

Little Elm ISD Wellness Policy Assessment

<b>Little Elm ISD</b>		<b>Reviewer: SHAC Committee</b>
<b>Date: 09/15/2021</b>		<b>Grades: K-12</b>
<b>I.</b>		<b>Public Involvement</b>
Yes		We encourage the following to participate in the development, implementation, and evaluation of our wellness policy: Administrators, School Board Members, Food Service Staff, School Health Professionals, P.E. Teachers, Students, Parents, Public
Yes		We have a designee in charge of compliance: Toni Nelson, Health Services Coordinator
Yes		We make our policy available to the public - LEISD Website, CN link
Yes		We measure the implementation of our policy goals and communicate results to the public - Triennial Assessment, post on LEISD website, Child Nutrition link
<b>II.</b>		<b>Nutrition Education</b>
Yes		Our district's written wellness policy includes measurable goals for nutrition education - District Curriculum
Yes		We offer standards based nutrition education in a variety of subjects
Yes		We offer nutrition education to students in: Elementary School, Middle School, High School
<b>III.</b>		<b>Nutrition Promotion</b>
Yes		Our district's written wellness policy includes measurable goals for nutrition promotion; classroom education
Yes		We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
Yes		We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them - Nutrition Gazette
Yes		We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
Yes		We ensure students have access to hand-washing facilities prior to meals
Yes		We annually evaluate how to market and promote our school meal program(s)
Yes		We regularly share school meal nutrition, calorie, and sodium content information with students and families - Meal Viewer
Yes		We offer taste testing or menu planning opportunities to our students
Yes		We participate in Farm to School activities and/or have a school green house
Yes		We promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc.).
Yes		We offer fruits or non-fried vegetables in - ala carte and culinary class
Yes		We allow limited celebrations that involve food during school days to be held after the campus lunch service
Yes		We provide teachers with samples of alternative reward options other than food or beverages - Principal folder & shared drive
Yes		We prohibit the use of food and beverages as a reward or punishment
<b>IV.</b>		<b>Nutrition Guidelines</b>
Yes		Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
Yes		We operate the School Breakfast program - before school begins
Yes		We follow all nutrition regulations for the National School Lunch Program (NSLP)
Yes		We operate an Afterschool Snack Program.

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		NA	We operate the Fresh Fruit and Vegetable Program.
Yes			We have a Certified Food Handler as our Food Service Manager (two per campus)
Yes			All food service staff other than the two certified Food Manager have the Food Handlers certification
Yes			We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours with exception of
<b>V.</b>			<b>Physical Activity</b>
Yes			Our district's written wellness policy includes measurable goals for physical activity.
Yes			We provide physical education for elementary students on a weekly basis.
Yes			We provide physical education for middle school during a term or semester.
Yes			We require physical education credit for graduation (high schools only).
Yes			We provide recess for elementary students on a daily basis.
Yes			We provide opportunities for physical activity integrated throughout the day. All Grades.
Yes			We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
Yes			We offer before or after school physical activity - competitive sports, clubs
<b>VI.</b>			<b>Other School Based Activities</b>
Yes			Campuses will set schedules that allow a minimum of 10 minutes to eat breakfast and 20 minutes to eat lunch (does not include
Yes			Wellness for students and their families will be promoted at suitable school activities
Yes			Employee wellness education and involvement will be promoted at suitable school activities
<b>VII.</b>			<b>Progress report</b>
Yes			This assessment was based on proposed changes to the wellness policy addressing the following: established guidelines for the
<b>VIII.</b>			<b>Contact Information</b>
For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator			
Name		Toni Nelson, Health Services Coordinator	
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