



District of Columbia International School

LOCAL WELLNESS POLICY 2023-2026



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District of Columbia International School Local Wellness Policy

2023-2026

INTRODUCTION

This Local Wellness Policy (LWP) outlines District of Columbia International School 's approach to ensuring environments 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 in the District of Columbia International School. Specific measurable goals and outcomes are identified within each section below.

LOCAL WELLNESS POLICY OFFICIAL(S)

District of Columbia International School 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
Arlisa Williams	Senior Director of Student Life	arlisa.williams@dcinternationalschool.org	Assists in the evaluation of the wellness policy.
Jania Washington	Health and Safety Coordinator	janias.washington@dcinternationalschool.org	Assists in the evaluation of the wellness policy.

TRIENNIAL PROGRESS ASSESSMENTS

At least once every three years, District of Columbia International School will conduct a Triennial Progress Assessment and develop a report that reviews each District of Columbia International Schools' compliance with this LWP. This assessment and report will include a full description of the progress made in attaining the goals of District of Columbia International School's LWP.

The positions/persons responsible for managing the triennial assessment and report is Jania Washington, Health and Safety Coordinator. The above referenced individual(s) will monitor District of Columbia International Schools' compliance with this LWP and develop the triennial progress reports. District of Columbia International School 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

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.

District of Columbia International School will evaluate compliance and effectiveness of this LWP using existing data collection tools, such as, but not limited to:

- School Health Index.
- FITNESSGRAM data collection and analysis.
- OSSE Health and Physical Education student assessments.
- DC Healthy Schools Act School Health Profiles.
- Centers for Disease Control and Prevention School Health Profiles.
- Youth Risk Behavior Surveillance System results.
- WellSAT 2.0; and
- USDA triennial administrative review.

HEALTH EDUCATION

Health education is comprised of several aspects of wellbeing, including mental health, physical fitness, sexual health and safety.¹ 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.² District of Columbia International School recognizes the connection between good health, quality of life, and readiness to learn. District of Columbia International School 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](#).

DC International School provides formal, structured health education, consisting of planned learning experiences that provide the opportunity to acquire information and the skills students need to make quality health decisions. As such, DC International School will provide students a comprehensive school health education that addresses a variety of topics such as alcohol and other drug use and abuse, healthy eating/nutrition, mental and emotional health, personal health and wellness, physical activity, safety and injury prevention, sexual health, tobacco use, and violence prevention. Health education curricula and instruction should address the DC Health Education Standards and incorporate the characteristics of an effective health education curriculum.

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.

DC International School will provide health education that is offered at least 75 minutes per week at each grade level, K-8, 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.

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.

DC International School will provide health education that:

- Incorporates an age-appropriate sequential health education curriculum that is consistent with District and national standards for health education.
- Incorporates active learning strategies and activities that students find enjoyable and personally relevant.
- Incorporates opportunities for students to practice or rehearse the skills needed to maintain and improve their health.
- Incorporates a variety of culturally appropriate activities and examples that reflect the community's cultural diversity.
- Incorporates assignments or projects that encourage students to have interactions with family members and community organizations.

Additionally, to ensure reinforcement of health messages that are relevant for students and meet community needs, DC International School will base its health education program, at least in part, on the results of the Health and Physical Education Assessment and in collaboration with the community. DC International School will also seek to imbed health education as part of student visits with the school nurse, through posters or public service announcements, and through conversations with family and peers.

1 Centers for Disease Control and Prevention. (2019). Healthy Schools: Components of the Whole School, Whole Community, Whole Child (WSCSS).

Retrieved from www.cdc.gov/healthyschools/wscs/components.htm

2 Centers for Disease Control and Prevention. (2021). Healthy Schools: Improving School Health. Retrieved from: www.cdc.gov/healthyschools/schoolhealth.htm

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.

DC International School ensures that high school health instruction provides cardiopulmonary resuscitation (CPR) instruction in at least one health class necessary for graduation for students in grades 9-12.

Graduation Requirement ([5-A DCMR § 2203.3\(b\)](#))

Provide the necessary 1.5 Carnegie units in health/physical education to meet graduation requirements.

DC International School will ensure that students in grades 9-12 complete 1.0 Carnegie Units of physical education and 0.5 Carnegie Units of health education to be eligible for graduation.

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.⁴ District of Columbia International School recognizes the connection between a physically active life and a child's positive physical, mental, and emotional development. District of Columbia International School understands the importance of engaging its students in opportunities and activities that are empowering, regardless of ability, developmental status, or culture. District of Columbia International School 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.

DC International School acknowledges the positive benefits of physical activity for student health and academic achievement. It is the goal of DC International School that students engage in the recommended 60 minutes per day of physical activity. Additionally, recognizing that physical education is a crucial and integral part of a child's education, we will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the student's physical, mental, emotional, and social well-being.

The components of DC International's 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 dance, yoga or the martial arts, as well as goals to increase physical activity for students to satisfy the Healthy Schools Act requirement.

3 Shape America. (2019). Is it Physical Education or Physical Activity? Understanding the Difference. Retrieved from www.shapeamerica.org/publications/resources/teachingtools/qualitytype/pa_vs_pe.aspx

4 US Department of Health and Human Services. *Physical Activity Guidelines for Americans*, 2nd edition. Washington, DC: US Department of Health and Human Services; 2018. Retrieved from health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

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](#).

Students shall be given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to intramurals, interscholastic athletics, and physical activity clubs. DC International School will ensure that:

- The DCI curriculum is aligned with OSSE DC health and physical education standards as well as National Physical Education Standards (NPES) and National Health Education Standards (NHES) as set by the Society of Health and Physical Educators (SHAPE). DCI will continue to align to the standards set by this organization and deliver high quality health and physical education. Students receive a full year of health and physical education.

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 grades 6-8 shall set a goal to provide an average of 225 minutes of physical education per week, and at least one recess of at least 20 minutes per day. If a school serving students in grades 6-8 provides less than an average of 135 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.

DC International School will ensure that students in grades 6-8 receive at least 225 minutes per week of physical education.

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.

DC International School will ensure that 50 percent of physical education class time is devoted to actual physical activity.

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.

DC International School will ensure that:

- Suitably adapted physical activity shall be provided as part of the individualized education plan (IEP) developed for students with disabilities.
- DCI's mission is to provide IB for all students. Students that require supplementary aids or modifications to learning will be provided a specially designed program of developmental activities, games, and sports, suited to the interests, capabilities and limitations of the students with disabilities to ensure they can safely and successfully engage in unrestricted participation in the activities of the regular physical education program as required by law.

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.

DC International School will ensure that:

- Physical activity is neither required nor withheld as punishment.
- DCI does not require students to change in order to participate in physical education. Students are not restricted based on their attire and can participate in physical education if it does not interfere with student personal safety.

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.

It is the goal of DC International School that students engage in the recommended 60 minutes per day of physical activity. DCI will continue to actively promote student participation in physical activities:

- Students will be provided a daily 45-minute

recess/physical activity period at their lunch.

- DCI Athletics and Extracurricular Activities (ACE) will provide multiple opportunities for students to participate in citywide competitive activities as part of the PCSAA and DCSAA in addition to non-competitive athletic skill development opportunities.
- Students will be encouraged to bike to school in which DCI provides bike racks for students who cycle.
- DCI students and families will be encouraged to participate in an annual Spring Fun Run/Walk.
- DCI will partner with DC Scores (boys and girls) and Girls on the Run to provide outside physical activity opportunities.
- Students will be permitted up to 5 min break time in which they are allowed to walk during instructional time (extended time for students

with IEPs)

- Students will be rewarded physical activity time for student academic/behavioral achievement with schoolwide organized events in addition to teacher organized events (classroom rewards and student individual aide rewards)
- Adding five-ten minutes of movement to the weekly grade level community meetings.

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. District of Columbia International School 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

District of Columbia International School 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.

DC International School is committed to serving healthy meals 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 trans-fat per serving (nutrition label or manufacturer's specification), and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of students, help mitigate childhood obesity, model healthy eating habits to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

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 the school website, in the school's office, and to parents and legal guardians upon request.

DC international school posts the monthly breakfast and lunch menu on the Parent Portal located on the school website. 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 is available to legal guardians upon request from our Cafe Manager.

Healthy 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. Vegetarian food options shall be rotated to avoid repetition.

DC International School is committed to serving healthy meals 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 trans-fat per serving (nutrition label or manufacturer's specification), and to meeting the nutrition needs of school children within their calorie requirements.

DC International School is committed to offering school meals through the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other supplemental programs, that:
alternative entrée options (e.g., salad bar, vegetarian options, etc.) are highlighted on posters or signs within all service and dining areas.

Healthy Schools Act Requirement ([DC Official Code § 38-822.01\(a\)\(1\)\(B\)\(iii\)](#))

Vegetarian food options shall be clearly labeled or identified.

Vegetarian food is held separately from the other lunch options and clearly labeled.

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.

DC International School will teach, model, encourage and support healthy eating by all students. DC International School will provide nutrition education and engage in nutrition promotion that:

- Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.

Recommendation ([7 CFR 210.10\(a\)\(2\)](#))

Hang *Offer vs. Serve* posters as a guide for students choosing a reimbursable meal.⁵

DC International School has *Offer vs. Serve* posters for breakfast and lunch posted on the cafe walls.

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.

District of Columbia International School 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.

DC International School is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. DC International School strives to teach students how to make informed choices about nutrition, health and physical activity. It is DC International School's intent to protect and promote students' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with this LWP.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards.
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by DC International School.
- Advertisements in school publications or school mailings; and
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

5 See Offer Versus Serve Posters for Lunch at www.fns.usda.gov/tn/offer-versus-serve-national-school-lunch-program-posters

FOODS AND BEVERAGES PROVIDED TO STUDENTS

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).

-DC International School will teach, model, encourage and support healthy eating by all students. DC International School will provide nutrition education and engage in nutrition promotion.

- DC International School will not use foods or beverages as rewards, incentives, or prizes for academic performance or good behavior that do not meet the nutritional requirements above.

- Grade level teams will develop and communicate how each class will celebrate birthdays and other special events. In order to promote healthy habits, DCI does not allow cakes, cupcakes or other sweets that do not meet the USDA Smart Snacks Standards to be brought to school during the school day.

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.

To promote hydration, free, potable drinking water will be available to all students throughout the school day and throughout every school campus. DC International School will make drinking water available where school meals are served during all mealtimes. Additionally, DC International School will also:

- Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

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.

DC International School is committed to offering school meals through the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other supplemental programs, that:

- Are accessible to all students.
- Are appealing and attractive to students.
- Are served in clean and pleasant settings.
- Meet or exceed current nutrition requirements established by local and federal statutes and regulations.
- Ensure all qualified students will become eligible for free and reduced priced lunch.
- DC International School will provide at least 30 minutes for students to eat lunch and sufficient time during the lunch period for every student to pass through the service line.
- DC International School will operate a Universal “Free for All” School Breakfast Program in the cafeteria.
- Ensure all students are invited to the Free Breakfast Program beginning at 7:45 am and ending at 8:15 am; and
- Promote healthy food and beverage choices by using Smarter Lunchroom techniques, such as the following:
 - Whole fruit options offered in attractive, accessible settings.
 - Sliced or cut fruit offered, especially for age-appropriate students.
 - Alternative entrée options (e.g., salad bar, vegetarian options, etc.) are highlighted on posters or signs within all service and dining areas.
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas; and
 - Placing white milk at the front of the coolers; and
 - DC International School will accommodate students with special dietary needs

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.

DC International School will not permit third-party vendors to sell foods or beverages of any kind to students on school property from midnight on the day school begins to 90 minutes after the school day ends, in accordance with the Healthy Schools Act and USDA Smart Snacks Standards.

SCHOOL MEALS

District of Columbia International School 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.

DC International School 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; and
- Re-introduce the Farm to Table Club by the end of SY 22-23
- Re-introduce student field trips to local farms
- School wide recycling programs
- Return to 100% use of hand dryers in restrooms within the next three years
- Increase student lead environmental educational presentations 1 to 2 times a year

Healthy Schools Act Requirement ([DC Official Code § 38-823.01](#))

Track procurement using the [Locally Grown Food Item Tracking Log](#).⁶

DC International School will track procurement using the [Locally Grown Food Item Tracking Log](#).

Healthy Schools Act Requirement ([DC Official Code § 38-822.02\(a\)](#))

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

DC International School is committed to offering school meals through the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other supplemental programs, that:

- Meet or exceed current nutrition requirements established by local and federal statutes and regulations.

⁶ Office of the State Superintendent of Education. (2019). Locally Grown and Unprocessed Food Item Tracking Log. Retrieved from <https://osse.dc.gov/publication/locally-grown-and-unprocessed-food-item-tracking-log>

PHYSICAL ENVIRONMENT

According to the CDC, the 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. District of Columbia International School recognizes the connection between physical environment and student outcomes and believes safe, positive, respectful learning environments will result in more engaged students. Additionally, District of Columbia International School understands that environmental sustainability means meeting present needs without compromising the ability of future generations to meet their own needs.⁸

District of Columbia International School 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.

DC International School will seek to improve its environmental sustainability practices through:

- School wide recycling programs
- Return to 100% use of hand dryers in restrooms within the next three years
- Increase student lead environmental educational presentations 1 to 2 times a year

Local LWP Requirement [\(DC Official Code § 38–826.01\(b\)\(2\)\(D\)\)](#)

Establish goals for developing and implementing an Environmental Literacy Program.

DC International School will seek to improve its environmental Literacy Program through:

- School wide recycling programs.
- Return to 100% use of hand dryers in restrooms within the next three years.
- Increase student lead environmental educational presentations 1 to 2 times a year.

⁷ Centers for Disease Control and Prevention. (2019). Components of the Whole school, Whole Community, Whole Child (WSCC): Physical Environment. Retrieved from <https://osse.dc.gov/node/1113332> www.cdc.gov/healthyschools/wsc/c/components.htm

⁸ Office of the State Superintendent of Education. (2019). 2017 DC Environmental Literacy Plan. Retrieved from osse.dc.gov/sites/default/files/dc/sites/osse/page_content/attachments/2017%20Environmental%20Literacy%20Plan.pdf

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.¹¹ District of Columbia International School recognizes the connection between students' social and emotional needs and their ability to learn and perform both within and outside of the classroom setting. District of Columbia International School 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.

District of Columbia International School 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. District of Columbia International School 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.

DC International School administers the Youth Risk Behavior Surveillance System and shall participate in the biennial DC data collection.

Recommendation

Provide a designated physical safe space for LGBTQ students.¹³

DC International School has gender neutral restrooms and single occupancy restrooms.

9 Centers for Disease Control and Prevention. (2019). Components of the Whole school, Whole Community, Whole Child (WSCC): Social and Emotional Climate. Retrieved from <https://www.cdc.gov/healthyschools/wscs/components.htm>

10 National School Climate Center. (2012). The School Climate Improvement Process: Essential Elements(No:4). Retrieved from <https://files.eric.ed.gov/fulltext/ED573705.pdf>

11 Durlak, JA., Weissberg, RP. (2011). Promoting Social and Emotional Development is an Essential Part of Students' Development. *Human Development*. (54)1-3. Retrieved from www.researchgate.net/profile/Roger_Weissberg/publication/239784381_Promoting_Social_and_Emotional_Development_Is_an_Essential_Part_of_Students%27_Education/links/57f97a1d08ae91deaa616b5a/Promoting-Social-and-Emotional-Development-Is-an-Essential-Part-of-Students-Education.pdf 12 Refer to Appendix A in OSSE's Local Wellness Policy Guide for related supports and resources.

13 This recommendation is intended to serve as a complement to work done by the bullying prevention task force [\(DC Code § 2-1535.02\)](#), with the specific goal of

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.¹⁴ District of Columbia International School 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).¹⁵

District of Columbia International School 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 District of Columbia International School 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.

District of Columbia International School 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.

As a school, DC International School is required to complete Mandatory Biennial Behavioral Health Training. These are made up of three (3) modules:

1. At-Risk simulation (approx. 1 hour) - *select one only*
 - o Middle School, or
 - o High School
2. Referral Process (12 min. Newly Updated)
3. Resilient Together (approx. 40 min)

Completing all three will take ~2 hrs and must be done annually by **December 4th**.

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.

DCI is requiring all new staff to complete 8 online mandatory training sessions to ensure the safety and comfort of all employees and students at DCI.

- Sexual Misconduct: Staff to Student (27 min)
- Sexual Harassment: Staff to Staff: (35 min)
- Sexual Harassment: Student Issues & Response (34 min)
- Dating Violence: Identification and Prevention (22 min)
- Child Abuse: Identification & Intervention (35 min)
- Bullying: Recognition and Response (52 min)
- Bullying: Cyberbullying (24 min)
- Bullying: Workplace Bullying: Awareness and Prevention (18 min)

Topics covered include defining sexual harassment, child abuse and bullying. The content in this course was designed with care and sensitivity; however, some may find certain topics personally upsetting, especially for survivors of sexual abuse or assault. If you feel the need to talk with someone, please contact your direct supervisor, a Human Resources Administrator, or a related resource in your community.

In addition, staff members are required to complete the [Mandated Reporter Training](#) within 30 days of your start date.

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.

DC International School will ensure that 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.

14 Deputy Mayor of Health and Human Services. (2019). School Mental Health Program and School Health Services Program. Retrieved from dmhhs.dc.gov/publication/school-mental-health-program-and-school-health-services-program

15 Multi-tier System and Supports Integrated Services Framework for Student Wellness. (2015). CSHA Conference. Retrieved from www.schoolhealthcenters.org/wp-content/uploads/2015/05/Building-Framework-MH-Supports-Presentation.pdf

16 This acknowledgement coincides with a requirement mentioned in the Social and Emotional Climate section of this template.

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.

District of Columbia International School recognizes the connection between coordinated care models and improved student outcomes. District of Columbia International School 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. District of Columbia International School is committed to coordinated preventive and actual care service models that meet the needs of the students, staff and school community. District of Columbia International School 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.

DCI will collect annual health certificates and oral health assessments from each student upon the time of enrollment and follow up with any outstanding families within the first 20 days of the school year.

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.

DCI will stock and maintain two undesignated epinephrine auto-injector twin packs at DCI's Main reception desk. We will ensure that all reception staff are OSSE-certified staff members trained annually and present during all hours of the school day.

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.

DCI will implement the Immunization Attendance Policy and collaborate with our school nurse to verify student compliance with District Immunization requirements for enrollment and attendance.

Recommendation

Provide a designated space that is recognized as the health or nurse's suite.

DCI has designated the room GB22 as the General nursing suite, GA05 as the A wing Health suite and GA04 as our Isolation suite during COVID.

17 Centers for Disease Control and Prevention. (2021). Components of the Whole School, Whole Community, Whole Child (WSCC): Health Services. Retrieved from www.cdc.gov/healthyschools/wscs/components.htm

Recommendation

Ensure qualified staff, inclusive of a Registered Nurse, provide care and management of health services rendered for the school environment.

DC International School has one Registered Nurse on-site every school day and at least 3 AOM's on-site every day.

Recommendation

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.

DC International School has a Registered Nurse on-site every day. Student medications can only be received, with the correct medication authorization forms, by the school nurse or an AOM. Student medications must be stored in the health suite. The school nurse maintains a copy of the AOM certificates and has monthly skills check-ins with the AOMs.

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.¹⁸ District of Columbia International School recognizes the connection between healthy school employees and improved job performance and satisfaction. District of Columbia International School 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, District of Columbia International School 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.

DC International School will establish a Local Wellness Committee that meets at least two times per year to develop goals for and oversees implementation of school health and safety policies/programs, including periodic reviews and updates of this LWP. The Local Wellness Committee will represent all school levels and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff (e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services), and mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists); school administrators (e.g., superintendent, principal, vice principal); school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-Ed).

Recommendation

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.

All DCI staff members have access to an Employee Assistance Program through Principal. Additional discounts and services include access to Will & Legal Document Center, Travel Assistance Program and much more:

- **Amwell and MDLIVE** - Your health plan through Cigna includes access to medical and behavioral/mental health virtual care 24/7/365 – even on weekends and holidays. Connect with quality board-certified doctors and pediatricians, as well as licensed counselors and psychiatrists. Access care from anywhere via video or phone.
- **Mental Health Benefit** - Cigna Insurance: \$0 Deductible (for in-network providers); Magellan Healthcare (through EAP): 8 in-person

sessions per concern at no cost.

- **Headspace for Educators**, the leading mindfulness app, is now available to school staff for free!
- **Healthy Rewards Program** - Get discounts on the health products and programs you use every day, for: weight management and nutrition, vision and hearing care, alternative medicine, health and wellness products, and fitness clubs and equipment.
- **BenefitHUB** - Enjoy discounts, rewards and perks on thousands of brands you love in a variety of categories: Travel (hotel and rental cars); Entertainment (movie tickets and amusement parks), Electronics, and more!

18 Centers for Disease Control and Prevention. (2016). Preventing Chronic Disease. Absenteeism and Employer Costs Associated with Chronic Diseases and Health Risk Factors in the US Workforce. Retrieved from www.cdc.gov/pcd/issues/2016/15_0503.htm

FAMILY ENGAGEMENT

Engaging family members in school programs and services is a priority that may have a lasting impact on students as they grow. District of Columbia International School 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, District of Columbia International School 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. District of Columbia International School 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 way parents and legal guardians are provided the opportunity to participate in the development, implementation, and periodic review and update of the Local Wellness Policy.

Community Involvement, Outreach and Communications

DC International School is committed to being responsive to community input, which begins with awareness of the LWP. DC International School will actively communicate ways in which representatives of the Local Wellness Committee and others can participate in the development, implementation and periodic review and update of the LWP through a variety of means appropriate for DC International School. DC International School will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. DC International School will actively notify the public about the content of this LWP, any updates, and their ability to participate in the development and implementation process through DCI's weekly newsletter, The DCI Dispatch, and the DCI Student and Family Handbook, at a minimum.

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. District of Columbia International School recognizes and values the role the community plays in the

safe and healthy development of our students. District of Columbia International School 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.

DC International School 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 school will make this information available via the school website <http://dcinternationalschool.org> and through DC International School's weekly Dispatch. This will include a summary of the DC International School's events or activities related to wellness policy implementation. Annually, DC International School will also publicize the name and contact information of the school officials leading and coordinating the Local Wellness Committee, as well as information on how the public can get involved with the Committee.