

# HPS Houston West Wellness Plan Triennial Assessment

## General Information

District: Harmony Public Schools Houston West

Date of Assessment: May 16, 2024

Date of last Wellness Plan revision: 8/4/2023

Wellness Committee:

<b>Name</b>	<b>Title</b>
Celeste Morales	District Child Nutrition Specialist
Tania Aviles	Parent
Summer Santos	Health Aide
Chanel Wilson	Staff
Carneisha Brandon	Staff
Erika Saenz	Staff
Mandy Morales	Business Manager
Gabriela Ramirez	Parent
Alfredo Patino	Student
Jessica Villagomez	Child Nutrition Assistant
Diana Alvarado Portillo	Child Nutrition Assistant
Keiauna Jones	Child Nutrition Assistant
Tammy Nguyen	Child Nutrition Assistant
Zara Khan	Child Nutrition Assistant
Lucero Moreno	Child Nutrition Assistant
Aster Asmelash	Child Nutrition Assistant

## Progress Towards Wellness Plan Goals

Nutrition Education	Goal Met	Goal Part. Met	Goal Not Met	Progress and Next Steps
<p>The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p> <ul style="list-style-type: none"> <li>• Nutrition information shall be given to students that fosters the adoption and maintenance of healthy eating habits.</li> <li>• Staff providing nutrition education shall prepare accordingly.</li> </ul>		X		<p>Progress: Nutrition information fostering health eating habits and exercise are integrated into PE and Health courses.</p> <p>Next Steps: Continue with progress made. Also, obtain information on whether PE/health teachers/staff are provided with training involving nutrition. Provide CNAs with more nutrition focused training that provides knowledge on nutrition that they can deliver to students.</p>

Nutrition Education	Goal Met	Goal Part. Met	Goal Not Met	Progress and Next Steps
<p>The District shall make nutrition education a School-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.</p> <ul style="list-style-type: none"> <li>• Nutrition Education shall be integrated in instructional material in subjects where it can be applicable.</li> <li>• Nutritional information materials shall be shared with classrooms to support Child Nutrition promotion.</li> </ul>		X		<p>Progress: Nutrition education is integrated in PE, Health courses as well as in class activities at the elementary level. NSLW and NSBW materials are shared with teachers and they share information and materials with students and encourage meal participation.</p> <p>Next Steps: Continue with progress made. Also, obtain information on subjects in which nutrition is already part of the district wide curriculum.</p>

<b>Nutrition Education</b>	Goal Met	Goal Part. Met	Goal Not Met	Progress and Next Steps
<p>The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.</p> <ul style="list-style-type: none"> <li>• Offer professional development to District employees that integrates nutrition to the curriculum.</li> <li>• CN Staff will be required to take nutrition focused courses yearly as part of their professional standards hours.</li> </ul>		X		<p>Progress: Committee members not aware of current PD that integrates nutrition to academic curriculum. CN staff attends Meal Pattern courses and Menu Planning courses which contain nutrition education.</p> <p>Next Steps: Finding out who CN staff or district staff can collaborate with to integrate nutrition into district professional development. CN staff will continue to be required to take nutrition focused courses.</p>

<b>Nutrition Promotion</b>	Goal Met	Goal Part. Met	Goal Not Met	Progress and Next Steps
<p>The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.</p> <ul style="list-style-type: none"> <li>• Display posters with healthy nutrition messages or information</li> <li>• Promote health nutrition messages through announcements and newsletters.</li> </ul>	X			<p>Progress: Decals and TV slide shows provided by FSMC displaying nutrition messages are posted in cafeteria. Elementary schools provide menu information and fun nutritional facts in morning announcements. FSMC also conducts monthly promotions encouraging meal participation.</p> <p>Next Steps: Continue to promote health nutrition messages through announcements and also include info in the school newsletter. Find messages geared to high school students to also include in their morning announcements.</p>

<b>Nutrition Promotion</b>	Goal Met	Goal Part. Met	Goal Not Met	Progress and Next Steps
<p>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.</p> <ul style="list-style-type: none"> <li>• Include nutrition in events organized by the school.</li> <li>• Share NSLW and NSBW information with families</li> </ul>		X		<p>Progress: During Field Days, healthy snacks are provided to students to encourage healthy eating habits. During NSLW and NSBW, TDA promotional materials are utilized by the schools to share information with families. Events are also organized by the schools; such has inviting parents to lunch with their students. Prizes are given out to students who participate in the NSLW and NSBW events.</p> <p>Next Steps: School CN staff will find events organized by the school in which nutritional information can be integrated and/or participate in organizing events geared toward health and nutrition. Continue to promote NSLW and NSBW and organize school events/activities.</p>

<b>Physical Activity</b>	Goal Met	Goal Part. Met	Goal Not Met	Progress and Next Steps
<p>The District shall 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.</p> <ul style="list-style-type: none"> <li>• Provide programs that foster fitness activities outside the normal school schedule.</li> <li>• Provide opportunities for physical activity outside of physical education courses.</li> </ul>	X			<p>Progress: There is an increase in extracurricular sports offered during after school clubs for middle and high school students. A 30-minute recess is required at all elementary grades. Most 6-8 grade schools also provide recess time, if not, it is due to lack of outdoor space. Middle schools and high schools have PE classes. Some high school and middle schools allow outdoor access during lunch which encourages physical activity.</p> <p>Next Steps: Continue to allow middle and high school students access to outdoors throughout the day aside from PE. Promote and encourage participation in extracurricular sports available.</p>

Physical Activity	Goal Met	Goal Part. Met	Goal Not Met	Progress and Next Steps
<p>The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.</p> <ul style="list-style-type: none"> <li>• Provide professional development on how to incorporate physical activity in a classroom environment.</li> <li>• Encourage teachers to incorporate physical activities as part of their lesson plans.</li> </ul>		X		<p>Progress: Teachers are currently encouraged to have at least one lesson outside and some do so. PE courses meet the requirement.</p> <p>Next Steps: Collaborate on integrating physical activities into curriculum that is given to teachers. Help may be needed from district level admin to incorporate physical activity in lesson plans. Continue encouraging lessons outdoors, which involve movement, in all grade levels.</p>

Physical Activity	Goal Met	Goal Part. Met	Goal Not Met	Progress and Next Steps
<p>The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.</p> <ul style="list-style-type: none"> <li>• Schools’ engagement coordinators shall inform parents about events happening in the community involving health, nutrition and exercise education.</li> <li>• Integrate physical activity in afterschool events.</li> </ul>	X			<p>Progress: There have been community events such as food distributions, food drives, and health clinics which parents have been invited to. Afterschool clubs, school dances, festivals, sports games between staff and students integrate physical activity.</p> <p>Next Steps: Continue with progress made.</p>

School-Based Activities	Goal Met	Goal Part. Met	Goal Not Met	Progress and Next Steps
<p>The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p> <ul style="list-style-type: none"> <li>• Class schedules will allow for enough time for breakfast and lunch to be served and consumed.</li> <li>• Schools will foster a clean, comfortable cafeteria environment.</li> </ul>		X		<p>Progress: Breakfast meal periods allow 10-15 minutes for students to eat meals (after receiving meal). Cafeterias are kept clean and comfortable.</p> <p>Next Steps: Continue with progress made. Lunch meal periods at high school level don't allow 15-20 minutes for students to eat meals (after receiving meal) due too many students during one meal period. Encourage a couple more minutes or an additional lunch period, subject to class time requirements.</p>

School-Based Activities	Goal Met	Goal Part. Met	Goal Not Met	Progress and Next Steps
<p>The District shall promote wellness for students and their families at suitable District and campus activities.</p> <ul style="list-style-type: none"> <li>• Encourage all campuses to participate in one wellness event per school year.</li> <li>• Provide wellness information at campus events that promotes healthy lifestyles.</li> </ul>		X		<p>Progress: Field day events are held at all campuses with activities such as rock climbing, relay races, and healthy snacks provided. Vaccination clinics, food distributions have also been held. Mental health clinics also have been held.</p> <p>Next Steps: Work on integrating wellness information during events at all schools by collaborating with event organizer. Continue field day events.</p>