



# Assessing Wellness Policy Implementation Workshop



## McGill School of Success Wellness Program Assessment

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February 9, 2018



# Topics Covered

- About McGill School of Success
- About Hygia Weight Loss & Nutrition
- Hygia's collaboration with McGill School
- Benefits of Assessment
- Wellness Assessments at McGill School
- Organizational Assessment
- Wellness policy Assessment
- Health Training Assessment
- Parent School Assessment
- Alliance for a Healthier Generation Healthy Schools Assessment
- Let's Move/Active Schools National Award Assessment



# About McGill School of Success



# About McGill School of Success



- The Mission of McGill School of Success is to help children develop the skills needed for school success and to prepare parents to nurture and facilitate their children's success in school
- Charter School since 1996
- Preschool through Fifth Grade
- Located at : 3025 Fir Street, San Diego, CA 92102
- Website: [mcgillschoolofsuccess.org](http://mcgillschoolofsuccess.org)
- Principal : Ms. Kimberly Lopez



# About Hygia

## Weight Loss & Nutrition



## About Hygia Weight Loss & Nutrition



- Hygia was conceived in 2005 to help with the current obesity epidemic and to make healthy weight management a way of life
- Telephone: (858) 922-0666
- Email: [shohre@eHygia.com](mailto:shohre@eHygia.com)
- Website: [www.eHygia.com](http://www.eHygia.com)



# Hygia's collaboration with McGill School of Success



# Beginning of Collaboration

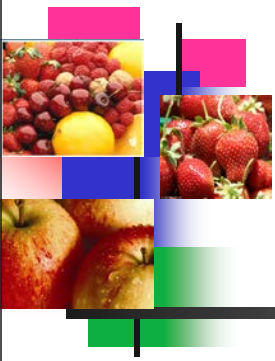


- At the request of McGill School of Success, University of California San Diego community development helped the school look for nutrition education and/or obesity prevention programs in 2006
- The request was advertised through San Diego Nutrition Network
- Hygia Weight Loss & Nutrition volunteered to help McGill School develop their nutrition education /obesity prevention program





# Benefits of Assessment



# Benefits of Assessment



- Helping to ensure that objectives are met
- Identifying successes and weaknesses
- Providing evidence of the benefits and impacts of the program
- Contributing to securing funding and grants
- Identifying training and development needs
- Providing information for stakeholders
- Guiding future plans





# Wellness Assessments at McGill School of Success



# Organizational Assessment



# Organizational Assessment



- An organizational assessment was performed to obtain the necessary information
- A proposal was developed to look at the best and fastest method to implement the program



# Recommended Approach



# Hygia's Proposal



- Hygia's recommended proposal included:
  - Providing resources and help for obtaining grants
  - Locating and establishing collaborative relationship with organizations that could provide needed resources at low or no cost
  - Nutrition education possibilities
  - Physical activity possibilities
  - Providing healthy meals
  - Development of school gardens
  - BMI tracking to define outcome measures
  - Assessments



# Implementation and Results





# Implementation



- Different grant possibilities were suggested, and help with preparation provided
- In order to use the resources already available and not to recreate the wheel, a relationship with University of California Cooperative Extension was established to help with the training of the teachers and parents
- Staff and teachers training took place at the school location by Hygia
- Possibilities of school garden development researched and University of California Cooperative Extension garden liaison contacted
- Possibility of BMI tracking discussed and the health aide was instructed on BMI calculation
- Different assessment possibilities located



# Assessment Possibilities



- Different assessment possibilities researched
- Center for Disease Control (CDC) School Health index assessment was used to gauge the necessary improvements
- Steps towards its completion taken



# School Health Index



- The SHI was developed by CDC in partnership with school administrators and staff, school health experts, parents, and national nongovernmental health and education agencies
- Enables schools to identify strengths and weaknesses of health and safety policies and programs
- Self assessment tool with modules corresponding to Coordinated School Health Program model
- Engage teachers, parents, students, and the community in promoting health-enhancing behaviors and better health



# Wellness Policy Assessment



# Assess Needs and Interests



- Assess the needs of the school according to the principal
- Survey assessing school nutrition and physical activity environment
  - Survey from the wellness team
    - What areas should the wellness policy cover
    - Availability of different areas of wellness program
    - What areas are in need of development



# Wellness Team



- Comprised from a cross section of the organization
  - The principal
  - Board Member
  - Teachers
  - Parent
  - Health Aide
  - Consultant
- Provide consistent reports to demonstrate progress
- Hygia moderates the meetings and provides meeting notes



# Wellness Committee Meeting Notes Example



## MEETING NOTES

Please find below the meeting notes from the twentieth McGill School of Success Wellness Committee meeting.

Date:

Time:

Location:

Participants:

Principal:

Teacher:

Teacher:

Teacher:

Nurse Aid:

Board Member:

Parent:

Consultant, Nutritionist:

Note:

Action Items:

The next Wellness Committee meeting will take place on DATE.

Responsibilities of the members from last meeting reviewed; .....

.....  
.....

Other Notes: .....

.....  
.....

Responsibilities:

Principal:

Other members.....



# Assessing School Nutrition and Physical Activity Environment



- Survey assessing school nutrition and physical activity environment
- California Project Lean and University of California Berkeley Center for Weight and Health
  - Policy in Action: Implementing local school wellness policy





# Health Training Assessment



# Health Training Assessment



- Nutrition Education Assessment
  - University of California Cooperative Extension
  
- Physical Education Assessment
  - Youth to the Core Program
  
- Health Education Training Assessment
  - Hygia Weight Loss and Nutrition



## University of California Cooperative Extension Expanded Food and Nutrition Education Program



- University of California Cooperative Extension
  - The Expanded Food and Nutrition Education Program (EFNEP)
  - [http://ucanr.edu/sites/SD-NFCS/Nutrition\\_Education\\_EFNEP/](http://ucanr.edu/sites/SD-NFCS/Nutrition_Education_EFNEP/)
    - Provides nutrition education to limited resource youth and families
    - Research based nutrition education curriculum
    - University of California trained nutrition educators
      - Youth Nutrition Education - Stella Weaver
      - Parent Nutrition Education - Margarita Schwarz



# Expanded Food and Nutrition Education Program Assessments



- Pre and Post Assessments
  - Dietary Quality
  - Physical Activity Improvements
  - Food Safety Improvements



# Youth to the Core Program



- Youth to the Core Program
  - The program teaches basic anatomy, fitness, and health education in the fitness portion of the program and also utilizes an outdoor garden program to give the children hand's on active learning- based projects
  - Each lesson is written into curriculum form and tied directly to the California State standards
- Program Director:
  - Bret Caslavka
  - Website: [www.youthtothecore.com](http://www.youthtothecore.com)



# Physical Activity Assessment Youth To The Core



- Youth To The Core Assessments
  - Fitness assessment
  - T/K and 5th grade pre/post academic test
  - Reinforcements



# Health Education Assessment Hygia Weight Loss and Nutrition



- Teacher Evaluation of Nutrition Education Program
  - Survey from the teachers
- Teacher Evaluation of Hygia's Stress Management Training
  - Survey from the teachers



# Parent School Assessment





# Parent School Assessment



- Principal administered assessment of the school
- Survey for the parents
- Parents opinions regarding:
  - School Environment
  - School Curriculum
  - School Programs
  - School Stakeholders
  - Parent Meetings



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# Alliance for a Healthier Generation Healthy Schools Program School Assessment



# Alliance for a Healthier Generation Healthy Schools Program



- The Alliance for a Healthier Generation was founded by the American Heart Association and the Clinton Foundation
- AHG Healthy Schools Program
- <https://schools.healthiergeneration.org/>
  - Evidence-based national childhood obesity prevention initiative
  - Gives access to free guidance, assessment tools and resources to implement healthy policies and practices



# Healthy Schools Program 6 Step Process



## 6 Step Process

- Step 1: Build support
- Step 2: Assess your school
- Step 3: Develop your action plan
- Step 4: Explore resources
- Step 5: Take action
- Step 6: Celebrate successes



# Create an Account



## Complete Registration ✕

Work at the district level? [Register here](#) →

\* Field is required.

**Your Details**

First Name \*

Last Name \*

ZIP \*

Phone

**Your New Account**

E-mail Address \*

In order to start the process,  
an account has to be created



# Login



The email address and the password is required to login

ALLIANCE FOR A HEALTHIER GENERATION HELP [REGISTER / LOG IN](#) [FIND YOUR SCHOOL OR DISTRICT](#)

Healthy Schools Program Register/Login

[Home](#) →

- About Assessment
- About Action Plan
- About Celebration
- Tools & Resources
- Training Opportunities

**Please log in below.**

E-mail address

**Do you have an account with the Alliance for a Healthier Generation or the Healthy Schools Program?**

No — I'm a new member.

Yes — I have a password:

Remember Me

[FORGOT PASSWORD](#) [CANCEL](#) [Log In](#)

PRIVACY POLICY WEB LINKING POLICY TERMS OF USE ©2017 ALLIANCE FOR A HEALTHIER GENERATION



# School Assessment



- Identifies the strengths and weaknesses of the school's policies and programs for promoting health and safety
- To start an Assessment, the school must be enrolled and have a team member
- Eight different modules



# Eight Assessment Modules



- Module 1: School Health and Safety Policies and Environment
- Module 2: Health Education
- Module 3: Physical Education and Other Physical Activity Programs
- Module 4: Nutrition Services
- Module 5: Health Services
- Module 6: Counseling, Psychological & Social Services
- Module 7: Health Promotion for Staff
- Module 8: Family and Community Involvement





# Assessment Modules



ALLIANCE FOR A HEALTHIER GENERATION

LOG OUT HELP ALERTS 1 ACCOUNT

## Healthy Schools Program

- Dashboard
- Assessment →
- Action Plan
- Celebration
- Tools & Resources
- Training Opportunities

## Assessment Modules Help

**School Health and Safety Policies and Environment**

**Bravo!** According to your responses, your school meets all of our criteria in this module. Once you're at this level in **all modules**, you'll be able to **apply for a National Healthy Schools Award!**

✔ Your Action Plan is unlocked for this module! Add items to your Action Plan to continue.

**Required Items** ADD TO ACTION PLAN

<span style="font-size: 1.2em; color: blue; font-weight: bold;">●</span> <b>Representative school health committee or team</b> - 101 <small>FULLY IN PLACE</small>	<span style="font-size: 0.8em;">★ ★ ★</span> <span style="border: 1px solid blue; padding: 2px 5px; font-weight: bold; color: blue;">+</span>
<span style="font-size: 1.2em; color: blue; font-weight: bold;">●</span> <b>Local wellness policies</b> - 102 <small>FULLY IN PLACE</small>	<span style="font-size: 0.8em;">★ ★ ★</span> <span style="border: 1px solid blue; padding: 2px 5px; font-weight: bold; color: blue;">+</span>
<span style="font-size: 1.2em; color: blue; font-weight: bold;">●</span> <b>Recess</b> - 103 <small>FULLY IN PLACE</small>	<span style="font-size: 0.8em;">★ ★ ★</span> <span style="border: 1px solid blue; padding: 2px 5px; font-weight: bold; color: blue;">+</span>
<span style="font-size: 1.2em; color: blue; font-weight: bold;">●</span> <b>Access to free drinking water</b> - 104 <small>FULLY IN PLACE</small>	<span style="font-size: 0.8em;">★ ★ ★</span> <span style="font-size: 0.8em; color: blue;">Added!</span> <span style="font-size: 0.8em; color: red;">REMOVE</span>
<span style="font-size: 1.2em; color: blue; font-weight: bold;">●</span> <b>All foods sold during the school day meet the USDA's Smart Snacks in School nutrition standards</b> - 105 <small>FULLY IN PLACE</small>	<span style="font-size: 0.8em;">★ ★ ★</span> <span style="border: 1px solid blue; padding: 2px 5px; font-weight: bold; color: blue;">+</span>

- MODULE 1  
**School Health and Safety Policies and Environment** →
- MODULE 2  
**Health Education**
- MODULE 3  
**Physical Education and Other Physical Activity Programs**
- MODULE 4  
**Nutrition Services**
- MODULE 5  
**Health Services**
- MODULE 6  
**Counseling, Psychological & Social Services**
- MODULE 7  
**Health Promotion for Staff**
- MODULE 8  
**Family & Community Involvement**



# Questions Detail



ALLIANCE FOR A HEALTHIER GENERATION

LOG OUT HELP ALERTS ACCOUNT YOUR SCHOOL MCGILL SCHOOL OF SUCCESS

## Healthy Schools Program

- Dashboard
- Assessment →
- Action Plan
- Celebration
- Tools & Resources
- Training Opportunities

## Question Detail

ASSESSMENT > MODULE 3 > 304 (3 OF 21)

- MODULE 1 School Health and Safety Policies and Environment
- MODULE 2 Health Education
- MODULE 3 Physical Education and Other Physical Activity Programs →
- MODULE 4 Nutrition Services
- MODULE 5 Health Services
- MODULE 6 Counseling, Psychological & Social Services
- MODULE 7 Health Promotion for Staff
- MODULE 8 Family & Community Involvement

**Health-related fitness** - Module 3: 304 REQUIRED

FULLY IN PLACE

Does the physical education program integrate the components of the Presidential Youth Fitness Program?

- Fitness assessment using **Fitnessgram**
- Professional development for physical education teachers on proper use and integration of fitness education, fitness assessment, and recognition.
- Recognition of students meeting Healthy Fitness Zones or their physical activity goals.

Yes, all 3 components of the PYFP are integrated.

Great! 53% of schools in CA participating in the Healthy Schools Program meet this criterion.

2 of the PYFP components are integrated.

1 of the PYFP components is integrated.

None of the PYFP components are integrated.



# Action Plan



The Action Plan is like a virtual to-do list that shows you the specific steps to take to achieve your goals

A screenshot of the Healthy Schools Program website interface. The top navigation bar includes the "ALLIANCE FOR A HEALTHIER GENERATION" logo, "LOG OUT", "HELP", "ALERTS" (with a red notification bubble containing the number 1), and "ACCOUNT". The right side of the header identifies the user as being from "YOUR SCHOOL MCGILL SCHOOL OF SUCCESS". The left sidebar contains a "Healthy Schools Program" header and three menu items: "Dashboard", "Assessment", and "Action Plan" (which is selected and has a right-pointing arrow). The main content area is titled "Action Plan" and includes sub-links for "About Action Plan" and "Help". The primary heading is "Here's Your Action Plan", followed by a paragraph: "Choose an item below to access notes, resources, implementation strategies, and expert help specifically tailored to help you meet each of these criteria." Below this is a link: "Watch this video for help working with your Action Plan."



# Action Plan Items





















- Action Plan includes:
  - Items from the Assessment that the school has marked as not fully in place
  - Items that have been completed

- ✓ Action Plan →
- ★ Celebration
- 🔧 Tools & Resources
- 🎓 Training Opportunities

Add Action Items

Most schools do best when working on 3-5 Action Items at a time. To add more Action Items, visit the [Assessment](#) and select a module that your school has completed.

## Completed Items

	<b>Access to free drinking water</b> - 104 FULLY IN PLACE		
	<b>Sequential health education curriculum consistent with standards</b> - 205 FULLY IN PLACE		
	<b>Professional development in health education</b> - 207 FULLY IN PLACE		
	<b>Minutes of physical education</b> - 301 FULLY IN PLACE		
	<b>Sequential physical education curriculum consistent with standards</b> - 303 FULLY IN PLACE		
	<b>Promotion or support of walking and bicycling to and/or from school</b> - 307 FULLY IN PLACE		



# Action Items



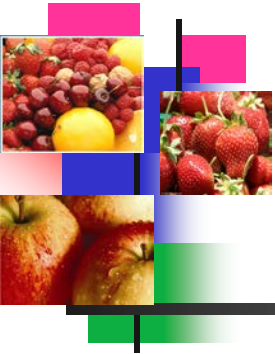
- Each action item includes:
  - Implementation strategies
  - A common place to share notes with your team
  - Resources and tools to help effectively achieve goals
  - Evidence of success



# Healthy Schools Program and School Health Index



- The Healthy Schools Program has adopted the CDC's School Health Index
- The best practices in the School Health Index that are core to a healthy school have been identified
  - Those best practices are indicated as "Required" questions
  - Answering and implementing these best practices may qualify a school for the National Healthy School Award



# Optional Items



ALLIANCE FOR A HEALTHIER GENERATION
LOG OUT
HELP
ALERTS 1
ACCOUNT
YOUR SCHOOL  
MCGILL SCHOOL OF SUCCESS

## Healthy Schools Program

- Dashboard
- Assessment →
- Action Plan
- Celebration
- Tools & Resources
- Training Opportunities

MODULE 1  
**School Health and Safety Policies and Environment** →

MODULE 2  
Health Education

MODULE 3  
Physical Education and Other Physical Activity Programs

MODULE 4  
Nutrition Services

MODULE 5  
Health Services

MODULE 6  
Counseling, Psychological & Social Services

MODULE 7  
Health Promotion for Staff

MODULE 8  
Family & Community Involvement

## Optional Items

ADD TO ACTION PLAN

<b>Written school health and safety policies</b> - 115 <small>FULLY IN PLACE</small>	
<b>Communicate health and safety policies to students, parents, staff members, and visitors</b> - 116 <small>FULLY IN PLACE</small>	
<b>Positive school climate</b> - 117 <small>FULLY IN PLACE</small>	
<b>Overcome barriers to learning</b> - 118 <small>FULLY IN PLACE</small>	
<b>Enrichment experiences</b> - 119 <small>FULLY IN PLACE</small>	
<b>Standard precautions policy</b> - 120 <small>FULLY IN PLACE</small>	
<b>Professional development on meeting diverse needs of students</b> - 121 <small>FULLY IN PLACE</small>	
<b>Prevent harassment and bullying</b> - 122 <small>FULLY IN PLACE</small>	
<b>Active supervision</b> - 123 <small>FULLY IN PLACE</small>	
<b>Written crisis preparedness and response plan</b> - 124 <small>FULLY IN PLACE</small>	
<b>Adequate physical activity facilities</b> - 126 <small>FULLY IN PLACE</small>	



# National Award Application Guide



## Helps you navigate the Healthy Schools Program Assessment And National Award application



### America's Healthiest Schools— **National Award Application Guide**

This document will help you navigate the Healthy Schools Program Assessment and National Award Application.

Here are a few tips to get you started:

When reviewing this guide, divide it into modules and reference the "**People Who Will Likely Know**" column. These are the people in your school or district who may have the answers to help you accurately complete the assessment and collect evidence for the application.

1

Create an electronic folder on your desktop. Begin collecting "**Award Application Evidence**" in advance, saving it in the folder as you go. When the application opens in the fall, you'll be ready! For further organization, create a folder for each module.

2

Save this document in your folder. Use the "**Notes**" section to document award evidence, keep track of what evidence is complete, and to record what still needs to be collected, etc.

3

**Notes:** An answer of "3" qualifies a school for a level except where otherwise noted i.e. Bronze (2). Questions marked with an \* may be answered at the District Level and are part of the District Assessment. Questions marked with an FR are components of the federal requirement on Local Wellness Policies. Implementation of the local wellness policy is required by the 2017-2018 school year. Use this guide to document evidence of implementation of your local wellness policy for reporting.





# National Award Application Guide



Helps identify the evidence for each assessment question

National Award Application Guide

## Module 1: School Health and Safety Policies and Environment

Level	Question	Level of Completion	People Who Will Likely Know	Award Application Evidence	Documentation Notes
Bronze (2)	<p>101 <u>Representative school health committee or team:</u></p> <p>Does your school have a <b>representative</b> committee or team that meets at least four times a year and oversees school health and safety <b>policies</b> and programs?</p>	<p>3 = Yes.</p> <p>2 = There is a committee or team that does this, but it could be more representative of the school and include more individuals from across the school community.</p> <p>1 = There is a committee or team, but it is not representative of the school community, or it meets less often than four times a year.</p> <p>0 = No.</p>	<p>Principal School Wellness Committee Chairperson</p> <p>National Advisor: <a href="#">Shannon Vogler</a> <a href="#">Dana Roberts</a></p>	<p>Identify the name, position title, contact number and email address of the school official responsible for oversight of the Local Wellness Policy.</p> <p>Provide at least 4 dates when the school wellness committee (SWC) met or plans to meet during this school year.</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> Information to Collect</p> <p>Ex. John Jones, School Principal, 888-888-888, <a href="mailto:John.Jones@healthiergeneration.org">John.Jones@healthiergeneration.org</a></p> <p>August 15, 2017 November 14, 2017 February 13, 2018 April 17, 2018</p>
Bronze FR	<p>102 <u>Local wellness policies:</u></p> <p>Has your school implemented the following components of the local education agency's (LEA) or district's local school wellness policy?</p> <ul style="list-style-type: none"> <li>• Specific goals for nutrition education and promotion activities</li> <li>• Specific goals for physical activity opportunities</li> <li>• Specific goals for other school-based activities that promote student wellness</li> <li>• Nutrition standards for all</li> </ul>	<p>3 = Yes, our school has implemented all of these components.</p> <p>2 = Our school has implemented most of these components.</p> <p>1 = Our school has implemented a few of these components.</p> <p>0 = No, we have not implemented any of these components, or our policy does not include any of these components, or our district does not have a local wellness policy.</p>	<p>Principal District Food Service Director School Wellness Committee Chairperson</p> <p>National Advisor: <a href="#">Shannon Vogler</a> <a href="#">Dana Roberts</a></p>	<p>Provide your building or district wellness policy and highlight each of the ten components (outlined in the question) in the school/district policy.</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> Information to Collect</p>



# Healthy School Program Benefits



- Everything under one roof
- All the school administrators, teachers, parents can get involved
- Continuous status check
- Work on making improvements
- Action Plan will keep all the work saved
- Resource database
- Share notes with team members
- Award possibilities



# The Let's Move ! Active Schools National Award Assessment



## The *Let's Move!* Active Schools National Award



- *Let's Move! Active Schools* was part of Michelle Obama's *Let's Move!* Initiative
- The *Let's Move!* Active Schools National Award was the nation's top physical education and physical activity distinction for K-12 schools
- The award celebrated a school's commitment to providing students with at least 60 minutes of physical activity before, during and after school each day



# *Let's Move!* Active Schools National Award Recipient Assessment



- To earn a *Let's Move!* Active Schools National Award, a school must have met significant benchmarks in five areas: physical education; physical activity before and after school; physical activity during school; staff involvement; and family and community engagement
- In 2016 McGill School of Success was the recipient of *Let's Move!* Active Schools National Award
- The school received a large display banner, certificate and congratulatory letter from Michelle Obama



# Acknowledgement

With thanks to all the wonderful people and organizations who have helped with their time, guidance, insight and contributions

Shohre Zahedi