

District Wellness Policy Triennial Assessment Report 2024-2025

School District: Harmony Public Schools - North Texas District - May 20, 2024

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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					
The designated officer for ensuring district compliance with the wellness policy and oversight is identified. (HPS 3.43)	X	<input type="checkbox"/>	<input type="checkbox"/>	This automatically defaults to the District Child Nutrition Assistant.	
Each school has a designated wellness leader.	X	<input type="checkbox"/>	<input type="checkbox"/>	This automatically defaults to the Child Nutrition Assistant or the Business Manager.	
Each school wellness leader monitors implementation of the wellness policy and reports compliance to the district wellness leader.	X	<input type="checkbox"/>	<input type="checkbox"/>	Each campus is required to have a District Wellness Plan folder located in SharePoint & a binder	Semi-annual review of campus folder documents.
Public Involvement					
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.	X	<input type="checkbox"/>	<input type="checkbox"/>	The meeting is held annually according to the District Wellness Plan.	District Wellness Plan, documentation of website and newsletter postings and sign-in sheets.
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 	X	<input type="checkbox"/>	<input type="checkbox"/>	The meeting invites representatives from each category.	Sign-in sheets as well as documentation from the required postings can be used.

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Nutrition Promotion					
Goal 1: HPS's food service staff, teachers and other School personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.					
Objective 1					
Promote healthy nutrition messages through posters, class discussions and other grade specific activities	X	<input type="checkbox"/>	<input type="checkbox"/>	The school shall post posters that promote healthy messages. This will be the responsibility of the campus Child Nutrition Assistant in conjunction with the campus Business Manager.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Site visit checklist utilized by the DCNC Resources needed: <ul style="list-style-type: none"> • Posters Obstacles: <ul style="list-style-type: none"> • None
Objective 2					
Promote healthy nutrition messages	<input type="checkbox"/>	X	<input type="checkbox"/>	The school shall promote healthy eating as well as share information in weekly newsletters at least once monthly.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Review of Smart Snacks Documentation binder Resources needed: <ul style="list-style-type: none"> • None Obstacles: <ul style="list-style-type: none"> • None
Goal 2: HPS shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.					
Objective 1					
Share flyers with families at least once per semester that are in line with the National School Lunch week and National School Breakfast week.	<input type="checkbox"/>	X	<input type="checkbox"/>	In addition to providing posters to hang in the school cafeteria, Child Nutrition Assistants, with the support of the campus Business Managers will also need to send flyers home with each student and promote the weeks through daily activities or share the flyer in the weekly newsletter two weeks prior, one week prior and the week of the event. Daily activities must also be promoted through the daily, morning announcements.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Review of Smart Snack Documentation binder Resources needed: <ul style="list-style-type: none"> • Flyers • Pamphlets Obstacles: <ul style="list-style-type: none"> • None

Objective 2					
Share information regarding healthy eating at family night events that are held during the school year.	X	<input type="checkbox"/>	<input type="checkbox"/>	The campus Child Nutrition Assistant shall coordinate with the campus Event Coordinator to promote healthy nutrition services during family night events. This can range from having flyers available to having a nutritionist or dietitian speak at the event, having a booth at family night events or having a booth during orientation.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Review of Smart Snack Documentation binder <p>Resources needed:</p> <ul style="list-style-type: none"> • Flyers, speaker <p>Obstacles:</p> <ul style="list-style-type: none"> • Finding a speaker who is willing to come and speak to the families

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Nutrition Education					
Goal 1: HPS shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.					
Objective 1					
Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	<input type="checkbox"/>	X	<input type="checkbox"/>	Child Nutrition Assistants shall promote fruits, vegetables, whole grains, low fat and fat free dairy, healthy food preparation and health enhancing nutrition practices during various campus events at least once per semester.	Baseline or benchmark data points: <ul style="list-style-type: none"> ● Review of Smart Snack Documentation binder Resources needed: <ul style="list-style-type: none"> ● Handouts, facts about healthy eating/choices Obstacles: None
Objective 2					
Staff responsible for nutrition education shall be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.	X	<input type="checkbox"/>	<input type="checkbox"/>	Physical Education teachers and Child Nutrition Assistants shall be required to participate in programs that will help them to better educate students on proper nutrition.	Baseline or benchmark data points: <ul style="list-style-type: none"> ● No baseline set Resources needed: <ul style="list-style-type: none"> ● Professional development courses Obstacles: <ul style="list-style-type: none"> ● Campus budgets
Goal 2: HPS shall make nutrition education a School-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.					
Objective 1					
Nutrition education shall be a part of not only physical education courses, but also classroom instruction in subjects such as Math, Science, ELAR, Social Studies and electives.	<input type="checkbox"/>	<input type="checkbox"/>	X	The campus administration shall ensure that teachers incorporate nutrition education into their lesson plans in order for students to see and comprehend the correlation between nutrition and their daily lifestyles.	Baseline or benchmark data points: <ul style="list-style-type: none"> ● No baseline set Resources needed: <ul style="list-style-type: none"> ● TEKs Obstacles: <ul style="list-style-type: none"> ● Due to a set curriculum structure this may not be possible in all subject areas.
Objective 2					
The school cafeteria serves as a “learning lab” to all students to apply critical thinking skills taught in the classroom.	X	<input type="checkbox"/>	<input type="checkbox"/>	Child Nutrition Assistants shall foster an environment that promotes nutrition education within the cafeteria through various means such as worksheets and posters.	Baseline or benchmark data points: <ul style="list-style-type: none"> ● Review of Smart Snack Documentation binder Resources needed:

					<ul style="list-style-type: none"> • Hand-outs for students to complete Obstacles: <ul style="list-style-type: none"> • None
Goal 3: HPS shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.					
Objective 1					
The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver accurate nutrition education as planned.	X	<input type="checkbox"/>	<input type="checkbox"/>	Professional development that focuses on nutrition and physical education shall be administered district-wide by either an outside source or a district member.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Events scheduled throughout the school year Resources needed: <ul style="list-style-type: none"> • Trainer or virtual training courses Obstacles: <ul style="list-style-type: none"> • None
Objective 2					
The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development training led by DIRECTOR-CHILD NUTRITION and courses on Schoology.	X	<input type="checkbox"/>	<input type="checkbox"/>	Professional development shall be aligned to state requirements for health education as well as physical education.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Proof of Certificates from trainings Resources needed: <ul style="list-style-type: none"> • Trainer or virtual training courses Obstacles: <ul style="list-style-type: none"> • None

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Physical Activity					
Goal 1: HPS will provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.					
Objective 1					
Schools will provide opportunities for students to regularly participate in physical activity and maintain physical fitness that are in addition to and not a substitute for, quality physical education.	X	<input type="checkbox"/>	<input type="checkbox"/>	Teachers will incorporate recess into their daily schedules for all Elementary campuses in addition to a regular Physical Education course.	Baseline or benchmark data points: <ul style="list-style-type: none"> ● Campus Schedules Resources needed: <ul style="list-style-type: none"> ● Collaboration with the Dean of Academics Obstacles: <ul style="list-style-type: none"> ● None
Objective 2					
Schools will adopt or exceed the state standard for physical activity.	X	<input type="checkbox"/>	<input type="checkbox"/>	Policies will be in place that ensure that state physical education classes have student ratio to others. Schools will provide opportunities for activity through physical education classes, recess and integration in curriculum.	Baseline or benchmark data points: <ul style="list-style-type: none"> ● No baseline set Resources needed: <ul style="list-style-type: none"> ● State standards Obstacles: <ul style="list-style-type: none"> ● None
Goal 2: HPS shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.					
Objective 1					
The district will provide adequate and applicable professional development to all staff in regards to nutrition education.	<input type="checkbox"/>	X	<input type="checkbox"/>	The district shall incorporate nutrition education for all applicable grade level teachers in order to have a successful nutrition education program.	Baseline or benchmark data points: <ul style="list-style-type: none"> ● No baseline set Resources needed: <ul style="list-style-type: none"> ● Trainers Obstacles: <ul style="list-style-type: none"> ● Budget constraints
Objective 2					
The district shall ensure that staff attend trainings that promote nutrition education.	X	<input type="checkbox"/>	<input type="checkbox"/>	The staff shall be required to produce verification that they have attended a training that incorporates nutrition education.	Baseline or benchmark data points: <ul style="list-style-type: none"> ● Proof of Certificates from training resources ● List of available trainings

					Obstacles: ● Budget constraints
Goal 3: HPS shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.					
Objective 1					
Schools shall incorporate nutrition education into family involved events hosted at the campus.	<input type="checkbox"/>	X	<input type="checkbox"/>	The campus Child Nutrition Assistant shall collaborate with other campus coordinators to present health education to families during school sponsored events at least once per semester.	Baseline or benchmark data points: ● Review of Smart Snack Documentation binder Resources needed: ● Brochures, Pamphlets, Invite Speakers/Outside vendors Obstacles: ● Coordination, collaboration, and scheduling amongst school staff and vendors
Objective 2					
Schools should provide opportunities for families to participate in events that foster physical activity.	X	<input type="checkbox"/>	<input type="checkbox"/>	The campus Child Nutrition Coordinator and/or other campus personnel should host events, fundraisers, fun-runs, etc, that promote healthy lifestyles and physical activities at least once per semester.	Baseline or benchmark data points: ● Review of Smart Snack Documentation binder Resources needed: ● Documentation of events Obstacles: ● Unknown
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Other School-Based Activities					
Goal 1: HPS shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.					
Objective 1					
Schools shall ensure meal periods are scheduled to allow adequate times for meals to be consumed and students to socialize.	X	<input type="checkbox"/>	<input type="checkbox"/>	Meal periods should be a minimum of 20 minutes of "sit-down" time for breakfast and 20 minutes for lunch after students have received their food. Scheduling is the responsibility of the campus administrator and/or their designee.	Baseline or benchmark data points: ● Review of campus schedules Resources needed: ● None

					Obstacles: • None
Objective 2					
Schools will create a total school environment that is conducive to being physically active.	X	<input type="checkbox"/>	<input type="checkbox"/>	Schools shall not deny student participation in recess or other physical activity as a form of discipline or classroom make-up time. Nor shall schools withhold foods and/or beverages as a form of punishment. School staff will be counseled by campus administration on best practices for alternative ideas of behavior management.	Baseline or benchmark data points: • No baseline set Resources needed: • Observation by Dean of Students and Dean of Academics Obstacles: None
Goal 2: HPS shall promote wellness for students and their families at suitable School and campus activities.					
Objective 1					
To promote healthy lifestyles.	<input type="checkbox"/>	X	<input type="checkbox"/>	School newsletters shall include information about healthy eating and the benefits of physical activity at least once a month. Nutrition Health shall be promoted in conjunction with different campus activities such as parent meetings.	Baseline or benchmark data points: • Review of Smart Snack Documentation binder Resources needed: • Every campus is required to share/create and Upload promotional healthy lifestyles that may include nutritional facts, menu items, recipes, and more. Obstacles: • Coordination, Time management, and collaboration amongst school staff

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Nutrition Guidelines					
Food and Beverages Sold: Additional guidelines for Smart Snack sales decided by the Wellness Policy Advisory Committee (optional)					
Guideline 1 (optional)					
any items?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Guideline 2 (optional)					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Guideline 3 (optional)					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Exceptions for Fundraisers					
Guideline 1					
How many exempt days will be offered to schools. (Up to 6 days is allowed by TDA.) <i>*exempt days allow foods that do not meet Smart Snack standards to be sold during the school day, but not in areas where reimbursable meals are served or consumed.</i>	X	<input type="checkbox"/>	<input type="checkbox"/>	Six (6) exact dates decided by the campus. These dates must be provided to the District Child Nutrition Coordinator on or before the third (3 rd) Wednesday in September <u>and</u> on or before the third (3 rd) Wednesday in January on attachment B form.	All campuses-Must maintain complete and accurate documentation of food labels and documentation of all approved and whether completed or not completed fundraisers. (All campuses are required to complete Attachment B on the Wellness Policy & Upload into their campus SharePoint)
Guideline 2 (optional)					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Guideline 3 (optional)					
	<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
Food and Beverages Provided: Local standards for other foods and beverages made available to students. Schools with multiple grade levels will follow the most restrictive guidelines.					
Elementary School (K-5)					
No other Foods and Beverages Made Available to students during breakfast and lunch.	X	<input type="checkbox"/>	<input type="checkbox"/>	All campuses are required to have a water source throughout the school including every cafeteria.	The campuses are required to have disposable cups made available to students. -Semi-annual campus visits to ensure compliance
Middle School (6-8)					
No other Foods and Beverages Made Available to students during breakfast and lunch.	X	<input type="checkbox"/>	<input type="checkbox"/>	All campuses are required to have a water source throughout the school including every cafeteria.	The campuses are required to have disposable cups made available to students. Semi-annual campus visits to ensure compliance
High School (9-12)					
No other Foods and Beverages Made Available to students during breakfast and lunch.	X	<input type="checkbox"/>	<input type="checkbox"/>	All campuses are required to have a water source throughout the school including every cafeteria.	The campuses are required to have disposable cups made available to students. Semi-annual campus visits to ensure compliance
Policy and Plan Evaluation					
Triennial Assessment: every three years, the district develops a report that meets the following requirements:	■	■	■		
All schools' compliance with the district wellness policy.	X	<input type="checkbox"/>	<input type="checkbox"/>	Child Nutrition Assistants and/or Business Managers are responsible for oversight.	The Campus Wellness Plan Documentation binder and campus observations.
How the district policy compares with state and/or federal model wellness policies.	X	<input type="checkbox"/>	<input type="checkbox"/>	The district follows the guidelines as outlined by USDA and TDA.	District Wellness Plan.
A description of progress towards attaining wellness policy goals.	X	<input type="checkbox"/>	<input type="checkbox"/>	The review of the District Wellness Plan during the triennial assessment.	The triennial assessment review report. Semi-annual review of campus SharePoint documentation and websites.
This report is made available to the public.	X	<input type="checkbox"/>	<input type="checkbox"/>	This report along with the Wellness Plan & Policy will be posted on each campus website.	Review of each campus' website.
Records will be maintained to document compliance with the requirements of the wellness policy.	X	<input type="checkbox"/>	<input type="checkbox"/>	Records are required to be kept for 5 years.	Semi-annual review of campus SharePoint and campus site visits

Additional Information: The District has been able to implement and/apply many of the objectives during the most recent school year (2023-2024) as everyone has done their most diligence in adjusting back to normal from a pandemic era. However, even though not all objectives have strived to its capacity. The District commits to improve it's effectiveness of carrying out all objectives as they are outlined in the District Wellness Plan for the 2024-2025 school year.