

WELLNESS POLICY
ASSESSMENT FORM

The Healthy, Hunger-Free Kids Act of 2010 (HHFKA) requires all local educational agencies participating in federal Child Nutrition programs to establish and implement, for all schools under its jurisdiction, local school wellness policies that meet minimum standards designed to promote sound nutrition, student health, reduce childhood obesity, and provide transparency to the public on the school nutrition environment.

This tool is to document each school's progress in meeting the expectations of the district's wellness policy. Schools/Departments should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform school staff of implementation status of goals.

Goals/Objectives	Fully in Place	Part in Place	Not in Place	List steps that have been taken to implement goal & implementation challenges	List steps to be taken to fully implement / expand on goal.
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NUTRITION EDUCATION - responsible party: Director of Student Services&Safety/Child Nutrition Director/Campus Principals

GOAL 1: The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings					
<i>Objective 1: At a minimum, the district will maintain the participation in federal child nutrition program.</i>	X				

Action Steps	Methods for Measuring Implementation	Fully in Place	Part in Place	Not in Place	List steps that have been taken to implement goal & implementation challenges	List steps to be taken to fully implement / expand on goal.
Communicate school food programs within first two weeks of the school year (mechanisms include AISD parent notification systems such as the Aledo ISD App, district email and district webpage); send follow-up notification within first two weeks of second semester.	Data Collected:					
	Participation rates in federal child nutrition programs at beginning, middle, and end of school year.				DATA AVAILABLE FROM CN DIRECTOR	
	Resources needed:					
	Development of communications and follow-up letter				CAFE SERVICES IN STUDENT HANDBOOK, WEBSITE, MENUS/ON WEBSITE 2ND SEMESTER	
	Obstacles:					
	Info sometimes does not reach parents					
Negative perception of school meals						
Parents choosing not to disclose information related to income or family information to determine eligibility for free or reduced price meals.						

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NUTRITION EDUCATION						
Goal 1 cont						
<i>Objective 2: A monthly basis, the Child Nutrition staff will provide all AISD campuses with the selected theme which will be used to promote health and nutrition.</i>		X				
Action Steps	Methods for Measuring Implementation					
Distribute health and nutrition themes to campus principals at BTS. Principals use campus site-based teams to develop activities around the monthly theme (examples include announcements, posters, food tasting opportunities, connections to classroom curriculum).	Data Collected:					
	Campus documentation of completion of support activities for monthly themes				DATA AVAILABLE FROM CN DIRECTOR/CAMPUS PRIN	
	Resources needed:					
	Campus access to themes					
	Staff to implement activities					
	Obstacles:					
	None					

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Goals/Objectives NUTRITION EDUCATION		Fully in Place	Part in Place	Not in Place	List steps that have been taken to implement goal & implementation challenges	List steps to be taken to fully implement / expand on goal.
GOAL 2: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.						
<i>Objective 1: The district will seek out opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding any programs offered by the District.</i>		X				
Action Steps	Methods for Measuring Implementation					
Research food access programs available in the community with which the District could partner (food pantry programs, backpack programs supported by local churches, summer meal programs, etc.)	Data Collected:					
	The number of supplemental programs the District currently offers or promotes; additionally, the number of kids supported through the various programs				Six or more	
	The types of food access programs identified and way the information was communicated to families and the community				Free/Reduced Meal Program Manna/Manna Room Back Pack Program PK - 8 Thanksgiving Meal Delivery Supplemental SNAP Food Drives	
	Resources needed:				Above communicated	
	Partnerships with community organizations				various ways: ASID webpg,	
	Literature to sent to Families, community; campus counselors to provide referrals and resources				campus counselors, local churches and non-profits	
	Obstacles:					
Limited resources/organizations						

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NUTRITION EDUCATION						
Goal 2 cont						
<i>Objective 2: Consistently post in an easily accessible location on the District's or each campus's website the monthly school breakfast and lunch menus, along with the nutritional information for each meal.</i>		X				
Action Steps	Methods for Measuring Implementation					
Director of Communications will work with the Child Nutrition Director to obtain information concerning menus and nutritional information to post at the district and campus levels	Data Collected:					
	MENU & NUTRITION INFO POSTED ON AISD CN WEBPAGE & AISD APP					
	The number of times the menus were viewed during the school year (Communications Director)				DATA AVAILABLE FROM CN DIRECTOR (6500+ JULY-OCT, 2020)	
	Resources needed:					
	Website location along with metrics to tabulate number of views					
	Staff to create and distribute the menus for posting to the website					
	Obstacles:					
	All nutritional information may not be readily available					
	Not all families have Internet access					

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GOAL 3: The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.						
<i>Objective 1: 100% of foods available in vending machines available for student use during school day will be Smart Snack compliant</i>		X				
Action Steps	Methods for Measuring Implementation					
Child Nutrition Director will be assigned to communicate this expectation to all campus principals. Campus administration to contact CN Director for vending compliance.	Data Collected: As reported by campus principal, the percent of vending machines with exterior advertisements that are not Smart Snacks compliant at the beginning and end of the school year					
	Resources needed:					
	Obstacles:					
	Identifying vending machines that are only used outside of the school day and whether any advertisements are accessible to students during day					
	Existing contractual provisions in vendor contracts					
Goals/Objectives NUTRITION EDUCATION		Fully in Place	Part in Place	Not in Place	List steps that have been taken to implement goal & implementation challenges	List steps to be taken to fully implement / expand on goal.

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GOAL 4: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.						
<i>Objective 1: Maintain one hundred percent of high school students in each four-year cohort will complete one-half credit of health education as a required elective. In grades K-12 nutrition education will be embedded within the health curriculum and physical education curriculum where appropriate</i>		X				
Action Steps	Methods for Measuring Implementation					
Student Services Director will work with health and physical education teachers to evaluate current delivery of nutrition education.	Data Collected:					
	Agendas and sign-in sheets from planning meetings					
	Year-at-a-glance planning documents developed					
	Resources needed:					
	Texas Essential Knowledge and skills for each course being evaluated					
	Obstacles:					
	Securing planning time for staff					
<i>Objective 2: One-hundred percent of students will have access to drinking water at all times during the school day</i>			X		ADJUSTMENT DUE TO COVID	
Action Steps	Methods for Measuring Implementation					
Supplemental campus handbook information will include policy concerning access to water during the school day	Data Collected:					
	Documentation from nutrition department that water was available during meal periods as required by federal standards and that students were informed of water bottle policy				ADJUSTMENTS DUE TO COVID/MORE BOTTLE FILLERS TO BE INSTALLED	WAITING ON FILLERS
	Resources needed:					
	Easily accessible water fountains				ADJUSTMENT DUE TO COVID	
	Guidance signs where water bottles/not permitted Principal				ADJUSTMENT DUE TO COVID	
	Obstacles:					
	For students who do not have water containers, teachers will need to develop procedures regarding when a student would be permitted to get water from a fountain				ADJUSTMENT DUE TO COVID	
Goals/Objectives PHYSICAL EDUCATION		Fully in Place	Part in Place	Not in Place	List steps that have been taken to implement goal & implementation challenges	List steps to be taken to fully implement / expand on goal.

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PHYSICAL ACTIVITY

GOAL 1: The District shall make appropriate before-school/after-school physical activity programs available & shall encourage students to participate including those who are not participating in physical education/competitive sports.

Objective 1: Provide programs that foster fitness activities outside the normal school schedule.

Action Steps	Methods for Measuring Implementation					
Site-based campus committees evaluate fitness offerings to students and staff and establish reasonable and appropriate goals	Data Collected:					
	Campus documentation on fitness options provided Campus Principal				Runner's Club, Bouncers, Jumpers, UIL Athletic activities	
	Resources needed:					
	Personnel to promote and monitor					
	Equipment for participation					
	Obstacles:					
Funding and equipment						

Objective 2: Provide programs that support physical activity in family events.

Action Steps	Methods for Measuring Implementation					
Campus site-based committees establish goals to provide appropriate physical fitness activities that allow parents to support, role model, and/or participate in family events	Data Collected:					
	Campus documentation on available activities				Cowtown 5K, Virtual Run/Walk/Crawl; virtual lessons for students include choice boards with family-based physical activities (ie.-GoNoodle)	
	Resources needed:					
	Staff for planning & communicating opportunities. Equipment, other					
	Obstacles:					
	Funding and Personnel					

Goals/Objectives	Fully in Place	Part in Place	Not in Place	List steps that have been taken to implement goal & implementation challenges	List steps to be taken to fully implement / expand on goal.
PHYSICAL EDUCATION					

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GOAL 2: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for District employees and students.						
<i>Objective 1: The District will offer a free or low-cost shot clinics to staff and students.</i>		X				
Action Steps	Methods for Measuring Implementation					
Lead Nurse works in conjunction with PCHD to provide this service on behalf of the District; Evening flu shot clinic offered for first time in 2020-2021; COVID vaccinations pending	Data Collected:					
	358 in 2020/2021					
	Resources needed:					
	Flier provided by PCHD and by AISD Communications team					
	Service provider for immunizations					
Obstacles:						
Participation rates may be effected by location(s) service is provided in district.						
<i>Objective 2: The District will offer employee wellness programs which encourages participation in programs that includes healthy lifestyles through proper nutrition, exercise and use of accountability partners.</i>		X				
Action Steps	Methods for Measuring Implementation					
District has created Employee Wellness Plan called Elevating Greatness and established an Employee Assistance Program as a capstone element to this plan; AISD Business Office promote wellness with weekly newsletter	Data Collected:					
	Documentation on number of programs offered to staff Documentation on number of participants					
	Resources needed:					
	District Staff and OneAmerica EAP					
	Obstacles:					
Some support staff that do not have daily access to computers often and/or do not receive communications on programs						
Goals/Objectives PHYSICAL EDUCATION		Fully in Place	Part in Place	Not in Place	List steps that have been taken to implement goal & implementation challenges	List steps to be taken to fully implement / expand on goal.

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GOAL 3: The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as tracks, playgrounds, and the like, that are available for use outside the school day.						
<i>Objective 1: Inform the community of the facilities that are available for use outside of the school day by including a statement in at least one District or Campus publication, by posting information on the District or campus website, or through use of appropriate signs.</i>		X				
Action Steps	Methods for Measuring Implementation					
Create sample wording to be used in a publication or on a website. Create wording for a signage posted at certain facilities. Evaluate appropriate lighting for evening use of facilities.	Data Collected:				AMS Track, AMS and DNGC Tennis Courts	
	Documentation of publications, website postings, and signs verifying that the information was communicated					
	Resources needed:					
	A list of types and locations of facilities that are available for use in the District					
	Obstacles:					
	Measuring how many people use the facilities.					
GOAL 4: The District shall deliver physical education instruction that fosters the adoption and maintenance of healthy choices and lifestyles.						
<i>Objective 1: Maintain compliance with K-5, 6-8, and high school requirements for physical education instruction and deliver of Texas Essential Knowledge and Skills.</i>		X				
Action Steps	Methods for Measuring Implementation					
Student Services Director will work with physical education teachers to evaluate and support current delivery of physical education TEKS.	Data Collected:					
	Agendas and sign-in sheets from planning meetings					
	Year-at-a-glance planning documents developed					
	Resources needed:					

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	Texas Essential Knowledge and skills for each course being evaluated					
	Obstacles:					
	Securing planning time for staff					
Goals/Objectives SCHOOL BASED ACTIVITIES		Fully in Place	Part in Place	Not in Place	List steps that have been taken to implement goal & implementation challenges	List steps to be taken to fully implement / expand on goal.
SCHOOL BASED ACTIVITIES - responsible party: Child Nutrition Director/Campus Principals						
GOAL 1: The District shall allow sufficient time for students to eat meals in cafeteria that are clean, safe, and comfortable.						
<i>Objective 1: All campuses will build their master schedules to allow for at least ten minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.</i>		X				
Action Steps	Methods for Measuring Implementation					
Evaluate current meal time allowances by campus.	Data Collected:					
Work with campus administrators to adjust master schedules as necessary.	The number of campuses that currently meet the standard compared to the previous school year.				ALL CAMPUSES MEET STANDARD	
	Resources needed:					
	Average time it takes for students to receive a meal and be seated				DATA AVAILABLE FROM CN DIRECTOR	
	Obstacles:					
	Master schedules take into account several issues, only one of which will be meal times				COVID-related scheduling challenges have increased overall serving time. We still aim to meet this goal for all students.	

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SCHOOL BASED ACTIVITIES						
GOAL 1 cont						
<i>Objective 2: All campuses will abide by AISD Child Nutrition Department policies.</i>		X				
Action Steps	Methods for Measuring Implementation					
1. On an annual basis, campus Principals will designate specific dates for up to four campus-wide parties. 2. During meal times, Parents/Guardians/Staff may provide any food/beverages for their own child but may not provide restricted foods or beverages to other students.	Data Collected:					
	Designated campus-wide dates per campus					
	Designated fundraisers per campus					
	Resources needed:					
	Instructional lessons					
Obstacles: Principal prior approval per campus					COVID guidelines currently prohibit outside guest on campus.	

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<p>3. Students cannot have food delivered from off-campus vendors.</p> <p>4. Food fundraisers and snacks for testing days are subject to policy compliance at all levels and must be approved by campus Principal.</p> <p>5. Food may only be provided if it is connected to an instructional supported lesson or other activity with the approval of the campus Principal.</p>							