



# Rockwall

INDEPENDENT SCHOOL DISTRICT

## Local Wellness Policy: Triennial Progress Assessment 2023-24

Every three years the District will gather wellness information from each campus and appropriate District administrators to evaluate compliance with the wellness policy.

### Process

Data collection was completed using relevant portions of the Centers for Disease Control and Prevention’s (CDC) School Health Index (SHI). Data was collected from each District campus from February 2023 to May 2023 (16 elementary schools, 7 secondary schools). The following report includes the average rating score for all campuses for each SHI question. SHI questions are organized under their relevant Local Wellness Policy Goal to demonstrate compliance and progress with our wellness goals. Rating: 3 = Fully in place; 2 = Partially in place; 1 = Under development; 0 = Not in place

### Review

The School Health Advisory Council (SHAC) reviewed the results of the triennial progress assessment on February 28, 2024 and April 24, 2024. The SHAC considered the assessment results to make recommendations to the Board and District to update or modify the wellness policy. Each campus will consider implementing additional wellness activities based on the results of their triennial progress assessment and progress toward [local wellness goals](#).

Elementary (16 Campuses)		
Nutrition Promotion and Education Goals		
Goal: <i>Consistently promote healthy nutrition messages and share educational information to promote healthy nutrition choices and positively influence the health of students.</i>		Average Rating
<b>School Meals</b>	All foods and beverages sold during the school day meet Smart Snack standards.	2.8
	School offers fully accessible breakfast and lunch programs.	3
	Use of strategies by school to maximize school breakfast program participation.	1.1
	Variety of offerings in school meals.	3
	Adequate time to eat school meals.	3

<b>Other School Food</b>	Prohibit using food as reward or punishment.	2.2
	Access to free drinking water.	3
	All foods and beverages served and offered during the school day meet Smart Snack standards.	2.4
	Fundraising efforts during and outside of school hours meet the Smart Snacks nutrition standards.	2.3
	Food and beverage marketing is limited on the school campus to foods that meet or exceed Smart Snack standards.	2.7
	Venues outside of the cafeteria offer fruits and vegetables.	2.6
	All foods served and sold to staff meet the Smart Snack standards.	1.6
	Staff members are offered accessible and free or low-cost healthy eating/weight management programs.	0.4
<b>Goal: Deliver nutrition education that fosters a lifestyle of healthy eating behaviors through integration of nutrition education into appropriate curriculum areas and provision of professional development to staff responsible for nutrition education.</b>		<b>Average Rating</b>
	Annual continuing education and training for Child Nutrition staff.	3
	Promotion of healthy food and beverage choices using Smarter Lunchroom techniques.	3
	Farm to school activities are implemented.	0.8
	Health education curriculum addresses essential topics on healthy eating.	3
<b>Physical Activity Goals</b>		
<b>Goal: Provide an environment that fosters a lifestyle of physical activity and fitness behaviors through integration into appropriate curriculum areas and provision of professional development to staff responsible for physical activity.</b>		<b>Average Rating</b>
<b>Goal: Permit the use of the District's recreational facilities in accordance with policy.</b>		
<b>Physical Education</b>	150 Minutes of physical education (PE) per week.	3
	Sequential physical education curriculum consistent with standards.	3
	Students are active at least 50% of class time.	3
	PE program integrates the components of the Presidential Youth Fitness Program.	3
	All PE classes are taught by licensed teachers certified to teach PE.	3
	PE program consistently uses appropriate practices to include students with special needs.	3
	PE teachers are required to participate at least once/year in PE professional development.	3

<b>Physical Activity</b>	Students are provided at least 20 minutes of recess during each school day and teachers/recess monitors encourage students to be active.	2.8
	School prohibits using physical activity or withholding PE class as punishment.	2.9
	School prohibits withholding recess as punishment and the prohibition is consistently followed.	2.8
	Classroom teachers are required to participate at least once a year in professional development on promoting and integrating physical activity in the classroom.	1.4
	School promotes/supports walking and bicycling to and/or from school.	2.2
	Availability of before- and after-school physical activity opportunities.	1.5
	Availability of physical activity breaks in the classroom.	2.5
	Physical activity facilities meet safety standards.	2.8
	Health education curriculum addresses essential topics on physical activity.	3
	Staff members are offered accessible and free or low-cost physical activity/fitness programs.	0.6
<b>Other School-Based Activities</b>		
<b>Goal:</b> <i>Promote wellness for students, families, and employees at suitable District and campus activities.</i>		<b>Average Rating</b>
<b>Wellness Environment</b>	Someone at your school oversees or coordinates health and wellness programs and activities.	2.8
	School has a representative school health committee or team.	1.4
	School has implemented components of the district's local school wellness policy.	2.4
	School has an action plan that serves as a road map for health & wellness initiatives.	2.3
	School fosters a positive psychosocial school climate.	2.6
<b>Health Education</b>	Health education is taught in all grades.	3
	Sequential health education curriculum is consistent with national education standards.	3
	Teachers of health education use a variety of culturally-appropriate activities and examples that reflect the diversity among students and within the community.	2
	Teachers of health education participate at least once a year in professional development in health education.	2
<b>Staff Involvement</b>	Collaboration between child nutrition staff members and teachers.	2
	Health Services provided by a full time school nurse.	3
	School nurse collaborates with other school staff members.	2.3

	Counseling, psychological, and social services are provided by a full time counselor, social worker or psychologist.	3
	School counselor collaborates with other school staff members.	2.5
	School supports staff to model healthy eating and physical activity behaviors.	1.3
<b>Family Engagement</b>	School communicates with all families about school health activities and programs in a culturally- and linguistically-appropriate way, using a variety of communication methods.	1.9
	Students and family members have opportunities to provide suggestions for school meals and other foods and beverages sold, served or offered, and to provide feedback on the school meal programs.	2
	Families have opportunities to be involved in school decision making for health programs and initiatives.	1.5
	School partners with local community organizations, businesses, or hospitals to engage students and their families in health promotion activities.	1.2

<b>Secondary (7 campuses)</b>		
<b>Nutrition Promotion and Education Goals</b>		
<b>Goal: Consistently promote healthy nutrition messages and share educational information to promote healthy nutrition choices and positively influence the health of students.</b>		<b>Average Rating</b>
<b>School Meals</b>	All foods and beverages sold during the school day meet Smart Snack standards.	2.8
	School offers fully accessible breakfast and lunch programs.	3
	Use of strategies by school to maximize school breakfast program participation.	1.7
	Variety of offerings in school meals.	3
	Adequate time to eat school meals.	3
<b>Other School Food</b>	Prohibit using food as reward or punishment.	2.3
	Access to free drinking water.	2.8
	All foods and beverages served and offered during school day meet Smart Snack standards.	2.8
	Fundraising efforts during and outside of school hours meet the Smart Snacks nutrition standards.	2.2
	Food and beverage marketing is limited on the school campus to foods that meet or exceed Smart Snack standards.	2.7

	Venues outside of the cafeteria offer fruits and vegetables.	1.3
	All foods served and sold to staff meet the Smart Snack standards.	1.8
	Staff members are offered accessible and free or low-cost healthy eating/weight management programs.	0.3
<b>Goal: Deliver nutrition education that fosters a lifestyle of healthy eating behaviors through integration of nutrition education into appropriate curriculum areas and provision of professional development to staff responsible for nutrition education.</b>		<b>Average Rating</b>
	Annual continuing education and training for Child Nutrition staff.	3
	Promotion of healthy food and beverage choices using Smarter Lunchroom techniques.	2.7
	Farm to school activities are implemented.	0.7
	Health education curriculum addresses essential topics on healthy eating.	3
<b>Physical Activity Goal</b>		
<b>Goal: Provide an environment that fosters a lifestyle of physical activity and fitness behaviors through integration into appropriate curriculum areas and provision of professional development to staff responsible for physical activity.</b>		<b>Average Rating</b>
<b>Goal: Permit the use of the District's recreational facilities in accordance with policy.</b>		
<b>Physical Education</b>	225 minutes of physical education (PE) per week.	3
	Sequential physical education curriculum consistent with standards.	3
	Students are active at least 50% of class time.	3
	All PE classes are taught by licensed teachers certified to teach PE.	3
	PE program consistently uses appropriate practices to include students with special needs.	3
	PE teachers are required to participate at least once/year in PE professional development.	3
<b>Physical Activity</b>	School prohibits using physical activity or withholding PE class as punishment.	2.8
	Availability of before- and after-school physical activity opportunities.	2
	Availability of physical activity breaks in the classroom.	1.8
	Physical activity facilities meet safety standards.	3
	Health education curriculum addresses essential topics on physical activity.	3
	Staff members are offered accessible and free or low-cost physical activity/fitness programs.	1.3

<b>Other School-Based Activities</b>		
<b>Goal: Promote wellness for students, families, and employees at suitable District and campus activities.</b>		<b>Average Rating</b>
<b>Wellness Environment</b>	Someone at your school oversees or coordinates health and wellness programs and activities.	2.5
	School has a representative school health committee or team.	1.8
	School has implemented components of the district's local school wellness policy.	2.2
	School has an action plan that serves as a road map for health & wellness initiatives.	2
	School fosters a positive psychosocial school climate.	2.8
<b>Health Education</b>	Students are required to take and pass at least one health education course.	1
	Sequential health education curriculum is consistent with national education standards.	3
	Teachers of health education use a variety of culturally-appropriate activities and examples that reflect the diversity among students and within the community.	2
	Teachers of health education participate at least once a year in professional development in health education.	2
<b>Staff Involvement</b>	Collaboration between child nutrition staff members and teachers.	1.4
	Health Services provided by a full time school nurse.	3
	School nurse collaborates with other school staff members.	2.1
	Counseling, psychological, and social services are provided by a full time counselor, social work or psychologist.	3
	School counselor collaborates with other school staff members.	2.3
	School supports staff to model healthy eating and physical activity behaviors.	1.7
<b>Family Engagement</b>	School communicates with all families about school health activities and programs in a culturally- and linguistically-appropriate way, using a variety of communication methods.	1.7
	Families have opportunities to be involved in school decision making for health programs, activities and initiatives.	1.8
	Students and family members have opportunities to provide suggestions for school meals and other foods and beverages sold, served or offered, and to provide feedback on the school meal programs.	2
	School partners with local community organizations, businesses, or hospitals to engage students and their families in health promotion activities.	2