

Wellness Policy Triennial Assessment

District Name Splendora ISD

Reviewer Charles Rawls

District Wide PK-12th

Date April, 2024

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I. Public Involvement

Yes No We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

- | | | | |
|--|---|---|---|
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input checked="" type="checkbox"/> Parents |
| <input checked="" type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> Students | <input checked="" type="checkbox"/> Public |

Yes No We have a designee in charge of compliance.

Name/Title: Charles Rawls, Director of Child Nutrition

Yes No We make our policy available to the public.

Please describe: On our website splendoraisd.org

Yes No We measure the implementation of our policy goals and communicate results to the public. Please describe.

On our website splendoraisd.org

Yes No Our district reviews the wellness policy at least annually.

II. Nutrition Education

Yes No Our district's written wellness policy includes measurable goals for nutrition education.

Yes No We offer standards-based nutrition education in a variety of subjects (e.g. science, health, math, etc). NA

Yes No We offer nutrition education to students in: Elementary School Middle School High School

III. Nutrition Promotion

Yes No Our district's written wellness policy includes measurable goals for nutrition promotion.

Yes No We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

Yes No We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

Yes No We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

Yes No We ensure students have access to hand-washing facilities prior to meals.

Yes No We annually evaluate how to market and promote our school meal program(s).

Yes No We regularly share school meal nutrition, calorie, and sodium content information with students and families.

Yes No We offer taste testing or menu planning opportunities to our students.

Yes No We participate in Farm to School activities and/or have a school garden.

Yes No We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

Yes No We price nutritious foods and beverages lower than less nutritious foods and beverages.

Yes No We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte

Yes No We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

Yes No We provide teachers with samples of alternative reward options other than food or beverages.

Yes No We prohibit the use of food and beverages as a reward.

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast program: Before School In the Classroom Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an "At Risk Dinner Program."
- We operate the Fresh Fruit and Vegetable Program.
- We have completed all required Professional Standard Trainings.
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 - as à La Carte Offerings in School Stores in Vending Machines as Fundraisers

Yes No **V. Physical Activity**

- Our district's written wellness policy includes measurable goals for physical activity.
- We provide physical education for elementary students on a weekly basis.
- We provide physical education for middle school during a term or semester.
- We require physical education classes for graduation (high schools only).
- We provide recess for elementary students on a daily basis.
- We provide opportunities for physical activity integrated throughout the day.
- Staff and teachers do not keep students in from recess for punitive reasons.
- Teachers are allowed to offer physical activity as a reward for students.
- We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

Yes No **VI. Other School Based Wellness Activities**

- Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- We provide training to staff on the importance of modeling healthy behaviors.
- We provide annual training to all staff on: Nutrition Physical Activity
- We have a staff wellness program.
- We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- We have a recycling /environmental stewardship program.
- We have a recognition /reward program for students who exhibit healthy behaviors.
- We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

Splendor ISD promotes physical activity with the objective of improving youths' health and wellbeing while reducing childhood obesity. The students are encouraged to participated in recreational activity for an hour daily. Recreation activities include basketball, walking and running. Splendor ISD follows NSLP/SBP/CACFP menu standards for Breakfast, Lunch and At Risk Dinner Program. Splendor ISD serves dinner to those students enrolled in an enrichment program after school. District lacks clarity on the purpose of the wellness plan, although some progress has been made in that direction it needs to be a cooperative effort between Child Nutrition and the schools. Splendor ISD need to move to a plan for each campus and accountability at each campus.

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

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