

School Wellness Assessment Results 20-21

Scale: 1-Not in place, 2-Partly in place, 3-Fully in place

Nutrition Education	Delcastle	Howard	Hodgson	St. Georges	District
Integrate nutrition education into the respective subject areas with the help of credentialed nutrition professionals from DOE and other sources.	2	3	3	3	2.75
Educate and train teachers to integrate nutrition education in an interdisciplinary approach.	2	2	2	3	2.25
Promote and disseminate resource information related to integration of nutrition education into curriculum. Urge the inclusion of education activities sponsored by nutrition and health organizations by promoting them through various venues including the Nutrition Services website, newsletters, and announcements.	3	2	3	3	2.75
Promote nutrition awareness throughout school environment by disseminating resources for nutrition education that can be displayed (i.e. posters in cafeteria, hallways, gymnasiums, classrooms, etc . . .). The point of sale posters can assist students to make healthy food choices. Students should receive messages throughout the school that are consistent and reinforce each other.	3	3	3	3	3
Promote nutrition awareness to parents and communities through any of the following methods: offering healthy eating seminars, sending nutrition information home, posting nutrition tips on websites, and providing nutrient analysis of school menus.	3	3	3	3	3
Initiate school-based marketing that is consistent with nutrition education and health promotion. As such, we will eliminate foods and beverages that do not meet the Smart Snacks Guidelines. School based marketing of brands promoting predominately low nutrient dense foods and beverages will not be permitted.	3	3	3	3	3
Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products. Ask for student input and feedback in planning for a healthy school environment; promote healthy food options that appeal to students.	3	3	3	3	3
Establish district and individual school wellness committees. Wellness committees shall develop, promote, and oversee a multi-faceted plan to promote wellness.	2	3	2	3	2.5
School Nutrition Staff will be present at freshman orientation and parent night to discuss the benefits of our cafeteria services.	2	2	2	2	2
Provide training for school counselors and school nurses to identify unhealthy eating behaviors in students and make referrals to appropriate services.	3	2	2	2	2.25
	87%	87%	87%	93%	88%

Nutrition Standards	Delcastle	Howard	Hodgson	St. Georges	District
All reimbursable meals will meet Federal nutrient standards as required by the USDA Child Nutrition Program regulations. Menus must comply with the current USDA Dietary Guidelines for nutrition goals when averaged over a school week, and portions should be appropriate.	3	3	3	3	3

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Provide students with healthy and nutritious foods.	3	3	3	3	3
Include foods offered over the course of a school week that emphasize nutrient dense foods and beverages and include whole grain products, fiber rich vegetables and fruits.	3	3	3	3	3
Support healthy eating through nutrition education by entering every menu item on a board to illustrate which meal component it represents.	3	3	3	3	3
Encourage students to select and consume all components of the school meal.	3	3	3	3	3
Display prominently the nutrition information for products offered in snack bars, a la carte, vending, and school stores.	3	3	3	3	3
Nutrition standards shall apply to all foods served or sold at any time during the school day on the school campus, including items sold in a la carte lines, vending machines, snack bars, school stores, or fundraising. The school day is defined as the period from midnight the night before, until 30 minutes after the end of the school day. Any snack food sold in schools must: <ul style="list-style-type: none"> • Be a "whole grain-rich" product; or • Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or • Be a combination food that contains at least 1/4 cup of fruit and/or vegetable • No more than 200 calories for snack items and 350 calories for entree items • No more than 200 mg of sodium for snack items and 480 mg of sodium for entree items • No more than 35% of calories from total fat • No more than 10% of calories from saturated fat • Zero grams of trans fat per item as packaged or served • No more than 35% of weight from total sugar 	3	3	2	3	2.75
All beverage items sold or served anywhere on school property during the school day, including items sold in a la carte lines, vending machines, snack bars, school stores or fundraising. Beverages shall meet the following standards: <ul style="list-style-type: none"> • Schools may sell water in any portion size • Schools may sell up to 12-ounce portions of unflavored low fat milk, flavored or unflavored fat free milk and milk alternatives permitted by the NSLP/NSBP, and 100% fruit or vegetable juice • Schools may sell up to 20-ounce portions of calorie-free, flavored water (with or without carbonation) • Schools may sell up to 20-ounce portions of other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fluid ounces or less than 10 calories per 20 fluid ounces • Schools may sell up to 12-ounce portions of beverages with less than 40 calories per 8 fluid ounces or less than 60 calories per 12 fluid ounces 	3	3	2	3	2.75
Students have a minimum of at least 10 minutes for breakfast and 20 minutes for lunch from the time they sit down to eat.	3	3	3	3	3
There should be a minimum of 3 hours, and not more than 5 hours, scheduled between breakfast and lunch periods.	3	3	3	3	3
Bus schedules and morning breaks should be coordinated to allow students ample time before class to eat breakfast.	3	3	2	3	2.75

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Lunch periods are scheduled as near the middle of the school day as possible.	3	3	3	3	3
It is recommended that physical education be scheduled before lunch whenever possible.	3	3	1	3	2.5
Nutrition Services staff and school administration collaborate to provide sufficient space and time for meals.	3	3	3	3	3
Dining areas are attractive and have enough space for seating all students.	2	3	3	3	2.75
Drinking water is available at mealtime for all students.	3	3	3	3	3
Students should be encouraged to wash their hands before meals to prevent spread of germs and reduce the risk of illness.	3	3	2	3	2.75
Meals and snacks will not be used as a reward or a punishment for student behaviors, unless it is detailed in a students Individualized Education Plan (IEP).	2	3	2	3	2.5
School should encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items as well as fund-raising to support physical activities.	2	2	3	3	2.5
School nutrition programs will aim to be financially self-supporting. The school nutrition program is an essential support to the success of the education process. Profit generation should not take precedence over the nutritional needs of the students. If subsidy of the school nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and or compete nutritionally with program meals.	3	3	3	3	3
The school district will employ a properly qualified, certified and/or credentialed Nutrition Director to administer the school nutrition programs.	3	3	3	3	3
All school nutrition personnel shall have adequate in-service training in food service operations.	3	3	3	3	3
Students are encouraged to start each day with a healthy breakfast.	3	3	3	3	3
Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness.	3	3	3	3	3
Safety and security of the food, and building access to the school nutrition operations are limited to school nutrition personnel and other authorized personnel.	3	3	3	3	3
Snack and beverage vending machines intended for staff use will be located in designated staff lounge areas.	3	3	3	3	3
Cafeteria vended products shall be consistent with established USDA Smart Snack nutrition standards.	3	3	3	3	3
Snacks and beverages sold during school hours shall meet USDA Smart Snack nutrition standards but will not be sold during breakfast or lunch periods.	3	3	3	3	3
Marketing of food or beverages that do not meet the Nutrition Standards is strictly prohibited on any school property.	3	3	3	3	3
	97%	99%	92%	100%	97%

Physical Education and Physical Activity

Delcastle	Howard	Hodgson	St. Georges	District
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All public and charter school students in grades K-12 should receive a quality physical education program that is: <ul style="list-style-type: none"> • Age-appropriate • Taught by a certified physical education teacher • Monitoring fitness levels of all students 	3	3	3	3	3
The physical education program should: <ul style="list-style-type: none"> • Build knowledge and skills for the enjoyment of lifelong fitness through physical activity • Create a positive atmosphere for all students to participate in physical activities • Enhance skills in leadership, teamwork and self-confidence • Utilize technology within the curriculum to enhance motivation and participation • Encourage physical activities outside of school 	3	3	3	3	3
The national recommendations of 60 minutes per day of moderate to vigorous physical activity should be the goal for all students. This includes opportunities in various settings such as: <ul style="list-style-type: none"> • Physical Education • Classroom • Recess • After-school programs 	2	3	3	3	2.75
Schools will provide adequate space and the appropriate equipment to meet the Delaware standards for physical education.	2	3	3	3	2.75
Students should not be excluded from participating in physical education classes and opportunities for physical activity for unrelated disciplinary action. Nor should physical activity be used as a disciplinary measure.	3	3	3	3	3
After-school programs should include supervision by trained staff, and provide developmentally and age-appropriate physical activity for all participants.	3	3	3	3	3
Nutrition education should be integrated into the physical education curriculum to educate students on the benefits of proper nutrition and overall health.	3	3	2	3	2.75
The benefits associated with healthy eating and physical activity should be shared with community groups and parents via the use of the district website.	3	3	2	3	2.75
Staff wellness opportunities should be available to all employees.	3	3	2	3	2.75
	93%	100%	89%	100%	95%

Communication and Promotion	Delcastle	Howard	Hodgson	St. Georges	District
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School Wellness Assessment Results 20-21

New Castle County Vocational Technical School District provides the opportunity for major stakeholders to be involved in the development of the District Wellness Policy including parents, students, school food authority, school board, school administration, and teachers. Current communication methods for district families will be used to share information about this opportunity.	3	3	3	3	3
The school environment, including cafeteria and classroom, shall provide clear and consistent messages that reinforce healthy eating.	3	2	3	3	2.75
Staff will be encouraged to model healthy eating and physical activity as a valuable part of their daily life.	3	2	2	3	2.5
School Nutrition Services provides families with the opportunity for input and monitoring of their student's food purchases through the use of the online parent tool for viewing student purchases.	3	3	3	3	3
Schools will provide nutrition education through promotional materials available at the schools and information available to the public on our district website.	3	3	3	3	3
School Nutrition provides food promotions to encourage taste testing of healthy new foods being introduced on the menu.	1	1	1	1	1
The District provides parents with healthy snack ideas on the district Nutrition Services website.	3	3	3	3	3
	90%	81%	86%	90%	87%

	Delcastle	Howard	Hodgson	St. Georges	District
Overall Score	92%	92%	88%	96%	92%

District Wellness Committee Annual Summary SY 2020-2021

- The District Wellness Committee communicated through email and virtually during the SY due to the COVID19 concerns.
- A review of the wellness policy was completed, as required by USDA, and a few small changes were recommended to ensure that accurate information was listed in the policy to match current regulations.
- The District Wellness Committee plans to meet three times in the 2021-2022 School Year.
- At the end of SY20-21, all schools completed the School Based Wellness Assessment. A copy of the full assessment is attached as well. Here are a summary of the findings by content area.
 - Nutrition Education
 - The district rating averaged 88% of objectives in place.
 - Strengths include:
 - Strong school based marketing practices eliminating low nutrient dense foods.
 - Established school based wellness committees.
 - Promotion of healthy foods.
 - An area for growth across the district would be to further the integration of nutrition education into an interdisciplinary approach.
 - Nutrition Standards
 - The district rating averaged 97% of objectives in place.
 - Strengths include:
 - School meals meet USDA Child Nutrition Regulations.
 - Snacks and beverages served on school property during school hours meet USDA Smart Snacks regulations.
 - Cafeteria snacks meet smart snack requirements.
 - HACCP guidelines are in place to prevent foodborne illness.
 - Physical Education & Physical Activity
 - The district rating averaged 95% of objectives in place.
 - Strengths include:
 - Quality physical education programs are in place.
 - Removal of physical activity is not used as a form of disciplinary action.
 - After school physical activity programs are available and provided by trained staff members.
 - Communication & Promotion
 - The district rating averaged 87% of objectives in place.
 - Strengths include:
 - Families are provided the opportunity for monitoring of student meal accounts through the website.
 - The school environment provides clear consistent messages that reinforce healthy eating.
 - The District provides families with healthy snack ideas and Nutrition Education through the District Nutrition Services website.

- The drop in rating for this section is mainly attributed to the lack of taste testing in the cafeteria this year. Due to COVID19 limits and service modifications, Nutrition Services was limited and unable to offer our regular taste tests and promotion of new food items in the cafeteria. This is something Nutrition Services hopes to return to offering in SY21-22.

2020-2021 Wellness Activities by School

Delcastle

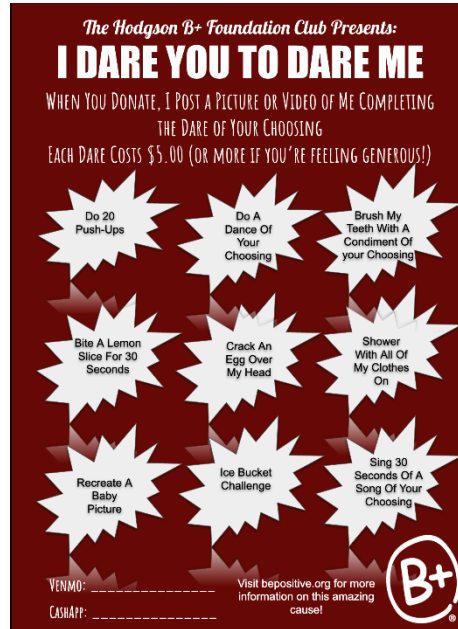
- Vaccination Clinic at Delcastle
- Both virtual and in-person sessions via the Delcastle Wellness Committee
- April PTA Meeting
 - “The April Parent Information Forum, sponsored by the Delcastle PTA, will be held Tuesday, April 20th at 6:00p. The focus of the meeting will be Student and Family mental health and wellness., conducted by a panel of the mental health professionals of Delcastle. The Zoom link for the meeting is in this week’s email. We hope that you plan to attend this discussion on an important and current issue for you and all members of your family.”
- Lunchroom Mental Health Awareness and Activities both in-person and online
 - Games, brain breaks, group sessions, social opportunities etc.
- Health Club Activities
 - The Health Club is called, "W.A.T.C.H." Our mission is to be winning advocates for teen and community health. We wanted to extend the classroom more into the community this year, but it was difficult due to COVID. However, as members of the Kick Butts Generation, we did support several activities that promoted positive social and mental health this year. They included the American Lung Association's Gingerbread House Activity and their Slime event for the community. Meetings were open to the whole school and invites were extended through Ms. Dennison's weekly "Student Announcements." Furthermore, as advocates for positive health, we met with the Delaware Dept. of Education. DDOE Associates attended our meeting last week to discuss their future T-shirt campaigns to stay "drug free". They wanted feedback from our members on new future social media campaigns that seek students to share messages on why they choose to not 'do drugs'. DDOE respects our group and school, and we welcomed the opportunity to share our opinions. Students volunteered to help with the projects.
 - Additionally, the health club worked with student mental challenges and mental illness most of the year. We met almost every 2 weeks and during the last two months, met every week. We supported students' mental health, dealt with mental challenges, and discussed mental illness. We had several speakers from the National Alliance for Mental Illness (NAMI) come to our bi-weekly sessions and discuss the differences between mental challenges and mental illness and how to talk about both. During Mental Health Month, the health club provided rubber wristbands from NAMI for our students during lunchtime. (<https://www.nami.org/get-involved>)
 - Our health club shared the results of our discussions on mental health issues through student made Flipgrid videos and padlets available to all health and physical education

students. We invited all students to attend our meetings through, "Student Announcements" by Ms. Dennison.

- We used several other mental health programs that included the Glowmedia.org Program – Please see the program trailer on students having a hard time on front of their website. We watched videos from the site and followed the discussion guides provided with each video. (<https://www.glowmedia.org/>)
- We also used another program from "Erika's Lighthouse." The program: Depression and Suicide Awareness for High School Students was shared during health club meetings. (<https://www.erikaslighthouse.org/>) Erika's Lighthouse. Erika's Lighthouse supports the whole school, the whole community, and the whole child (WSCC). The programs support the creation of a school environment that strengthens mental health by working across the WSCC model components. We have signed up to be a teen empowerment group for next year.
- For relaxation, we practiced meditation from the program, "Health Moves Minds". (<https://www.shapeamerica.org/events/healthmovesminds/>) from SHAPE America. The health.moves.minds. curricula embeds SEL competencies into the SHAPE America National Standards and Grade-Level Outcomes for K12 Physical Education and helps students navigate many of
- The health club also supported Transgender Awareness Week and speakers led discussions with our group. <https://www.glaad.org/tdor> The speakers were provided from N.A.M.I.
- Lastly, we supported World AIDS Day, American Smoke-out Day, and health monthly events.

Hodgson

- Biggest loser competition between staff members
- Offered COVID Vaccinations in the gym for students and others
- COVID screenings at all sporting and other events
- Created a new lunch process to ensure all students were being socially distant while they had their masks down to eat
- Signs and arrows were posted all around the school to make sure everyone was walking in certain directions to decrease exposure
- All classrooms were made COVID-friendly and supplied with a basket full of necessities (tissues, band-aids, feminine products, etc.) so that students did not need to go to the nurse unless it was urgent.
- Guest speakers for health classes (ALL VIRTUAL!)
 - AIDS Delaware "HIV and AIDS Awareness"
 - Epilepsy Foundation "Epilepsy and Seizure Awareness"
 - Gambling Addiction and Awareness
 - Dating Violence and Abuse Awareness
 - Spinal Cord and Brain Injury Prevention
- B+ Foundation did a "dare" fundraisers where students got money donated for completing challenges set by others



- Wellness Center had many online and in-person sessions with students who were in need.
- Hodgson stayed in touch with the UnLocke the Light organization that spreads awareness on mental health and suicide.
- The Phys. Ed. staff implemented fitness days on Mondays and Thursdays for in-person students and extended their classes to faculty and staff if available.
- Phys. Ed. staff put on a cornhole tournament for the staff at the end of the year. All equipment was brought by the staff.

Howard

- School Nurses:
 - Flu Vaccination Clinic on 9/24/2020 (37 staff members and 3 children were vaccinated)
 - Immunization Reviews (students) – Ongoing
 - Synergy Integrated Health, to provided 10-minute chair massages to staff
 - Offered Epi-pen trainings for admin, student advisors, and some coaches (Epinephrine for Anaphylaxis in Schools (EAS) for the Trained Person)
 - Offered “I’m Ready-Glucagon” Training so coaches could administer medication to a diabetic student on the football team
- School Based Health Center:
 - One Nurse Practitioner, two Licensed Clinical Social Workers, one Registered Dietician, and a Community Health Worker provided multidisciplinary service to students at Howard including:
 - routine school and sports physicals
 - immunizations and vaccines required for school and co-op requirements (flu shots, TDAP and TB screens for our health care programs)

- reproductive health services including STI screening/treatment, HIV screening, Pregnancy testing and birth control options from pills, depo shots and Nexplanon (a long acting reversible contraceptive)
 - sick day referrals from the school nurses (treat ear infections, strep throat, cold sores, asthma, pink eye, etc.)
 - mental health therapy (referrals from school nurses for frequent visitors, school psychologists, Learning Support Coaches, teachers, guidance, discipline and other admin and self-referrals) Common diagnoses seen were Depression, Anxiety, ADHD, and Adjustment disorders.
 - EMDR (an evidenced based therapy for Post-Traumatic Stress Disorder) beneficial in treating trauma
 - Adolescent Risk Assessment on every student who is a member once a year to bring them down to the SBHC so that they can be aware of the services we offer and we can assess for health (both physical or mental) services they might benefit from
 - a variety of services for students who are looking to lose weight, gain weight, increase academic or athletic performance (put together some cafeteria tables with trivia for students)
 - Collaboration for a Food Bank pantry for students.
 - Disordered Eating protocol and resources
 - Reaching out to 18-year-olds who could self-consent to get them set up with their own health care
 - Working with families who did not have insurance to gain access to insurance or low-cost medications
 - Attended Open Houses, Parent Nights, Freshman Orientations,
 - Coordinate with outside agencies to set up cafeteria tables: Brandywine Counseling, Department of Health, Gambling Services, YWCA
 - Televisits with students since school has not been in session
- Spirit Committee: (Self-Care)
 - Counselor Appreciation
 - Custodial Appreciation
 - Holiday cards for staff
 - Breast Cancer Awareness (Wear Pink on Wednesdays in October)
 - Anti-Bullying

Athletics:

- Athletic Director completed courses on:
 - Sports Nutrition
 - Appearance and Performance Enhancing Drugs and Substances
- All coaches completed:
 - CPR Training
 - Concussion Training
- In addition, football coaches completed additional trainings on:
 - Sudden Cardiac Arrest
 - Heat Illness
 - Blocking, Defending Blocks, Shoulder Tackling, and Equipment Fitting
- Two coaches completed "I'm Ready-Glucagon" training (diabetes)

St. Georges

- IMPACT Concussion testing
- Multiple Activities that raise awareness for National Health and Fitness
- Healthy 4 Life Vending Machine
- Suicide Prevention Public Service Announcement
- Wellness Center
- NFHS resource sharing – on-line professional development for coaches – concussions, dehydration, cardiac, etc.
- Partnership with the Positive Coaching Alliance – professional development and resources for athletes, coaches, and parent
- Anxiety
- TAG
- Be Proud/Be Responsible
- Creating Confidence
- Healthy Lifestyle group
- Walking Club
- Wellness – Administrator Dr. Harrison, in partnership with Pat Atkinson (STG Staff) are leading after school PD sessions centered on Wellness for the mind, body, and spirit. There have been 3 sessions so far.
 - SESSION SAMPLES
 - After School PD Session - <https://youtu.be/LL9-7S7ncqw>
 - Pandemic Sessions - <https://drive.google.com/open?id=1wglwhlSwnJ8-8mtnH7yjmaOuWof-l0cx>
- Staff Yoga