1 | 1 | 1 | 0 | 1 | 1 | 9 | 56.25% | | 2 | 0 | 1 | 2 |
| Triadelphia Ridge | Elementary | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 13 | 81.25% | | 1 | 1 | 2 | 2 |

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|-------------------|----------------------------|---|---|---|---|---|--|--|---|-----------------------|-----------------------------|---|---|---|---|--|
| Waverly | Elementary | 2 | 2 | 2 | 0 | 2 | 1 | 2 | 0 | 11 | 68.75% | | 2 | 1 | 1 | 2 |
| West Friendship | Elementary | 1 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 9 | 56.25% | Elementary certified teachers teach health, but are not specially trained or certified as a health teacher. Health Lessons provided by the county are too quick and don't allow time for the students or teacher to discuss/share about specific examples on topics. Health is one of the 5 content areas but nutrition/fitness is only taught during 1st quarter of health in 1st grade. Other grades discuss physical activity but the curriculum does not discuss eating habits. | 2 | 1 | 2 | 2 |

HCPSS Wellness Policy As

Selected School Survey Re

| Elementary School | Level (Elem, Middle, High) | Teachers incorporate physical activity into other subject areas (i.e. reading, math, science, social studies). | The school has adequate physical activity equipment for PE, recess, etc. | Staff promotes healthy lifestyles including healthy eating and physical activity through positive role modeling. | Physical education is taught by a qualified and certified physical education teacher. | To the extent possible, needed improvements have been made to make it safer and easier for students to walk and bike to school. | Recess is adequately and appropriately staffed and supervised. | Parents are provided with information about physical education, school-based physical activity or wellness opportunities that take place at school. | Section 2 Total | Section 2 Score | Section 2 Physical Education and Physical Activity: Comments |
|-------------------|----------------------------|--|--|--|---|---|--|---|-----------------|-----------------|--|
| Bushy Park | Elementary | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 22 | 100.00% | |
| Manor Woods | Elementary | 2 | 2 | 1 | 2 | 0 | 1 | 2 | 15 | 68.18% | |
| Triadelphia Ridge | Elementary | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 20 | 90.91% | |

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|-------------------|----------------------------|--|--|--|---|---|--|--|-----------------|-----------------|---|
| Waverly | Elementary | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 20 | 90.91% | |
| West Friendship | Elementary | 2 | 2 | 1 | 2 | 0 | 2 | 2 | 18 | 81.82% | West Friendship ES does not have any walking areas - we are all bussed. |

Selected School Survey Re

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| Elementary School | Level (Elem, Middle, High) | School encourages participation in the school breakfast and school lunch program as available. | Morning bus routes are scheduled to allow students to arrive in time for breakfast. | Applications for free/reduced priced meals are sent home to families at the beginning of the school year | School ensure that students qualifying for free or reduced priced meals are not overtly identified in any way. | Lunch is scheduled between 10:00 a.m. and 2:00 p.m. | Students are given at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch. | The cafeteria has appropriate supervision and rules for safe behavior are consistently enforced. | Free drinking water is available in the cafeteria and throughout the day. | Students have access to hand washing or hand sanitizing before and/or after they eat meals or snacks. | No foods or beverages are sold or given without charge to any students in a school from 12:01 a.m. until after the end of the last lunch period except through the HCPSS School Food and Nutrition Service. |
|-------------------|----------------------------|--|---|--|--|---|---|--|---|---|---|
| Waverly | Elementary | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| West Friendship | Elementary | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |

HCPSS Wellness Policy As

Selected School Survey Re

| Elementary School | Level (Elem, Middle, High) | All foods sold to students during the school day, and during the extended school day (30 minutes after the last bell) are compliant with USDA Smart Snacks federal nutrition standards and IOM Nutrition Standards. | Food or beverages, are not used as rewards for academic performance or good behavior. | Food or beverages are not withheld as a punishment. | No more than twelve special celebrations that do not meet Smart Snacks or IOM are allowed each year and those exemptions are tracked. | All foods and beverages sold in school vending machines that are accessible to students follow the IOM Nutrition Standards. | Unauthorized advertising/marketing of food and beverages is not allowed. | Classroom activities that involve cooking are not permitted. | School website has a link to Food and Nutrition Service to ensure parents have access to nutritional content of food and beverage sold through the school meal programs. | Section 3: Nutrition Services: Foods and Beverages : Comments | Section 3 Total | Section 3 Score |
|-------------------|----------------------------|---|---|---|---|---|--|--|--|---|-----------------|-----------------|
| Bushy Park | Elementary | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | | 34 | 94.44% |
| Manor Woods | Elementary | 0 | 2 | 2 | 2 | 0 | 2 | 2 | 2 | | 28 | 77.78% |
| Triadelphia Ridge | Elementary | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | | 36 | 100.00% |

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|-------------------|----------------------------|---|---|---|---|---|--|--|--|---|-----------------|-----------------|
| Waverly | Elementary | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | | 36 | 100.00% |
| West Friendship | Elementary | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | | 35 | 97.22% |

HCPSS Wellness Policy As

Selected School Survey Re

| Elementary School | Level (Elem, Middle, High) | All employees are encouraged to promote a healthy school environment by modeling healthy behaviors throughout the school day and at school-sponsored meetings and events. | Parents receive educational resources and encouragement to help their children implement physical activity. | Families are informed of school activities that encourage healthy eating and physical activity. | Section 4 Total | Section 4 Score | Section 4 Employee Health & Wellness and Family/Community Collaboration: Comments | Please provide a summary of events related to the school wellness policy implementation. | How can parents/community get involved with the wellness activities happening at your school? | Are there any projects/initiatives that you would like the Food and Nutrition Service Department to assist you with? |
|-------------------|----------------------------|---|---|---|-----------------|-----------------|---|--|---|--|
| Bushy Park | Elementary | 2 | 2 | 2 | 6 | 100.00% | | Field Day - over 200 parent/community volunteers; student input guides some of our activities | Continued support with field day PTA support of after school clubs | none |
| Manor Woods | Elementary | 1 | 2 | 2 | 5 | 83.33% | | Turkey Trot, PTA Fun Run, PTA Snow Dash, Field Day, Dance Party | Volunteer for events | No |
| Triadelphia Ridge | Elementary | 2 | 2 | 2 | 6 | 100.00% | | Staff wellness challenges each month; partner with PTA for annual family 5K walk/run; walking Wednesday at recess for students; no food permitted at celebrations during the school day; movement breaks incorporated into every class; full day field day | Volunteer for Walking Wednesday, field day, and the 5K. | No |

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|-------------------|----------------------------|---|---|---|-----------------|-----------------|---|---|--|--|
| Waverly | Elementary | 2 | 1 | 2 | 5 | 83.33% | | waverly fun run and field day; staff yoga and stretching | volunteering | no |
| West Friendship | Elementary | 1 | 1 | 1 | 3 | 50.00% | | Mindfulness training for staff Wellness informative seminars on Wellness Wednesday for staff Chair Massages for staff Yoga classes for staff Fitness assessments and personal health goals for students Field Day Bowling unit | Volunteer for field day, volunteer for Fitness Friday, afterschool activities such as "Girls on the Run", PTA events | Options for ethnicity/diverse food choices for students |