



**LAMB PCS Local Wellness Policy
2022 -2025**

WWW.lambpcs.org

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Introduction

LAMB PCS' Local Wellness Policy Utilices the template developed by the Office of the State Superintendent of Education (OSSE)

The Office of the State Superintendent of Education (OSSE) developed this Local Wellness Policy (LWP) template to support local education agencies (LEAs) in developing high-quality LWPs. This template is structured to support LEAs in addressing all necessary LWP elements stipulated in local and federal law. This template also includes additional school health requirements and recommendations that LEAs may choose to incorporate into their policies (see *Local Wellness Policy Guide* for more detail). LEAs may choose to utilize this template when developing an LWP.

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD MODEL

This LWP template is intended to offer an outline for an LEA's approach to ensuring environments and opportunities exist for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing distractions. This LWP template is structured to align with the 10 components of the Whole School, Whole Community, Whole Child (WSCC) model. The WSCC model promotes a holistic approach to school health and integrates health services and programs into the day-to-day school and student life as a tool for improving academic achievement and learning. The WSCC model is the Centers for Disease Control and Prevention's (CDC) framework for addressing health in schools. The WSCC model is student-centered and emphasizes the role of the community in supporting the school, the connections between health and academic achievement, and the importance of evidence-based school policies and practices (see *Local Wellness Policy Guide* for more detail).

The 10 WSCC components are:

1. Health Education
2. Physical Education and Physical Activity
3. Nutrition Environment and Services
4. Physical Environment
5. Social and Emotional Climate
6. Counseling, Psychological & Social Services
7. Health Services
8. Employee Wellness
9. Family Engagement
10. Community Involvement



Purpose

This Local Wellness Policy (LWP) outlines LAMB PCS' approach to ensure the environment and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. This policy applies to all students, staff, and schools. Specific measurable goals and outcomes are identified within each section below.

LWP Officials

LAMB PCS has identified the following LEA or school official(s) responsible for the implementation and oversight of the LWP to ensure each school's compliance with the policy (7 CFR 210.31(c)(4)).

Name	Position Title	Email Address	LWP Role
Maria-Jose Carrasco	Chief Operating Officer	maria-jose@lambpcs.org	Chair
Juan Alfara	Operations Manager	juan@lambpcs.org	Co-Chair

Triennial Progress Assessments

At least once every three years, LAMB PCS will develop a Progress Assessment, conduct a Triennial Progress Assessment, and develop a report that reviews the schools' compliance with this LWP. This assessment and report will include a full description of the progress made in attaining the goals of this policy.

The position responsible for managing the triennial assessment and report is Maria-Jose Carrasco. The above-referenced individual will monitor LAMB PCS' compliance with this LWP and develop the triennial progress reports. LAMB PCS will actively notify households/families of the availability of the triennial progress report.

Establish A Plan To Measure The Impact And Implementation Of The Local Wellness Policy

LAMB PCS will use a variety of tools (see list below) to complete school-level assessments of implementation of this plan; based on the results; LAMB PCS will create an action plan, implement the plan, and generate an annual report. LAMB PCS will retain records to document compliance with the requirements of this LWP at the LAMB PCS's main office and with the Office of the State Superintendent of Education.

Federal LWP Requirement (7 CFR 210.31(c)(6)) Provide a description of the plan for measuring the implementation of the local school wellness policy, and for reporting local school wellness policy content and implementation issues to the public.

LAMB PCS will develop and maintain a Local Wellness Policy implementation plan. This plan will delineate the tasks, responsibilities, actions, and timelines for implementation as well as specific goals and objectives for nutrition standards for all foods and beverages available on

the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

LAMB PCS will evaluate the compliance and effectiveness of this LWP using existing data collection tools. LAMB PCS will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy, and implementation status.

The Policy is publicly available online at www.lambpcs.org/nutrition and on ParentSquare, our school communication system. Stakeholders can also request a copy of the policy by contacting the front desk at frontdesk@lambpcs.org.

Stakeholders can provide feedback in person at school charlas or cafecitos and/or electronically via email (frontdesk@lambpcs.org or ParentSquare).

LAMB PCS will monitor and assess the implementation of the Policy annually. The school will perform a more in-depth assessment triennially. We will use a variety of tools to track compliance and access impact. Tools include, an implementation tracker, OSSE Health and Physical Education student assessment data, DC School Health Profile, among others.

LAMB PCS will update or modify the Policy based on assessment results.

Health Education

Health education is comprised of several aspects of wellbeing, including mental health, physical fitness, sexual health and safety. High-quality health education and promotion of school-based health activities can help improve students' quality of life, increase healthy behaviors, and reduce risky behaviors throughout students' lives. LAMB PCS recognizes the connection between good health, quality of life, and readiness to learn. LAMB PCS is committed to providing high-quality health education and promoting health policies and activities that result in students that exhibit healthier behaviors.

Healthy Schools Act Requirement (DC Official Code § 38–821.01(1F)); (DC Official Code § 38–824.02(b))

Students in kindergarten through Grade 8 receive health education instruction aligned with OSSE Health Education Standards.

LAMB PCS has the following goals to ensure that our practice aligns with OSSE's Health Education Standards:

- Provide at least 75 minutes per week at each grade level, PreK3-5, as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Implement a school-wide framework for transformational social-emotional learning and

- classroom management that is trauma-informed and evidence-based.
- Teachers, teaching assistants, and dedicated aides will participate in professional development of classroom management techniques.

Healthy Schools Act Requirement (DC Official Code § 38–824.02(b)(2))
Schools serving students in kindergarten through Grade 8 provide an average of 75 minutes of health education per week.

LAMB PCS has the following goals to provide an average of 75 minutes of health education per week:

- Incorporate health education into classroom instruction
- Incorporate an age-appropriate sequential health education curriculum that is consistent with District and national standards for health education

School Safety Omnibus Amendment Act Requirement (DC Official Code § 38–824.02(b-2)(1)(A))

Students in kindergarten through Grade 12 receive age- and developmentally appropriate, evidence-based, and culturally responsive instruction on recognizing and reporting sexual misconduct and child abuse, setting and respecting appropriate personal and body boundaries and privacy rules, communicating with adults about concerns regarding body boundaries or privacy violations, the meaning of consent, developing and maintaining healthy relationships, and other appropriate topics to support healthy development of students.

LAMB PCS has the following goals to meet the School Safety Omnibus Act

- Incorporate active learning strategies and activities that students find enjoyable and personally relevant.
- Incorporate opportunities for students to practice or rehearse the skills needed to maintain and improve their health
- Incorporate a variety of culturally-appropriate activities and examples that reflect the community's cultural diversity.
- Incorporate assignments or projects that encourage students to have interactions with family members and community organizations.
- Develop lessons that are age- and culturally appropriate regarding healthy relationships, the definition of consent, communicating with adults about concerns regarding body boundaries or privacy violations, and other topics to support the healthy development of students.

Healthy Schools Act Requirement (DC Official Code § 38–824.02(b-1)(1))
High school health instruction provides cardiopulmonary resuscitation (CPR) instruction in at least one health class necessary for graduation for students in grades 9-12.

N/A

Physical Education And Physical Activity

School-based physical education and physical activity programs offer the best opportunity for students to learn the key skills and gain knowledge needed to establish and sustain a healthy and active lifestyle.³ High-quality physical education improves a student's readiness to learn by contributing to motor skill development, boosting self-esteem, reducing stress and anxiety, and improving breathing and blood circulation which result in better concentration, improved behavior, and stronger academic success. LAMB PCS recognizes the connection between a physically active life and a child's positive physical, mental, and emotional development.

LAMB PCS understands the importance of engaging its students in opportunities and activities that are empowering, regardless of ability, developmental status, or culture.

LAMB PCS is committed to providing students with high-quality instruction to reinforce physically active behavior during school and throughout life.

Federal and Local LWP Requirement (7 CFR 210.31(c)(1)); (DC Official Code § 38–826.01(b)(C))

LEAs must identify specific goals for increasing physical activity and other school-based activities that promote student wellness through physical activity. In developing these goals, LEAs must review and consider evidence-based strategies and techniques.

LAMB PCS has the following goals to increase physical activity and other school-based activities that promote student wellness through physical activity.

- Varying the class activity in Physical education class.
- Dedicating more than 50% of the of physical education class time to actual physical activity.
- Appropriately limiting the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions.
- Incorporating physical activity in other lessons (e.g., movement breaks or developing lessons that engage the mind and body simultaneously)
- Incorporate the value of exercise as part of overall SEL and wellness program

Healthy Schools Act Requirement (DC Official Code § 38–821.01(6C); (DC Official Code § 38–824.02(a))

Students in kindergarten through Grade 8 receive physical education instruction aligned with OSSE Physical Education Standards.

LAMB PCS has the following goals to ensure that physical education instruction is aligned with standards:

- Require the physical education instructors to participate at least once a year in professional development in physical education (6 hours).
- Physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health.
- The physical education program shall include a variety of kinesthetic activities,

including team, individual, and cooperative sports and physical activities, as well as aesthetic movement forms, such as freeze dance, yoga, and movement breaks.

Healthy Schools Act Requirement (DC Official Code § 38–824.02(a)(1)(A)); (DC Official Code § 38–824.02(a)(2)(A)) Schools serving students in kindergarten through Grade 5 shall set a goal to provide an average of 150 minutes of physical education per week, and at least one recess of at least 20 minutes per day. If a school serving students in kindergarten through Grade 5 provides less than an average of 90 minutes of physical education per week, it shall submit an action plan to OSSE detailing efforts it will take to increase physical education before beginning the next school year.

LAMB PCS provides students in grades K-5 at least 150 minutes per week of physical Education. This is achieved by:

- Physical education classes led by a physical education instructor
- Nature walks
- Using the stairs to move about the building
- Incorporating movement into lesson plans of other subjects

Healthy Schools Act Requirement (DC Official Code § 38–821.01(6C))

At least 50 percent of physical education instruction time is devoted to moderate-to-vigorous physical activity.

LAMB PCS' lessons plans will adopt a model where:

- <25% of time is spent on instruction
- <25% on warming up or low activity
- >50% spent engaging in moderate-to-vigorous activities.

Healthy Schools Act Requirement (DC Official Code § 38-824.03(a))

Provide suitably adapted physical education or supplementary aids for any other student with special needs that preclude the student from participating in regular physical education instruction.

LAMB PCS strives to develop a supportive and inclusive environment for all. To ensure that staff have sufficient training to ensure an inclusive environment, including adapting physical education activities:

- All teaching staff will receive at least two hours per year of professional development on how inclusivity and integrating the special needs students into the lessons, including activities and lessons that focus on physical activity.
- Physical education staff will attend professional development (2 hours annually) on adapting physical education activities to engage all students regardless of individual disability.

Healthy Schools Act Requirement (DC Official Code § 38-824.03(b))

Prohibit requiring or withholding physical activity as a means to punish students, provided that students who are not wearing appropriate athletic clothing may be prohibited from participating in physical activity until properly dressed.

LAMB PCS strives to develop a lifelong passion for physical activity. As such:

- Consequences for student behavior will align with the best practices of Conscious Discipline.
- Under no circumstance will physical activity be withheld or required as a means of punishment

Healthy Schools Act Requirement (DC Official Code § 38–824.02(a-1)(1))

Provide students in grades pre-K 3 and pre-K 4 with an average of 60 minutes of daily physical activity, including two 20-minute outdoor recess periods each day weather and space permitting.

Specific goals include:

- Offering outdoor active play, every day weather permits.
- Active play minutes shall be achieved through recess, active transitions (marching, hopping, etc.), and classroom games that involve physical movement.

Healthy Schools Act Requirement (DC Official Code § 38–824.01(a-c))

It shall be the goal to engage students in physical activity for at least 60 minutes each day. Schools shall promote this goal. Schools shall seek to maximize physical activity by means including: extending the school day, encouraging students to walk or bike to school; promoting active recess; supporting athletic programs; integrating movement into classroom instruction and classroom instruction breaks; entering into shared-use agreements with organizations that provide physical activity programming for children outside of the normal day; and using physical activity as a reward for student achievement and good behavior.

LAMB PCS strives to increase physical activity and other school-based activities that promote student wellness through physical activity. To inspire the pursuit of healthful physical activity, students will participate in a variety of physical activities. This includes:

- Vary the class activity in Physical Education class
- Incorporate physical activity in other lessons (e.g., movement breaks or developing lessons that engage the mind and body simultaneously)
- Incorporate the value of exercise as part of overall SEL and wellness program
- Provide a safe and accessible space to park bicycles
- Encourage walking and movement both inside the school and afterward.

Nutrition Environment And Services

Offering nutrition education and serving healthy school meals help mitigate childhood obesity, model healthy habits, and promote life-long healthy eating patterns and food selection. LAMB PCS recognizes that serving healthy meals to students through the National School Lunch Program, School Breakfast Program, After School Snack Program, Fresh Fruit and Vegetable Program, Special Milk Program, The Child and Adult Care Food Program, Summer Food Service Program, and other supplemental nutrition programs contribute to the improved

nutritional diet and health of students, reduces hunger among students, and improves students' readiness to learn.

Nutrition Promotion And Education

LAMB PCS is committed to promoting positive nutrition behaviors and habits. Posters promoting healthy portions, age appropriate nutrition information for healthier living, and food service menus will be posted in public areas throughout our school(s).

Federal LWP Requirement (7 CFR 210.31(c))

LEAs must identify specific goals for nutrition promotion and education and other school-based activities that promote student wellness through nutrition. In developing these goals, LEAs must review and consider evidence-based strategies and techniques.

To promote nutrition and wellness, LAMB PCS will:

- Serve meals that are appealing to students in a clean and pleasant environment.
- Provide meals that meet or exceed current nutritional standards as determined by local and federal regulations.
- Promote outreach about FARM applications, which includes direct point-to-point outreach for families who have previously qualified for FARM in the past two years.
- Promote healthy food and beverage choices using Smarter Lunchroom techniques, including but not limited to:
 - Provide information in multiple languages (English, Spanish and Amharic)
 - Offer whole or sliced fresh fruit in an attractive, accessible setting
- Promote healthy choices
- Promote the benefits of consuming water regularly
- 100 percent of foods and beverages promoted to students meet the USDA Smart Snacks nutrition standards.

Healthy Schools Act Requirement (DC Official Code § 38-822.05(b)(1))

Distribute the menu for each breakfast and lunch served, nutritional content of each menu item, ingredients of each menu item, and the location where fruits and vegetables served in schools are grown and processed. Make information available on school website, in school's office, and to parents and legal guardians upon request.

Menus and supporting detail are made available to all community members via LAMB's website (www.lambpcs.org/nutrition) and ParentSquare.

Schools Act Requirement (DC Official Code § 38-822.01(a)(1)(B)(i-ii))

Make a vegetarian food option available as a daily option for the main course for breakfast and lunch at all grade levels.

LAMB PCS will:

- Provide a vegetarian option for every meal.
- Post vegetarian menu options on the website and ParentSquare.

Healthy Schools Act Requirement (DC Official Code § 38-822.03(b)(3))
Solicit input from students, faculty, and parents, through taste tests, comment boxes, surveys, a student nutrition advisory council, or other means, regarding nutritious meals that appeal to students.

LAMB PCS gathers regular input thru ParentSquare communications and regular cafecitos(feedback sessions).

Foods And Beverages Marketed To Students

All food and beverage products marketed on school grounds must, at a minimum, meet the USDA's school meal nutrition and Smart Snacks standards. Product marketing refers to any written, oral posted graphics intended to promote the sale of a food or beverage product. LAMB PCS is committed to marketing food and beverages in nutrition-promoting ways including ensuring that filtered water is available for student and staff consumption throughout the day and that water is marketed in health promoting ways that do not detract from milk promotion. This commitment will be demonstrated by taking the specific actions outlined below.

Federal and Local LWP Requirement (7 CFR 210.31(c)(3)(iii)); (DC Official Code § 38-822.06(f)(2))
Establish policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet or exceed the federal nutritional and Healthy Schools Act standards.

N/A

Federal LWP Requirement (7 CFR 210.31(c)(2))
Establish standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).

LAMB PCS is committed to ensuring that foods and beverages provided to student on campus support healthy eating. To accomplish this:

- The Family Handbook provides guidance on sending health meals.
- Candy and sodas are not allowed at the school.
- Teachers provide further guidance on the types of foods and beverages that are appropriate to bring to school for snacks and parties.

Federal and Local LWP Requirement DC Official Code § 38-822.03(c); (7 CFR 210.18(h)(2)(v))
Make cold, filtered water available free to students, through water fountains or other means, when meals are served to students.

LAMB PCS has filtered water fountains w/ bottle fillers located throughout its buildings.

Foods And Beverages Sold To Students

Federal LWP Requirement (7 CFR 210.31(c)(3)(i-ii))

Establish standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with federal regulations for school meal nutrition standards and the Smart Snack in School nutrition standards.

N/A

Healthy Schools Act Requirement (DC Official Code § 38-822.06(e))

Schools shall prohibit all third-parties, other than school-related organizations and school meal service providers, from selling food or beverages of any type to students on school property from 90 minutes before the school day begins to 90 minutes after the school day ends.

N/A

School Meals

LAMB PCS is committed to serving healthy meals through the National School Lunch Program, School Breakfast Program and other supplemental programs to children, with plenty of fruits, vegetables, whole grains, lean protein and fat-free or low-fat dairy, that are moderate in sodium, low in saturated fat, have zero grams of trans-fat per serving (nutrition label or manufacturer's specification), and to meet the local and federal nutrition requirements and the needs of school children within their calorie requirements.

Local LWP Requirement (DC Official Code § 38-826-01(b)(2)(B))

Establish plans for increasing the use of locally grown, locally processed, and unprocessed foods from growers engaged in sustainable agriculture practices.

LAMB PCS partners with a vendor who shares the same values of utilizing locally grown products from local growers engaged in sustainable agricultural practices.

Healthy Schools Act Requirement (DC Official Code § 38-823.01) Track procurement using the Locally Grown Food Item Tracking Log.

LAMB PCS' food vendor provider tracks locally grown foods, shares this information with LAMB, and reports it to OSSE.

Healthy Schools Act Requirement (DC Official Code § 38-822.02(a))

Serve school meals that meet or exceed the federal nutritional and HSA standards.

LAMB PCS is committed to providing nutritious, high-quality meals. To ensure that meals meet or exceed federal and local standards, LAMB reviews the proposed monthly menu provided by the vendor to ensure compliance with federal and local standards. If a deficiency is noted, we work with the vendor to take the appropriate corrective actions and devise a plan to prevent future issues.

Physical Environment

According to the CDC, physical environment is defined as the school building and its contents, the land on which the building is located, and the area surrounding it.⁷ The physical learning environment has a great impact on student learning and promotes and improves learning by ensuring the health and safety of students and staff.

LAMB PCS recognizes the connection between physical environment and student outcomes and believes safe, positive, respectful learning environments will result in more engaged students. Additionally, LAMB PCS understands that environmental sustainability means meeting present needs without compromising the ability of future generations to meet their own needs.

LAMB PCS is committed to implementing and maintaining standards to ensure a healthy school physical environment and creating environmental sustainability practices for staff and students and recognizes its importance for both today and for years to come.

Local LWP Requirement (DC Official Code § 38–826.01(b)(2)(A)) Establish goals for improving the environmental sustainability of schools.

LAMB PCS will seek to improve its environmental sustainability and engage in sustainable agriculture practices through:

- Contracting with food service vendors that utilize locally grown, locally processed and unprocessed foods from growers engaged in sustainable agriculture practices.
- A school wide recycling program.

Local LWP Requirement (DC Official Code § 38–826.01(b)(2)(D)) Establish goals for developing and implementing an Environmental Literacy Program.

LAMB PCS strives to establish a robust age-appropriate environmental literacy program that meets or exceeds OSSE's standards. Specific initiative include:

- Exploring our local area through nature walks.
- Developing a grade-appropriate framework of education topics to incorporate into the curriculum.

Social And Emotional Climate

According to the CDC, social and emotional climate refers to aspects of students' educational experience that influence their social and emotional development.⁹ The quality and character of school life is often referred to as school climate.¹⁰ The school's climate and students' social and emotional needs play major roles in the development of students.

LAMB PCS recognizes the connection between students' social and emotional needs and their ability to learn and perform both within and outside of the classroom setting. LAMB PCS understands that a positive school climate is one in which the quality and character of school life is formed through: a student-centered environment rooted in community values and input, systems of culture, gender, and LGBTQ responsive engagement, and proactive safety measures that prioritize the health and wellness of all members of the school community, including staff and families.

LAMB PCS is committed to developing socially and emotionally healthy students by creating and maintaining a school climate that results in a safe, engaging, healthy, challenging, and supportive learning environment.

LAMB PCS understands the design, education and implementation of social and emotional learning priorities is essential to demonstrating this commitment.

Healthy Schools Act Requirement (DC Official Code § 38-826.06)
Schools covered by the Youth Risk Behavior Surveillance System (YRBSS), serving grades 6-12, shall participate in the biennial DC data collection.

N/A

Recommendations

- Survey students to measure broad perceptions of student access to quality mental health supports.
- Provide a designated physical safe space for LGBTQ students.

LAMB PCS has a robust SEL support program. The program includes:

- In house services provided by our school counselors.
- A weekly SEL class for elementary students.
- Continue using our restorative justice approach to how we interact and engage with students.
- Provide staff with ongoing training and support on restorative justice.
- Our classrooms and offices are safe spaces for LGBTQ students. We have a month long LGBTQ celebration and awareness campaign annually.
- We have a gender neutral restroom.

Counseling, Psychological, And Social Services

The DC school behavioral health model is a coordinated system designed to promote positive school culture, mental wellness and access to high-quality services for children, youth, and their families.

LAMB PCS recognizes the connection between reducing barriers to access and helping students and schools thrive through integrating school- and community-based providers and services using a school-wide, multi-tiered system of supports (MTSS). LAMB PCS understands that partnerships with licensed school behavioral health professionals with education and training in social work, professional counseling, or school, clinical, or counseling psychology, whether employed by LAMB PCS or by a community-based organization that partners with the LEA, both collaborate with teachers, administrators, parents, and community-based organizations to provide a coordinated system of support that addresses prevention, intervention, and direct service needs of the school.

LAMB PCS is committed to supporting students and families through the provision of Counseling, Psychological and Social Services to ensure a well-rounded environment of comprehensive health and safety are made available for all within the school environment.

Youth Suicide Prevention and School Climate Survey Amendment Act (DC Official Code § 7-1131.17(a)-(b)(1))

Ensure principals and teachers are trained to identify, approach, and refer students in psychological distress through requiring the completion of the Department of Behavioral Health's online training once every two years.

LAMB PCS is committed to the well-being of all our students. To ensure that staff are trained on these topics, we will:

- Conduct training (4 hr) for all staff to recognize student in crisis
- Require school counselors and social worker to complete Department of Behavioral Health's online training biennially.

School Safety Omnibus Amendment Act (DC Official Code § 38-952.02(b)(1))

Ensure school staff are trained at the time of hiring and at minimum every two years thereafter on identifying, responding to, and reporting student-on-student acts of sexual harassment, sexual assault, or dating violence, including any mandatory reporting requirements under District or federal law.

LAMB PCS takes sexual harassment, sexual assault, child abuse in all forms, and mandatory reporting seriously. As such, identifying, responding to, and reporting student-on-student acts of sexual harassment, sexual assault, or dating violence are:

- Part of the onboarding process for new hires.
- Documented in our employee and family handbooks.
- Included in annual training for all staff.
- Every staff member is required to complete the mandatory reporter training annually.

- Compliance monitored/tracked through Paycom staffing software

School Safety Omnibus Amendment Act (DC Official Code § 38–951.02(c)(1-2)) Ensure school staff are trained at the time of hiring and at minimum every two years thereafter on recognizing and reporting sexual misconduct, student sexual abuse, and child abuse and training on an annual basis for parents regarding sexual misconduct and student sexual abuse.

LAMB PCS takes sexual harassment, sexual assault, child abuse in all forms, and mandatory reporting seriously. As such, identifying, responding to, and reporting student-on-student acts of sexual harassment, sexual assault, or dating violence are:

- Part of the onboarding process for new hires.
- Documented in our employee and family handbooks.
- Included in annual training for all staff.
- Every staff member is required to complete the mandatory reporter training annually.
- Compliance monitored/tracked through Paycom staffing software

Recommendation

Identify specific goals for any school-based activities that promote student wellness through counseling, psychological and social services.

LAMB PCS has social workers and a school counselor to provide counseling services to the general and special education programs. Our goal is to provide counseling services that focus comprehensively on academic and social-emotional domains in a preventative way. This goal emphasizes a proactive approach that shifts the counselor/social worker's role away from solely reacting to immediate crises in an isolated manner to implementing preventative programming aligned with the school's strategic plan. We use data to better target student needs and inform our counseling interventions in all the counseling domains.

Recommendation

Provide a designated space for the delivery of behavioral and mental health services.

Counselors and social workers have their own office to provide behavioral and mental health services. In addition, pull-out spaces can be used as needed.

Establish a policy and procedures for suicide prevention and intervention, including a defined school crisis team and safe space for behavioral and mental health service delivery.

Our social workers lead our suicide prevention and intervention and are the primary POC for suicide ideation.

Recommendation:

Encourage and support behavioral health staff to participate in the School Behavioral Health Community of Practice and to engage in ongoing support and learning with peers.

Built into our ongoing professional development programs, and evaluated regularly.

Health Services

Health services provide preventive and actual care for a host of medical conditions and concerns within the scope of practice of school nurses, nurse practitioners, dentists, health educators, physicians, physician assistants, and allied health personnel.¹⁷ These services include but are not limited to first aid, cardiopulmonary resuscitation (CPR) and automatic external defibrillator (AED) use, anaphylaxis treatment and management, and planning and management of chronic diseases such as asthma and diabetes. These services ideally combine school and community resources to meet the needs of the students, staff and community through proper care coordination.

LAMB PCS recognizes the connection between coordinated care models and improved student outcomes. LAMB PCS understands that registered nurses, doctors, physician assistants, allied health professionals and other qualified personnel may be among those contributing to the coordinated care students receive. LAMB PCS is committed to coordinated preventive and actual care service models that meet the needs of the students, staff and school community. LAMB PCS has established the following goals for implementing the Health Services component to demonstrate this commitment.

Student Health Care Act Requirement (DC Official Code § 38-602(a)-(b))
Collect annual Universal Health Certificates and Oral Health Assessments from each student.

LAMB PCS undertakes the following activities to collect the Universal Health Certificates and Oral Health Assessments for each student:

- Parents must submit these documents as part of the enrollment process.
- The school registrar coordinates with the school nurse to update information on a regular basis.
- The registrar conducts outreach, including general communications, point-to-point emails, and phone calls with families out of compliance.

Access to Emergency Epinephrine in Schools Amendment Act (DC Official Code § 38-651.04a(b)(3)); (DC Official Code § 38- 651.04a (c)(2)(B))
Schools shall stock and maintain two undesignated epinephrine auto-injector twin-packs in a secure but easily accessible location and ensure at least two OSSE-certified staff members are trained annually and present during all hours of the school day.

LAMB PCS has two epi-pens available at the front desk in a secure location and two staff members trained and certified by OSSE on how to use them. Additionally, LAMB post the names of the trained individuals by the front desk.

Immunization of School Students Act (DC Official Code § 38-501); (DCMR § 5-E5300)
Ensure all schools implement the Immunization Attendance Policy and verify student compliance with District immunization requirements for enrollment and attendance.

LAMB PCS has a robust program to ensure immunization compliance of all students.

- An immunization team (registrar, school nurse) verifies that all vaccinations are up to date prior to in-person attendance.
- The registrar and school nurse review immunization compliance on a monthly basis.
- Students out of compliance are notified using DC Health for letters by the school nurse.
- If it is determined that a student has been unable to get vaccines, the Family Engagement team works with the family to help them become compliant.

Recommendations

- Provide a designated space that is recognized as the health or nurse's suite.
- Ensure qualified staff, inclusive of a Registered Nurse, provide care and management of health services rendered for the school environment.
- Establish care coordination plans to increase access and referrals to primary care services and improve school-physician links following incidents.
- Develop and implement a school preparedness system for medication storage and administration, tracking staff certifications, and students with chronic health conditions who lack clearly identifiable action plans.

School nursing services are provided in partnership with Children's National. The school nurse has her own suite at each building. The school nurse coordinates care during the school.

Employee Wellness

Employee health has a direct impact on how school staff perform in their roles in the school community. Employee wellness efforts at schools have the potential to increase feelings of work satisfaction and productivity, as well as lower rates of absenteeism and medical costs related to staff stress. LAMB PCS recognizes the connection between healthy school employees and improved job performance and satisfaction. LAMB PCS understands that while there is no legislative requirement for employee wellness, implementing policies that promote employee wellness and improve job satisfaction may have a positive impact on student development. While there are no Employee Wellness LWP requirements, LAMB PCS establishes the following employee wellness goals:

Federal LWP Requirement (7 CFR 210.31(c)(5))

Describe the manner in which representatives of the LEA, teachers of physical education, school health professionals, the school board (if applicable), and school administrators are provided the opportunity to participate in the development, implementation, and periodic review and update of the Local Wellness Policy.

Efforts to inform the community about the LWP and foster participation include:

- Provide information in the Student and Family Handbook.
- Post LWP online at www.lambpcs.org/nutrition.
- Post implementation updates and messages on ParentSquare.
- Provide information to inquiries via our front desk email address (frontdesk@lambpcs.org).

Recommendations

- Address and improve educator wellness through initiatives, for example offering yoga classes, immunizations, screenings and wellness campaigns, and mindfulness trainings.
- Take action to address and improve staff mental health, for example by informing and actively promoting Employee Assistance Programs and other community behavioral health resources available to staff throughout the school year.
- Provide professional development trainings to address and improve staff development and preparedness, for example by facilitating implicit bias training and assessments, and cross-cultural communication training.

LAMB support employee wellness. Our efforts include:

- Paid time-off for personal days.
- Staff wellness activities such as yoga, relaxation workshops, free registration to 5K race, among others.
- On-site flu and COVID vaccination once a year.
- Offering an Employee Assistance Program.
- Year long diversity, equity, and inclusion training at each professional development day.

Family Engagement

Engaging family members in school programs and services is a priority that may have a lasting impact on students as they grow. LAMB PCS understands that welcoming participation from families when developing and implementing LWP goals supports the creation of an effective, comprehensive and robust local wellness policy that will meet the needs of the school community and the students it serves. By allowing families to participate in the development, implementation and evaluation of this wellness policy, LAMB PCS acknowledges the connection between family involvement, in connection with teachers, and other school staff, and ensuring students receive a well-rounded, comprehensive education that can serve them within and outside of the classroom setting. LAMB PCS is committed to engaging family members in our LWP development, wellness committee participation, policy implementation and other health and wellness requirements and initiatives.

Federal LWP Requirement (7 CFR 210.31(c)(5))

Describe the manner in which parents and legal guardians are provided the opportunity to participate in the development, implementation, and periodic review and update of the Local

Wellness Policy.

Efforts to inform the community about the LWP and foster participation include:

- Provide information in the Student and Family Handbook.
- Post LWP online at www.lambpcs.org/nutrition.
- Post implementation updates and messages on ParentSquare.
- Provide information to inquiries via our front desk email address (frontdesk@lambpcs.org).
- Our ParentSquare communication application is a great bi-lingual resource for disseminating information and soliciting input on a 24x7 basis.
- Parents are actively engaged through regular “Charlas” -- in person and/or virtual to allow for more detailed discussion, input and review.

Recommendations

- Educate families on behaviors for contagious disease prevention and response and include guidelines for when to keep sick children at home and when they can return to school.
- Have communication protocols in place to notify families of positive contagious disease cases that protect the privacy of affected individuals and their families consistent with DC Health guidelines.
- Inform parents of all hygiene and cleaning practices introduced, including reinforcing proper hand hygiene, mask wearing, and other health practices while students are at home.
- Regular communication updates facilitated thru LAMB's ParentSquare communication application, with references to outside resources as appropriate.
- Guidelines for when to keep students home are shared in the family handbook and we publish reminders from time to time.
- COVID mitigation protocols are shared with anyone exhibiting COVID-like symptoms via email.

Community Involvement

Engaging community stakeholders in the LWP process may provide strong support for the school community both during operating hours and when the school itself is closed. Advisory neighborhood commission members, local business owners, area law enforcement and public works professionals are just a few community stakeholders that may provide valuable support and insight to creating the safe, healthy learning environment our students need to thrive in an academic setting.

LAMB PCS recognizes and values the role the community plays in the safe and healthy development of our students. LAMB PCS is committed to accepting and implementing feedback and support from the community and works to engage members of the community-at-large in our students' development.

Federal LWP Requirement (7 CFR 210.31(c)(5))

Describe the manner in which community members are provided the opportunity to participate in the development, implementation, and periodic review and update of the Local Wellness Policy.

- Provide information in the Student and Family Handbook.
- Post LWP online at www.lambpcs.org/nutrition.
- Post implementation updates and messages on ParentSquare.
- Provide information to inquiries via our front desk email address (frontdesk@lambpcs.org).
- Our ParentSquare communication application is a great bi-lingual resource for disseminating information and soliciting input on a 24x7 basis.
- Parents are actively engaged through regular “Charlas” -- in person and/or virtual to allow for more detailed discussion, input and review.
- We have in place the LAMB Community Committee, with an online communications capability for corresponding as matters arise, but also with quarterly meetings to inform and air concerns. Committee includes neighbors, ANC representative, parents, staff, and neighboring DCPS school representatives.