




DISTRICT OF COLUMBIA

OFFICE OF THE STATE SUPERINTENDENT OF

# EDUCATION

Local Wellness Policies are a requirement of the Child Nutrition and Women, Infants and Children Reauthorization Act of 2004, as well as the expanded requirements of the Healthy, Hunger-Free Kids Act of 2010 and the DC Healthy Schools Act of 2010. The Local Wellness Policy Self-Evaluation Assessment and Action Plan tool was designed to help Local Education Agencies monitor the implementation of their Local Wellness Policy and develop an Action Plan.

### Annual Local Wellness Policy Self-Evaluation Assessment and Action Plan

School: Washington Leadership Academy	
Point of Contact: Mandy Leiter	
Date: 7/16/21	
Principal Signature: 	Date: 7/16/21

Please indicate the category that best describes your Local Wellness Committee chairperson. If you have co-chairs, please complete both sections to indicate the roles of each.

<p>Chairperson (Co-Chair)</p> <p><input type="checkbox"/> A teacher assigned a duty</p> <p><input type="checkbox"/> A teacher - not assigned a duty</p> <p><input type="checkbox"/> A parent</p> <p><input type="checkbox"/> A student</p> <p><input checked="" type="checkbox"/> An administrator</p> <p><input type="checkbox"/> Other: _____</p>	<p>Chairperson (Co-Chair)</p> <p><input type="checkbox"/> A teacher assigned a duty</p> <p><input type="checkbox"/> A teacher - not assigned a duty</p> <p><input type="checkbox"/> A parent</p> <p><input type="checkbox"/> A student</p> <p><input checked="" type="checkbox"/> An administrator</p> <p><input type="checkbox"/> Other: _____</p>
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**Local Wellness Committee Roster\***

Committee Positions	Committee Member Name	Phone Number	Email
<b>Co-Advisors/Leaders</b>	Jessica Jones and Mandy Leiter		jessicajones@wlapcs.org; mleiter@wlapcs.org
<b>Health Teacher</b>	Kemia Edwards		kedwards@wlapcs.org
<b>Phys. Ed. Teacher</b>			
<b>Nurse</b>			
<b>Guidance/Social Work</b>	Molly Graham		mgraham@wlapcs.org
<b>Engineer</b>			
<b>Assistant Principal</b>	Christina Marino		cmarino@wlapcs.org
<b>Student Leaders</b>			
<b>Parent Leaders</b>			
<b>Site Facilitator</b>			
<b>Nutrition Services</b>			
<b>Teachers (Special Ed. Or General Ed.)</b>			
<b>Principal</b>	Eric Collazo		ecollazo@wlapcs.org
<b>Resource Officer (High School)</b>			
<b>Other (List Name and Title)</b>			
<b>Please Note:</b> Co-Advisors/Leaders need to be on the Local Wellness Committee and fulfill a position listed above (e.g., health teacher). The school nurse cannot be one of the co-advisors/leaders.			

*\*Please note that this roster contemplates that there is a School-Level Local Wellness Committee even if your LEA chooses to develop its Local Wellness Policy on the LEA level. If your LEA will have LEA-level Committee members, please amend the roster accordingly.*

1. What were your 2019-20 school year wellness goals for your school? (Please note The School Health Index tool can assist in prioritizing goals, <https://www.cdc.gov/healthyschools/shi/index.htm>):
  - 1) Creating a robust school nutrition environment by offering WLA students new, healthy meal options to increase students' capacity to learn
  - 2) Improve student social and emotional skills through a robust health course offering and a dedicated staff to support student growth
  - 3) Develop student problem solving skills and reduce aggression through the creation of a robust reflection and restoration process.

2. What feedback, input, or data helped you identify a need for the above goals (e.g., [the School Health Index](#); [FITNESSGRAM data collection and analysis](#); [OSSE Health and Physical Education student assessments](#); [Healthy Schools Act School Health Profiles](#); [Centers for Disease Control and Prevention School Health Profiles](#); [Youth Risk Behavior Surveillance System Results](#); and [the USDA triennial Administrative Review](#))? \_\_\_\_\_

WLA referenced the School Health Index to determine Wellness Team goals for the school year. Annually, WLA teams will convene to discuss needs of the school including items pertaining to student health and wellness.

3. When did you hold meetings during the school year (2019-20)?

Date	Agenda/Focus
May 2020	Hiring of the new PE teacher to oversee wellness and nutrition at WLA
November 2019, April 2020, June 2020, August 2020, ongoing each Friday of the school year	Transition of school meal vendor to a new option that would encourage student participation NSLP meal programming. November meeting: roundtable discussion with students to gather information on lack of participation with existing meal vendor, April 2020, beginning of exploration into new meal vendor options, June 2020: discussion of results from Meal Vendor RFP, August 2020: Wellness team initial meeting with the food vendor to discuss ongoing needs for meal service. The WLA wellness team continues to meet with the meal vendor on a weekly basis to discuss parent and student feedback, meal options, and more.

4. Please provide your **tentative meeting schedule** for the 2019-20 school year

Month	Date	Day of the week
September	September 10	Friday
October		
November	November 12	Friday
December		
January		
February	February 18	Friday

March		
April		
May	May 20	Friday
June		

5. **SUCSESSES:** Please describe at least two successes of your Local Wellness Committee during the last school year.

1. WLA hired a new PE and nutrition instructor to support the development of our physical education and nutrition curriculum. Kemia Edwards currently teachers our 10th and 11th grade students. Prior to Ms. Edwards, WLA’s nutrition course was taught by another staff member who as not fully dedicated to the nutrition program. WLA now has a full time employee that is focused on developing a curriculum for the health and wellness of our students.

2. WLA engaged our students in a feedback process to examine the success of our school meal vendor. After stakeholder meetings and data collection with our meal vendor, WLA ultimately chose to move forward with an RFP to select a new meal vendor that would increase student participation in meals. Despite being in a remote setting, WLA offered monthly meals to our students and received monthly feedback from students and families on the quality of the food. WLA worked with the new vendor to establish new meals that were nutritious and exciting to students, and we have seen an increase in participation with our new meal vendor offering healthy meals to our students.

6. **CHALLENGES:** Please list and describe at least two challenges your Local Wellness Committee experienced. How were these challenges addressed?

1. The local wellness committee experienced two major challenges this past school year. The first was student social-emotional wellness in a virtual setting. Our school social worker established opportunities for students to engage with their peers and with the community; however, our students experienced a shift in wellness as they navigated learning in a virtual environment.

2. The second challenge our wellness team faced was offering physical activities while in a remote setting. Students spent a large portion of their days working in front of their computer to engage in virtual classes. WLA was limited in opportunities to offer robust physical education from a remote setting.

7. Have you contacted OSSE for any of the following for assistance/support? (Check all that apply)

- Nutrition Education and Promotion
- School Gardens
- Physical Activity
- Healthy School Environment/Environmental Literacy
- Health Education
- Health Services

8. ACTION PLAN/PLAN FOR IMPROVEMENT: Please attach your draft/complete action plan to this report. Below, please summarize any work that you have accomplished on your prioritized actions/objectives. **Please provide an update on at least two ACTIONS that your Local Wellness Committee plans for the next school year** (please note that the School Health Index tool enables schools to develop an action plan for improving student health, which can be incorporated into the School Improvement Plan. The School Health Index tool engages teachers, parents, students, and the community in promoting health-enhancing behaviors and better health).

**Action 1:** Improving Sleep and Health Habits for students as they navigate a transition back to in-person schooling

**Plans to Address:**

WLA has previously gathered data on school tardiness and arrival time, indicating that the primary reason for student tardiness is due to lack of sleep and healthy sleeping habits. As stated in the School Health Index, students ages 13-18 years need 8-10 hours of sleep per night. Additionally, the same study indicated that 7 out of 10 students do not get enough sleep per evening. This is reflected in student tardiness, lack of participation in classes, and poor grades. The wellness team hopes to create a plan to incentivize better sleep habits through attendance rewards, better education around the importance of healthy sleep habits, and reviewing school end/start times to best fit our students.

<p><b>Action 2:</b> Strategies to support Social Emotional Learning and mental wellness and students make the transition back to in-person schooling</p> <p><b>Plans to Address:</b></p> <p>WLA is well known for our robust advisory program, which provides a safe space for students to meet with 9 of their peers and one faculty member. The advisory period is typically dedicated to forming strong bonds with classmates and developing all aspects of the students experience, with a specific focus on SEL. As students transition back to in-person learning, the advisory program will focus on mental wellness and re-engaging students in an in-person curriculum. For the upcoming school year, WLA will expand the advisory time so students can utilize a full combined lunch and advisory period to grow their SEL capacity.</p>
<p><b>Action 3: (Optional)</b></p> <p><b>Plans to Address:</b></p>
<p><b>Action 4: (Optional)</b></p> <p><b>Plans to Address:</b></p>

9. What kinds of trainings, if any, would you like the Office of State Superintendent of Education to provide your staff/committee?

10. How would you evaluate your Local Wellness Committee at this point in time? Please use the following scale to respond to the statements below regarding your Local Wellness Committee. Please write the number on the spaces provided that indicates the degree to which you disagree or agree with each statement.

**1= strongly agree; 2 = disagree; 3 = neither disagree nor agree /neutral; 4 = agree; 5 = strongly agree**

The members of our Local Wellness Committee:

a.   5   Are good at planning how to reach committee goals.

- b.   3   Are good at coordinating everyone's activities to reach committee goals.
- c.   5   Anticipate problems and figure out good solutions.
- d.   5   Are able to reach consensus on most issues.
- e.   5   Help each other get the job done.
- f.   5   Share leadership roles and responsibilities in ways that help the entire committee.
- g.   5   Discussed and agreed to norms (team charter) for how we should work as a committee.

This Local Wellness Committee:

- a.   5   Has met or exceeded its goals.
- b.   4   Completes its tasks on time.
- c.   5   Makes sure that the work it does is of high quality.
- d.   5   Takes action when problems come up.
- e.   5   Solves problems that might slow down its work.
- f.   5   Is a productive committee.

11. Is there anything else you would like to add?