

# La Porte ISD Wellness Policy Triennial Assessment

School District Name: La Porte ISD - All campuses assessed herein

Date Completed: June 19, 2023

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## Part I: Content Checklist

Below is a list of items that must be addressed in Local Wellness Policies, based on U.S. Department of Agriculture (USDA) guidance. Check the box for each item included in your Local Wellness Policy. For any box that is not checked, consider taking steps to add the item(s) to the policy in the future.

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Goals for Nutrition Education                    | <input type="checkbox"/> Nutrition Standards for School Meals                     | <input type="checkbox"/> Wellness Leadership   |
| <input type="checkbox"/> Goals for Nutrition Promotion                    | <input type="checkbox"/> Nutrition Standards for Competitive Foods                | <input type="checkbox"/> Public Involvement    |
| <input type="checkbox"/> Goals for Physical Activity                      | <input type="checkbox"/> Standards for All Foods/Beverages Provided, but Not Sold | <input type="checkbox"/> Triennial Assessments |
| <input type="checkbox"/> Goals for Other School-Based Wellness Activities | <input type="checkbox"/> Food & Beverage Marketing                                | <input type="checkbox"/> Reporting             |

## Part II: Goal Assessment

Input the goals of your Local Wellness Policy into the table below for the corresponding areas: Nutrition Education, Nutrition Promotion, Physical Activity, and Other School-Based Wellness Activities. Indicate if the school is meeting, partially meeting, or not meeting each goal listed. Include any next steps in attaining the goal(s), if applicable. Table rows may be added for additional goals.

Goals	Meeting 1 pt	Partially Meeting .5 pt	Not Meeting 0 pt	Next Steps and/or Comments
<b>Nutrition Education</b>				
Increase the presence of nutrition-themed booths and tables at student events	5		7	Participated in fitness nights at 5 of 7 elementary schools. Score: 5
Educate students on non-traditional recipes, exotic fruits and vegetables	12			All campuses participated in local foods month where recipes were shared. Score: 12
Establish a standardized nutrition education model for use during physical education classes		12		Work in progress. Score: 6
Foster partnerships between teachers and district nutrition administrators	4	8		Participated in career day at 3 of 7 elementary schools. Worked with AP science teacher at the high school on nutrition education. Score: 8

Goals	Meeting 1 pt	Partially Meeting .5 pt	Not Meeting 0 pt	Next Steps and/or Comments
<b>Nutrition Promotion</b>				
Promote positive nutrition messages through posters and ads for healthy foods in the cafeteria	12			All campuses received bulletin boards and signage which are

				displayed in every cafeteria and rotated monthly. Score: 12
Increase access to healthy options for foods made available to students	12			Salad bar at the high school was expanded. Salad entrée option is offered daily at all sites. Increased fresh fruit included on lunch and breakfast menus. Score: 12
Increase prevalence of positive nutrition messages on printed menus	7	5		K-8 menus were posted online with positive nutrition messages. Jr High and High School menus are a work in progress. Score: 9.5
Make nutrition information available online in a more accessible format	12			All menus and nutrient data changed from PDF to an online, mobile-friendly format. Score: 12
Perform "Alliance for a Healthier Generation" calculation on all items sold to students a la carte in the cafeteria	12			All a la carte items are smart-snack approved and documentation retained. Score: 12
Obtain documentation from all vending machine companies regarding product compliance with Smart Snack regulations	2			All documentation available Score: 2

Goals	Meeting 1 pt	Partially Meeting .5 pt	Not Meeting 0 pt	Next Steps and/or Comments
<b>Physical Activity</b>				
Ensure each campus has non-PE and non-sports opportunities available for student physical activity	12			Elementary campuses all have recess as a part of the student's scheduled day. Jr High and High School students have various non-sports activities for students to participate in for physical activity. Score: 12
Ensure each elementary campus provides at least 30 minutes of recess per student per day	7			100% success. Score: 7
Incorporate kinetic classroom training techniques into professional development	3		9	Three elementary campuses have included kinetic activities in professional development Score: 3
Incorporate physical activity elements into academic-focused special events such as math nights	5		7	Five academic events held at elementary campuses included physical components. Score: 5

Goals	Meeting 1 pt	Partially Meeting .5 pt	Not Meeting 0 pt	Next Steps and/or Comments
<b>Other School-Based Wellness Activities</b>				
Schedule no campus lunch periods less than 20 minutes during the regular school day	12			100% success rate Score: 12

Increase the availability of grab and go options in the cafeteria	12			Grab and Go options are available to students at all levels. High school also added a grab & go line. Score: 12
Increase prevalence of student/parent fitness events	5		7	Student/parent fitness nights were at 5 of the 7 elementary schools this year. Score: 5
Increase prevalence of Smart Snack eligible treats and prizes at campus events	12			All items surveyed were smart-snack compliant. Score: 12

### Part III: Model Policy Comparison

Indicate the Model Wellness Policy used for comparison against your Local Wellness Policy.

[Alliance for a Healthier Generation's Model Wellness Policy](#)

Rudd Center's WellSAT

Other: \_\_\_\_\_

1. What strengths does your current Local Wellness Policy possess?

LPISD wellness goes are SMART and student-focused. The policy remains in compliance with federal and state standards.

2. What improvements could be made to your Local Wellness Policy?

We are still working toward a standardized nutrition education model that can be employed district-wide. The school nutrition team has made strides toward increasing their classroom presence.

3. List any next steps that can be taken to make the changes discussed above.

With COVID behind us, we are able to make larger strides towards achieving wellness goals.