

Alvarado ISD School Wellness Plan Assessment

May 16, 2023

Goal	Person Responsible	Measurement	Evidence
1. The District shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas School Nutrition Policy and Smart Snacks.	Child Nutrition Director	Review Standardized Recipes	The Child Nutrition Director performed Quaterly Audits and Onsite Reviews to ensure the kitchen staff had recipes for all menu items and were using those recipes in the kitchen. The CN director reviewed cycle menus and special menus to ensure they were compliant.
2. The District will ensure that the nutrition programs meet USDA and TDA Standards	Child Nutrition Director	Walkthroughs	The Child Nutrition Director did walkthroughs at campuses at least 3 times per week and took corrective actions when necessary.
3. The staff responsible for nutrition will be adequately prepared and will participate in professional development activities to effectively deliver the designed program.	Child Nutrition Director	Sign In Sheets	The CN checked sign in sheets and checked the USDA Professional Standards tracker to ensure training hours were logged.
4. The District will follow USDA and TDA guidelines for vending and other foods available on school campuses.			
4.a. Campus principals will provide the Operations Assistant Superintendent copies of nutrition labels and nutrition calculations using the smart snacks calculator for any foods that they plan to sell on campus prior to the sale of those foods. This includes foods sold in vending machines	Principals	Printouts of Nutrition Calculations	Principals obtained nutrition labels and Smart Snack calculation sheets from vendors and provided this documentation to the CN Department. The scholars are only offered beverages in vending machines at AHS and AJH.
4.b. All foods sold on campus with the exception of the foods sold by the child nutrition department must be prepackaged, contain a nutrition label, and be designed for resale.	Principals	Administrative Campus Walkthroughs	All foods are prepackaged and designed for resale.
4.c. The district believes that extracurricular activities help to promote student health and wellbeing. In order to promote school extracurricular activities the district elects to have no time and place restrictions on the sale of foods for fundraisers.	NA	NA	NA

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4.d. The district believes celebrating the successes of our children and celebrating the holidays that have cultural significance to our community fosters healthy children, and we, therefore, elect to allow classroom parties and school celebrations. Campus principals will monitor these celebrations to ensure that they are appropriate and in compliance with district goals and standards.	Principals	Walkthroughs	Campus walkthroughs were performed regularly and no instances of noncompliance were reported.
4.e. The district believes in rewarding children for their achievements and elects to allow staff to reward our students with food rewards. We, however, encourage the staff to choose healthy snacks and to use non-food rewards as well including but limited to positive praise, posting of exemplary work, etc.	NA	NA	Staff members at the elementary campuses used food as a learning tool such as teaching students how to count by using food. School staff also promote positive praise for scholars via social media.
5. The District shall implement, in accordance with law, a coordinated health program with a nutrition education component that emphasizes the importance of proper nutrition.			
5.a. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors			
5.a.i. The CATCH program will be implemented in grades K-8	Teachers, Principals	Campus Walkthroughs	The CATCH program has been used in physical education classes.
5.a.ii. Nutrition information will be provided on school menus to help provide parents and students with opportunities to make healthy choices.	Child Nutrition Director	Online posting of the menus	The district used Nutrislice to publish online menus with nutrition information to help parents teach their students to make healthy choices in the cafeteria.
5.b Nutrition education will be integrated into the curriculum as appropriate.	Teachers, Principals	Lesson Plans	The high school offered electives such as sports medicine and FCCLA where students had the opportunity to discuss nutrition education such as counting macros and making healthy choices when putting things into our bodies.

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5.c. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned. Training will include a segment on nutrition and wellness activities.	Teachers, Principals	Lesson Plans	Training was provided during the instructional forum for physical education and CTE staff that promoted healthy eating and our CATCH program.
5.d. The food service staff, teachers, and other school personnel will promote nutritional messages throughout the school environment to encourage student understanding of good nutrition and its relation to wellness.	Teachers, Principals, CN Managers	Campus Walkthroughs	The District utilized materials sent by TDA to promote nutritional messages throughout the year. The CN Department used Youth Advisory Council meetings to encourage students to try new menu items and explain to them how the item they are trying ties to good nutrition.
5.e. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members. This will include links to nutrition information from our web page.	CN Director	Annual Wellness Review	The SHAC hosted a Family Wellness night in the spring to influence nutrition and health information to students and the community. Our district web page also included links with nutrition information. Our SHAC team met quarterly and reviews our progress toward our goals annually.
6. The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.	Teachers	Campus Walkthroughs	All campuses implement physical education classes as required by law. Secondary campuses offer classes as electives.
6.a. The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.			On Mondays and Wednesdays, the High School track and tennis courts are open to the public from 6-8PM with staff on duty to supervise.
6.b. Physical education classes will regularly emphasize moderate to vigorous activity.	Teachers, Principals	Campus Walkthroughs	PE classes participate in vigorous physical activity daily.
6.c. The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.	Teachers, Principals	Campus Walkthroughs	Classroom teachers use Go Noodle as a physical activity to allow for brain breaks during instructional time.
6.d. Before school and after school physical activity will be offered to secondary school students, and students will be encouraged to participate.	Campus Principals	Walkthroughs	Any student interested in athletics or marching band is encouraged to participate in the program at the high school and junior high levels. Athletes are observed practicing before and after school. The CN department extends breakfast hours to ensure those participating in before school activities have the opportunity to eat breakfast before their next class.

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6.e.	Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.	Campus Principals		We had walking activities and an exercise class at the SHAC Family Fun Night.
6.f.	The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.	AISD Staff		The district sends electronic communication for upcoming events. Parents and the community are always invited to come support the students of AISD. Admin on duty at these events ensure parents act as active role models. Family events across the district include physical activity stations such as SHAC Family Night and field day.
7.	The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:			
7.a.	Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.	Campus Principals	Walkthroughs	We did not observe students not having enough time to eat when doing our walkthroughs. The last student through the line typically had fifteen minutes to eat. The high school principal, however, modified the lunch schedule for the upcoming school year to help provide students more time to eat. We have brought an additional serving line online for next year at the junior high to help provide students more time to eat.
7.b.	Wellness for students and their families will be promoted at suitable school activities.	AISD Staff		The Back-to-School Bash was hosted on Thursday, August 4, 2022. It is a free wellness event for the community facilitated by AISD staff and included donations from the Tarrant County Food Bank, shot clinic, haircuts, supplies.
7.b.i.	The District will host wellness activities at the annual Family Fun Night.	AISD Staff		SHAC Family Fun Night took place on Thursday, April 6, 2023.
7.c.	Employee wellness education and involvement will be promoted at suitable school activities.	AISD Staff		Wellness information was shared at the Back-to-School Bash and the SHAC Family Fun Night. CN employees gave away educational bookmarks with healthy nutrition tips and information on suggested meal components encouraging physical activity for at least 30 minutes a day.
8.a.	The School Health Advisory Council will meet regularly.	Chief Special Programs Officer	District Webpage	For the 22-23 school year SHAC met on 9/20/22, 11/1/22, 3/21/23, and 5/16/23.

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8.b.	The School Health Advisory Council will communicate with district stakeholders about opportunities to serve and ensure appropriate representation from stakeholders,	Chief Special Programs Officer	District Webpage	Information about joining SHAC is posted for the public on the district webpage. Stakeholders are appropriately represented by parents, students, administrators, staff, and community members.
8.c.	The School Health Advisory Council will develop a School Wellness Policy that is in compliance with state and federal standards,	Chief Special Programs Officer	District Webpage	The district conducted the triennial assessment, and the policy is in compliance.
8.d.	The School Health Advisory Council will annually review the School Wellness Policy and the district's implementation of said policy,	Chief Special Programs Officer	District Webpage	The policy was reviewed at the 5/16/23 meeting.
8.e.	The School Health Advisory Council will share the district's Wellness policy, Wellness plan, and the results of the annual review of the wellness policy with stakeholders, and revise the policy as needed	Chief Special Programs Officer	District Webpage	The results of the annual review will be posted on the district web page and shared at the first SHAC meeting on 9/19/23. There were no concerns to revise the policy.
9.	The district shall ensure that food and beverage advertisements accessible to students on a school campus during the school day contain only products that meet the federal guidelines for competitive foods.	Campus Principals	Walkthroughs	No advertisements for food and beverages that do not meet the federal guidelines for competitive foods were observed to be accessible to students during the school day on any campuses.
10.	The district shall retain all required records associated with the wellness policy, in accordance with law and the District's records management program.	Campus Principal, CN Director, Chief Programs Officer		All SHAC related records are posted on the district web page. Hard copies of records such as agendas, sign in sheets, handouts, etc. are kept for five years.