

Local Wellness Policy: Triennial Assessment

Section 1: General Information

School(s) included in the assessment:

- Community Independent School District
- PreK-12

Date of last local wellness policy revision: 04/2021

Website address for the wellness policy and/or information on how the public can access a copy: <https://www.communityisd.org/departments/health-services/school-health-advisory-council>

Section 2: Comparison to Model School Wellness Policies

Complete the WellSat3.0 assessment tool and keep a copy of the results on file for at least three full school years plus the current year, as it will be reviewed during the next administrative review of your school nutrition program

Section 3. Compliance with the Wellness Policy and Progress towards Goals

At a minimum, local wellness policies are required to include:

- Specific goals for:
 - Nutrition promotion and education
 - Physical activity
 - Other school-based activities that promote student wellness
 - 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 Snacks in School nutrition standards
 - 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).
 - Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards
 - Description of public involvement, public updates, policy leadership, and evaluation plan

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings</p>		X		<p>Nutritional posters are hung in the cafeteria. Breakfast and lunch menus are displayed on the District website as well as digital menu boards. Nutritional tips are sent out through the District’s social media (facebook).</p> <p>Smarter lunchroom scorecards were implemented last year and we will continue to utilize them on a routine basis in order to reduce food waste and increase selection and consumption of healthy school food.</p>
<p>The District shall share educational nutritional information with families and the general public to promote healthy nutrition choices and positively influence the health of students</p>	X			<p>Breakfast and lunch menus are posted on the District’s website</p> <p>The District is currently partnering with the North Texas Food Bank and Hope for the Cities to provide healthy food for families in need</p> <p>The District is working on securing more food resources through Trusted Worlds</p>
<p>The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors</p>	X			<p>The District currently utilizes SPARK as the coordinated school health program in both elementary and middle school.</p> <p>The District’s Child Nutrition team teaches high school freshman in the spring semester about wellness and nutrition</p> <p>Will add the following goal: “District shall deliver nutrition education that addresses agriculture and the food system”. Will meet that goal by working with curriculum and instruction to incorporate teaching with campus gardens</p>

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.</p> <p>The District's physical education classes shall regularly emphasize moderate to vigorous activity</p>	X			<p>Grades PreK-5 are receiving 135 minutes of moderate to vigorous physical activity through the physical education program or through structured activity during a campus daily recess each week.</p> <p>Grades 6-8 are participating in moderate or vigorous daily physical activity for at least 30 minutes for at least 4 semesters during those grade levels as part of the District's physical education curriculum.</p> <p>Grades 9-12 complete one physical education credit prior to graduation</p>
<p>The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees</p>		X		<p>Staff fitness center was removed during the 2021-2022 school year to create additional space. A new fitness center has not been created at this time. An effort is being made to create replacement activities that will encourage an active lifestyle for staff members</p> <p>Will add the following goal: "The District shall encourage students, parents, staff and community members to use the District's recreational facilities that are available for use outside of the school day in accordance with District policy". Will meet that goal with the addition of Community Trails Middle School recreational facilities opening to the public</p>

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable	X			All campuses have built their master schedules to allow for at least 10 minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated
The District shall promote wellness for students, employees, and their families at suitable District and campus activities	X			<p>Yearly student shot clinic has been held every year before school starts. Each year more students have attended, with more than 75 students attending the 2023-2024 shot clinic</p> <p>21 day employee challenge and kids teaching kids challenge was started during the 22-23 school year to promote healthy lifestyle</p>

The Community Independent School District Student Wellness Policy is posted on the School District webpage. The triennial progress report will be posted on the District website as of September 20, 2023.