

# District Wellness Policy Triennial Assessment Report

## Assessment Report 2020-2021

Wellness Contact: A.Rodriguez

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
<b>District Wellness Policy Advisory Committee</b>					
<b>Policy Leadership</b>					
1.The designated officer for ensuring district compliance with the wellness policy and oversight is identified. (HPS 3.43)	<b>X</b>			District Child Nutrition Coordinator ensures the district compliance with the wellness policy.	DCNC-Works with campuses to implement the wellness plan
1a. Each school has a designated wellness leader.*	<b>X</b>			Campus Child Nutrition Assistance is the designated leader.	DOM meets with CNA weekly to collaborate with campus wellness leader
1b. Each school wellness leader monitors implementation of the wellness policy and reports compliance to the district wellness leader.	<b>X</b>			Campuses have their own LWP documentation	Campus visits and semester reviews for documentations.
<b>Public Involvement</b>					
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.	<b>X</b>			The meetings will be held annually.	Overview of LWP for the district, goals, and objectives for the upcoming school year.
3. To the extent possible, committee includes representatives of: (HPS 3.43) <ul style="list-style-type: none"> <li>• Parents/Legal Guardians</li> <li>• Students</li> <li>• District Nutrition Services</li> <li>• Physical Education Teachers</li> <li>• School Health Professionals</li> <li>• Local School Board</li> <li>• School Administrators</li> <li>• General Public/Community Members</li> </ul>	<b>X</b>			DOM set up meeting via Zoom and invites all committee representatives	Sign-in sheets and zoom logs can be used as documentation.
<b>Food and Beverage Availability</b>					

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<b>School Meals (Guideline 1)</b>					
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.	<b>X</b>			The district provides enough sit-down time to students for breakfast and lunch.	Campuses provide the required times and DCNC clocks breakfasts and lunches while doing campus visits. The time is included in each student schedule
<b>Foods Sold Outside of School Meals Program (Competitive Foods and Beverages)</b>					
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.	<b>X</b>			Campus Child Nutrition Assistance ensures to meet the Smart Snacks standards.	Campus Child Nutrition Assistance and campus staff complete the required forms.

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5a. The following venues currently comply with Smart Snacks requirements during the school day: • Smart Snacks sold by Child Nutrition			<b>X</b>	Campuses are wanting to sell Smart Snacks.	Once started CNA will ensure the snacks comply with requirements.
5b. The State allows <u>6</u> (six) exempt fundraisers per school year, the district has upheld this provision.	<b>X</b>			The exempt days are selected by the campuses and the district will be informed at the beginning of the school year.	CNAs will provide the selected dates to the district.
6. Standards are established for foods provided but not sold (e.g., class parties, class snacks), during the school day on school campuses.	<b>X</b>			Standards are established and CNAs are responsible to ensure this at their campuses.	Documentation by the campuses.
<b>Food and Beverage Marketing (Guideline 1)</b>					
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.				CNAs are responsible to ensure compliance.	Site visits and weekly CNA meetings help if this is followed at the campuses.
<b>District Goals for Health &amp; Wellness</b>					

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<b>Nutrition Education (Guideline 2)</b>					
8. Schools will provide nutrition education and engage in nutrition promotion that fulfills the criteria identified in the district LWP.	<b>X</b>			Nutrition education is provided to students via posters, weekly newsletters, and campus website	Campus visits, newsletter checkings, and website
8a. Nutrition education is integrated across the curriculum.		<b>X</b>		PE classes are provided to all grade levels.	This is decided by programs dept..
8b. Nutrition education is linked with the school food environment/cafeteria.	<b>X</b>			Educational posters are placed on the cafeteria walls (NSLW or SBW events)	Campus visits and documentation from CNAs.
<b>Nutrition Promotion (Guideline 1, 2, 4)</b>					
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.	<b>X</b>			Campuses have posters, flyers, hand-outs which are being provided to parents, students.	Campus visits and weekly meetings.

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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.			<b>X</b>	Campuses want to sale Smart Snacks.	Documentation by the campuses.
<b>Physical Activity (Guideline 3, 4)</b>					
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.	<b>X</b>			PE classes are provided to all grade levels. Parent involvement activities.	Documentation by the campuses, activity flyers, and campus website

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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.	<b>X</b>			Campus will set this up for their campus.	
<b>Physical Education (Guideline 3)</b>					
13. Schools will adopt or exceed the state standard for physical activity	<b>X</b>			Admin team makes sure this is implemented by each campus.	Campus schedules.

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14. Every three years, the district develops a report that meets the following requirements:	<b>X</b>			This is the first one that I could find for STX	
14a. All schools' compliance with the district wellness policy.	<b>X</b>			CNA and BM are responsible for their own campus.	Site visits and campus documentation.
14b. How the district policy compares with state and/or federal model wellness policies.	<b>X</b>			The district follows the federal/state procedures and protocols.	LWP
14c. A description of progress towards attaining wellness policy goals.	<b>X</b>			LWP meeting that is being held annually.	The triennial assessment review
14d. This report is made available to the public.	<b>X</b>			LWP is made available to the public after Assistant Area Superintendent's approval	School websites.
15. Records will be maintained to document compliance with the requirements of the wellness policy including items 1, 2, 3, and 14 above.		<b>X</b>		Records will be kept and shared with the District Operation Manager and Assistant Area Superintendents	Shared Google Drive folder of the 2020-2021 school year this is something we are just starting. I will work with campuses to add their supporting documents
<b>Other School Based Strategies for Wellness (Guideline 4)</b>					

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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)		<b>X</b>		I will ask for guidance on this	
<b>Optional Goals- School Meals</b>					
17. Schools shall not deny student participation in recess or other physical activity as a form of discipline or classroom make-up time.		<b>X</b>		Campuses need to work explain this with their staff	District discipline coordinator feedback.

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<b>Optional Goals- Water</b>					
18. Free, safe, unflavored, drinking water available throughout the school day, throughout every school campus.	<b>X</b>			All campuses provide free, safe, drinking water in the cafeteria.	Site visits and CNA meetings.
<b>Optional Goals- Community Involvement</b>					
29. School partners with local community organizations, businesses, or local hospitals to engage students and their families in health promotion activities. (PO-9)		<b>X</b>		CNAs and Campus Engagement Coordinators are encouraged to be partners to organize events and have speakers.	Event flyers, school websites, and newsletters.
<b>Other Optional Goals</b>					
30. Schools should promote healthy lifestyles through newsletters, flyers, parent involvement nights, etc.		<b>X</b>		CNAs provide information through newsletters. The catering company also provide information in regards to promoting healthy lifestyles.	School newsletter.

**Success/Updates from the Past Three Years:** – The campuses were closed due to COVID-19 pandemic after March 2020. As a result of the school closures, the district was unable to implement all Wellness Policy goals and objectives. However, until March 2020, the campuses were following the guidelines of the District Local Wellness Plan, and was successful for implementing its goals and objectives. 2020-2021 school year was a challenging year. In most of the aspects in education and Child Nutrition policies, procedures have been changed dramatically. That being said, the district has been following all the procedures and protocols by TDA, TEA to make sure that all safety and health measures are being implemented to each campus. All Operation and Business Teams have ensured that the campuses follow also the Local Wellness Plan components in given circumstances.

## HPS District Wellness Policy 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 Policy 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 Policy 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 District Wellness Policy -  
Full completion of the HPS District Wellness Policy Triennial Assessment Report
- 14 b. How the District's Policy 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 Policy 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](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.