

District Wellness Plan Triennial Assessment Report 2020-2021

School District: _____

Wellness Contact Name & E-mail: _____

Wellness Policy Components	Fully in Place	Partially in Place	Not in Place	Describe Actions Taken for Implementation (include supports and challenges)	Data Source for Monitoring
District Wellness Policy Advisory Committee					
Policy Leadership					
1. The designated officer for ensuring district compliance with the wellness plan and oversight is identified. (HPS 3.43)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
1a. Each school has a designated wellness leader.*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
1b. Each school wellness leader monitors implementation of the wellness policy and reports compliance to the district wellness leader.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Public Involvement					
2. Meets at least once per year to establish district wellness goals for, and to oversee, school health and safety policies and programs including development, implementation, and periodic review and update of the wellness policy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
3. To the extent possible, committee includes representatives of: (HPS 3.43) <ul style="list-style-type: none"> • Parents/Legal Guardians • Students • District Nutrition Services • Physical Education Teachers • School Health Professionals • Local School Board • School Administrators • General Public/Community Members 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Food and Beverage Availability					
School Meals (Guideline 1)					
4. Pre-K to Twelfth graders will be provided a minimum of 15-20 minutes of "sit-down" time to consume breakfast and 18-25 minutes of "sit-down" time to consume lunch after they have received their food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Foods Sold Outside of School Meals Program (Competitive Foods and Beverages)					
5. Foods and beverages sold outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

Wellness Policy Components	Fully in Place	Partially in Place	Not in Place	Describe Actions Taken for Implementation (include supports and challenges)	Data Source for Monitoring
5a. The following venues currently comply with Smart Snacks requirements during the school day: <ul style="list-style-type: none"> Smart Snacks sold by Child Nutrition 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
5b. The State allows 6 (six) exempt fundraisers per school year, the district has upheld this provision.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
6. Standards are established for foods provided but not sold (e.g., class parties, class snacks), during the school day on school campuses.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Food and Beverage Marketing (Guideline 1)					
7. Any foods and beverages marketed or promoted to students on school campuses during the school day meet or exceed the USDA Smart Snacks in School nutrition standards.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
District Goals for Health & Wellness					
Nutrition Education (Guideline 2)					
8. Schools will provide nutrition education and engage in nutrition promotion that fulfills the criteria identified in the district LWP.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
8a. Nutrition education is integrated across the curriculum.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
8b. Nutrition education is linked with the school food environment/cafeteria.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Nutrition Promotion (Guideline 1, 2, 4)					
9. Nutrition promotion using evidence-based techniques, creating food environments that encourage healthy nutrition choices and participation in school meal programs using a comprehensive and multi-channel approach by school staff, teachers, parents/legal guardians, students, and the community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

Wellness Policy Components	Fully in Place	Partially in Place	Not in Place	Describe Actions Taken for Implementation (include supports and challenges)	Data Source for Monitoring
10. Promote healthy food and beverage choices and participation in school meal programs through use of marketing and merchandising and through adherence to 100% of foods and beverages promoted to students meeting the USDA Smart Snacks in School nutrition standards.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Physical Activity (Guideline 3, 4)					
11. Schools promote and ensure varied physical activity opportunities such as before, during, and after school; staff involvement; and family and community engagement, that are in addition to, and not a substitute for, quality physical education.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
12. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be withheld as punishment for any reason.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Physical Education (Guideline 3)					
13. Schools will adopt or exceed the state standard for physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

Wellness Policy Components	Fully in Place	Partially in Place	Not in Place	Describe Actions Taken for Implementation (include supports and challenges)	Data Source for Monitoring
14. Every three years, the district develops a report that meets the following requirements:	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
14a. All schools' compliance with the district wellness policy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
14b. How the district policy compares with state and/or federal model wellness policies.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
14c. A description of progress towards attaining wellness policy goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
14d. This report is made available to the public.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
15. Records will be maintained to document compliance with the requirements of the wellness policy including items 1, 2, 3, and 14 above.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Other School Based Strategies for Wellness (Guideline 4)					
16. SFAs must include, at a minimum, one goal for Other School-Based Strategies for Wellness in the LWP. SFAs must explore the use of evidenced based strategies when identifying goals. (List and report below)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Optional Goals- School Meals					
17. Schools shall not deny student participation in recess or other physical activity as a form of discipline or classroom make-up time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

HPS District Wellness Plan Triennial Assessment Report - Additional Information You Should Know

School districts are encouraged to use the following tools and resources to assist with completing the HPS District Wellness Plan Triennial Assessment Report:

- Texas Department of Agriculture Administrator's Reference Manual (ARM), Sections 22 and 29
- Compilation of the district's completed HPS District Wellness Plan Triennial Assessment Report can be found on each campus website Parents tab Child Nutrition page
- The HPS Wellness Program Policy and the HPS District Wellness Plan can be found on each campus website Parents tab Child Nutrition page

*** This person must have knowledge of Child Nutrition procedures and regulations. This can be the Child Nutrition Assistant or Business Manager.**

Tools You Can Use to Meet USDA Triennial Assessment Reporting Requirements:

- 14 a. Schools' Compliance with the HPS District Wellness Plan-
Full completion of the HPS District Wellness Plan Triennial Assessment Report
- 14 b. How the District's Wellness Plan Compares with State and/or Federal Model Wellness Policies -
Completion of the Texas Department of Agriculture (TDA) LWP Checklist – [Texas Department of Agriculture LWP Checklist](#)
Local Wellness Policy (LWP) Food and Beverage Marketing- [Texas Department of Agriculture LWP Food and Beverage Marketing](#)
- 14 c. Description of Progress towards Attaining Wellness Policy Goals -
Full completion of the HPS District Wellness Plan Triennial Assessment Report

USDA's Local Wellness Policy Triennial Assessment Questions & Answers:

How often must LEAs conduct assessments of schools' compliance with the local school wellness policy?

At a minimum, assessments must be conducted once every three years as described in 7 CFR 210.31(e); this is referred to as the triennial assessment. This assessment is separate from the Administrative Review conducted by the State agency. The local school wellness policy must be updated and in compliance with the final rule by June 30, 2017. Therefore, the first triennial assessment must be completed by June 30, 2020. Texas Department of Agriculture (TDA) implemented a COVID-19 flexibility to the deadline of June 30, 2021 if the CE notified TDA by June 30, 2020.

Who is responsible for conducting the assessments?

LEAs must designate at least one LEA or school official(s) as responsible for determining the extent to which each school under their jurisdiction is in compliance with their wellness policies (7 CFR 210.31(e)(1)).

In addition to the official(s) identified, other stakeholders must be permitted to be involved in the review process as described in 7 CFR 210.31(d)(1). However, LEAs have discretion in how they implement this requirement since each LEA is best suited to determine the distinctive needs of the community it serves. LEAs are also encouraged to identify a wellness champion at each school that would assist with the implementation and monitoring of the policy at the school level.

What must be included in the triennial assessment?

The LEA must develop a triennial assessment report that describes the extent to which its schools comply with the local school wellness policy, the extent to which the local policy aligns with model policies, and a description of progress towards attaining policy goals as described in 7 CFR 210.31(e)(2). There is local discretion on the format of the report. This report must be made available to the public (7 CFR 210.31(d)(3)).

What tools should LEAs use to assess implementation and compliance with the local school wellness policy?

The LEA has the flexibility to develop tools that will assess compliance with the specific components of their local school wellness policy. Some State agencies and partner organizations have developed tools that LEAs can adapt to meet their needs. Example tools can be found at the "School Nutrition Environment and Wellness Resources" website at <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/local-school-wellnesspolicy-process/assessment-needs-assessment>. In addition, the LEA must document when and how they evaluated their policy. For example, an agenda or attendance sheet could be used as documentation that the local school wellness policy was evaluated at a stakeholder meeting.

How often does the LEA have to update the policy?

USDA does not specify the frequency of updates to the local school wellness policy, as the need to update will vary based on the content and structure of the policy. However, it is recommended that the policy is updated, at a minimum, after conducting the triennial assessments (7 CFR 210.31(e)(3)). LEAs are also required to annually notify the public about the content of the local school wellness policy and any updates to the policy as stated in 7 CFR 210.31(d)(2).

How should LEAs compare their policies to model policies?

The responsibility for developing a local school wellness policy was placed at the LEA level so that each LEA has the flexibility to customize their own policy based on their own unique circumstances. However, at a minimum, LEAs must compare their policy against model policies during the triennial assessment (7 CFR 210.31(e)(2)(ii)). The Alliance for a Healthier Generation, in conjunction with USDA, developed a model local school wellness policy template that may be used for this comparison: https://www.healthiergeneration.org/_asset/wtqdwu/14-6372_ModelWellnessPolicy.doc.

Does the LEA need to do a triennial assessment of all the schools under its jurisdiction, or does each school do its own triennial assessment and report back to the LEA?

The LEA is responsible for ensuring that a triennial assessment of all the schools under its jurisdiction has been conducted. The LEA may conduct the triennial assessment on behalf of each participating school under its jurisdiction or may allow each school to conduct its own assessment.