

Rating for each question from the <https://www.wellsat.org/triennial>: Completed by the Child Nutrition Director and Reviewed by the SHAC Committee. 01/21/2025

0 = Not provided

1 = Some

2 = Completely answers the question. Additional detail needed by identified parties.

1. Director of Curriculum & Instruction - Does the school district have specific goals for nutrition education designed to promote student wellness? Does this include a standards-based nutrition education curriculum? Includes goals for nutrition education that are designed to promote student wellness.
 1. Our PE teachers utilize the Texas Essential Knowledge and Skills (TEKS) for our Health curriculum which addresses the importance of nutrition and physical activity to support a healthy lifestyle. Teachers utilize MyPlate.gov as a resource to teach nutrition.
2. Director of Curriculum & Instruction - How would you describe the nutrition education you provide? Are didactic methods used to increase student knowledge? Are skills-based, behavior focused, and interactive/participatory methods used to develop student skills? Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.
 1. All of our PE teachers use interactive and participatory methods to develop skills in their classrooms. Teachers use hands-on learning and games to increase the students' knowledge in the area of nutrition.
3. Director of Curriculum & Instruction - Do all elementary school students receive sequential and comprehensive nutrition education? All elementary school students receive sequential and comprehensive nutrition education.
 1. All elementary students receive sequential and comprehensive nutrition education through the guidance of the Texas Education Agency's TEKS for Health Education.
4. Director of Curriculum & Instruction - Do all middle school students receive sequential and comprehensive nutrition education? All middle school students receive sequential and comprehensive nutrition education.
 1. All middle school students receive sequential and comprehensive nutrition education through the guidance of the Texas Education Agency's TEKS for Health Education.
5. Director of Curriculum & Instruction - Do all high school students receive sequential and comprehensive nutrition education? All high school students receive sequential and comprehensive nutrition education.
 1. All high school students receive sequential and comprehensive nutrition education through the guidance of the Texas Education Agency's TEKS for Health Education.
6. Director of Curriculum & Instruction - Is nutrition education integrated into other subjects beyond health education? If yes, what are some examples?
[Examples include: using nutrition facts labels to learn percentages; using a vegetable

garden to learn plant biology.] Nutrition education is integrated into other subjects beyond health education

1. Students learn about nutrition and the effects on the body in Career and Technology and Science classes. Examples would be: Biology, Anatomy and Physiology, Horticulture and Greenhouse, Human Growth and Development, Principles of Exercise Science, Principles of Health Science, Athletic Training, and Lifetime Nutrition.
7. Director of Child Nutrition/Principals - Is nutrition education linked with the school food environment? If yes, what are some examples?[Examples include: teachers and food service staff collaborate in connecting nutrition education with the foods and beverages that are in school.] Links nutrition education with the school food environment.
1. Yes!
 2. Plants from scraps - Learn eat grow club activity
 3. Texas Seasonality Spinwheel
 4. Texas Produce Coloring Activity
 5. What makes a reimbursable meal education
 6. Smart Snack Sessions
 7. National School Lunch Week Salads
 8. Principal Advisory Council Sessions
 9. Gardening clubs
 10. Falcon police utilizing gardening area - grow sides to eat, fruit and vegetable sale.
 11. Cooking club
8. Director of Curriculum & Instruction - Does nutrition education address agriculture and the food system? Nutrition education addresses agriculture and the food system.
1. Our Career and Technology classes address the integration of agriculture and the food system. Students can learn about and get hands-on experience with plants and the food system in Horticulture/Greenhouse class.
9. Director of Child Nutrition - Have there been parts of the Healthy Hunger-Free Kids Act (HHFKA) regulations for breakfast or lunch that have been challenging to implement? If yes, are there features of the district's meal program that are not yet in compliance? Assures compliance with USDA nutrition standards for reimbursable school meals.
1. We do everything we can to be in compliance with the Administrative Reference Manual. We follow the NSLP and SBP Meal Pattern Chart - Nutrition Standards. Reimbursable meal signage, menus, Health Permits, Health Inspections, Buy American Documentation, Smart Snacks, and Manager Servsafe Records. 2015-2016 and 2022-2023 Administrative Reviews were scored as Excent Rating.
10. Director of Child Nutrition - Does the district offer breakfast? If yes, is breakfast offered every day? Is breakfast offered to all students?
[Examples include: breakfast is only offered on testing days; only offered Monday, Wednesday and Friday; only offered in some schools.]Addresses access to the USDA School Breakfast Program.
1. Offered to all students, even athletics and tardy students every day.

11. Director of Child Nutrition - How does your school ensure that children who are receiving free/reduced meals cannot be identified? How confident are you that it is not possible for the students to identify those who qualify for free or reduced lunch? District takes steps to protect the privacy of students who qualify for free or reduced priced meals.
1. Data is not communicated at point of sale. Applications are available to all. Have private conversations regarding Free/Reduced Applications.
12. Director of Child Nutrition - How does the district handle unpaid balances? Follow up questions to determine if a student is stigmatized: How are the student and parents notified? Is the student identified in the cafeteria? Is the student refused a meal, given a different meal, or given the regular meal? Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.
1. Any negative balance on the student(s) cafeteria account is the responsibility of the parent/guardian. If a student's meal account has a negative balance, parents/guardians will receive daily email notifications. Per Lake Dallas ISD Board Policy, all students attending Lake Dallas ISD schools that are not qualified for free or reduced price meals and have reached a negative (-\$25) balance on their meal account will be offered an alternate meal at lunch. An alternate meal will consist of a sunbutter and jelly sandwich, a serving of fruit and/or vegetable and a carton of milk. Your student will receive an alternate meal at lunch until the balance on the meal account is resolved, or a payment plan has been established with the Child Nutrition office. If a student takes a regular meal, the meal is charged and we are not to take the tray away or identify the student as negative.
13. Director of Child Nutrition - How are families provided information about eligibility for free/reduced priced meals? (If the district provides universal free meals, score 2) Specifies how families are provided information about determining eligibility for free/reduced priced meals.
1. Information is available online on how to apply. Notices are available when students enroll and social media posts/parent square notifications. There is also a pop up communicating which schools are CEP and the need for applications.
14. Director of Child Nutrition - Are specific strategies used to increase participation in the school meal programs? If yes, please describe.
[Examples include: Smarter Lunchroom strategies; limiting competitive foods; requiring high school students to have a scheduled lunch period; taste tests and student input; Grab-and-Go or Breakfast in the Classroom] Specifies strategies to increase participation in school meal programs.
1. CEP for all Elementary Schools. Batch cooking items for freshness. Ensure staffing is there to maximize time students have to eat. Popular items are menued. Principal Advisory Boards and Special sessions dictate what's on the menu. All schools limit competitive foods and have lunch periods. Taste tests for new menu items. 2023-2024 vs 2024-2025 school year has seen 350 meals per day increase with a declining enrollment.

15. Director of Child Nutrition - How long are the breakfast (if applicable) and lunch periods? Within that time, how much time do students typically have to sit down and eat their meals. Addresses the amount of "seat time" students have to eat school meals.
1. ES - Breakfast from 7:15 to 7:40, Lunch starts at 10:25 with Pre-k and staggers grade level lunches until 1:20 PM. at minimum 20 minutes of seat time.
 2. MS - Breakfast from 8 to 8:20 Athletics 9:10, Lunch 10:55 - 1:03 PM 3, 30 minute lunches. at minimum 20 minutes of seat time.
 3. HS - Breakfast from 8 to 8:20 Athletics 9:15, Lunch 11:10 - 1:15 PM 3, 30 minute lunches. at minimum 20 minutes of seat time.
16. Director of Child Nutrition - Is free (i.e., no cost to students) drinking water available to students during meals (i.e., do not include water for sale). Follow up questions can include: Does the cafeteria have water fountains? Are there a sufficient number of working water fountains? Can students take water back to the table or do they need to drink at the fountain? Do students perceive the water and fountains to be clean and safe? Rating: 2) Free drinking water is available during meals.
1. We provide water coolers and cups during each meal period. Water fountains are also available outside the cafeteria that I check periodically.
17. Director of Child Nutrition - What is the frequency and amount of training provided to the food and nutrition staff? Does it meet the USDA Professional standards? (see below). Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.
1. We provide annual back to school training and new hire training in accordance with USDA Professional Standards.
18. Director of Child Nutrition - Are you familiar with the farm to school program? In your district, is it a priority to procure locally produced foods for school meals and snacks? If yes, what efforts are made to increase local procurement? Are strategies used in the cafeterias to promote them?Addresses purchasing local foods for the school meals program.
1. We use the Fresh Fruits and Vegetables System (FFAVORS Web) to order Texas Grown items. We use Labatt as our main distributor who identifies Texas Grown Items. We've also sourced locally from Demeasas Farms out of Boyd, Texas.
19. Director of Child Nutrition - Are there any foods that are not part of the school meals (known as competitive foods) that are sold to students during the school day? If yes, how confident are you that all of these items meet Smart Snacks nutrition standards? Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.
1. No Competitive foods are sold.
20. Director of Child Nutrition - Principals - Do you know where to access the USDA Smart Snacks nutrition standards to check and see if an item can be sold in school during the school day? Can you tell me how you do this? USDA Smart Snack standards are easily accessed in the policy.
1. Yes, please visit <https://foodplanner.healthiergeneration.org/calculator/>
21. Director of Child Nutrition - Principals - Are there competitive foods/beverages sold a la carte in the cafeteria during the school day? If yes, how confident are you that all of

these items meet Smart Snacks nutrition standards? Regulates food and beverages sold in a la carte.

1. No Competitive foods are sold.
22. Director of Child Nutrition - Principals - Are there food or beverage vending machines on school property accessible to students during the school day? If yes, how confident are you that all of these items meet Smart Snacks nutrition standards? (Optional follow up questions - Who receives the money from the vending machines? Who is responsible for ensuring all items in the vending machines meet Smart Snacks regulations?) Regulates food and beverages sold in vending machines.
1. No vending machines are accessible to students.
23. Director of Child Nutrition - Principals - Are there food or beverages sold in school stores during the school day? If yes, how confident are you that all of these items meet Smart Snacks nutrition standards? (Optional follow up questions - Who receives the money from the school stores? Who is responsible for ensuring all items for ensuring all items in the school stores meet Smart Snacks regulations?)) Regulates food and beverages sold in school stores.
1. No food or beverages are sold during the school day.
24. Director of Child Nutrition - Principals - Are there food or beverage fundraisers that sell items to be consumed during the school day? If yes, who is in charge of approving in-school fundraising activities? How confident are you that the people conducting fundraisers understand Smart Snacks nutrition standards? How confident are you that items sold in fundraisers meet Smart Snacks standards? (Note: Some states have passed regulation permitting exemptions from the federal law prohibiting non-Smart Snack fundraisers during the school day – this is addressed in the next question). Addresses fundraising with food to be consumed during the school day.
1. Texas policy allows six days per campus per school year to sell foods or beverages on campus that do not have to meet federal nutrition standards. Food and/or beverages sold during an exempt fundraiser must not be sold in competition with school meals in the food service area during school meal service. Concession stands must meet smart snack standards if the sale occurs during the school day. [Form](#)
25. Director of Child Nutrition - Principals Your state Texas has adopted an exemption policy that allows for 6 school-sponsored fundraisers during which foods and beverages sold do not have to meet Smart Snacks. Are you familiar with this state law? Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day.
1. Yes see above question 26
26. Director of Child Nutrition - Molly - Are foods or beverages containing caffeine sold at the high school level? Addresses foods and beverages containing caffeine at the high school level.
1. Yes, CEs may serve caffeinated beverages to high school students as long as all Competitive Food Nutrition Standards are met. Chocolate milk has naturally occurring caffeine. Only Coffee and tea are classified as Other Beverages and must meet the Nutrient Standards for Other Beverages. Espresso with Steamed

Milk Espresso with steamed milk may be served at the high school level if the following requirements are met: 1. Steamed milk is made from skim flavored/unflavored milk or 1% unflavored milk. 2. No more than a 12 fl oz beverage (including added ice) is served. Espressos may also be served over ice or blended with ice.

27. Principal's - How often do food-based celebrations occur during the school day in elementary schools (e.g., birthday parties, holiday parties)? Does the district have nutrition standards (such as Smart Snacks) that regulate what can be served? How are these regulations communicated? How confident are you that the regulations are followed consistently? If food-based celebrations are not permitted, how confident are you that they do not occur? Regulates food and beverages served at class parties and other school celebrations in elementary schools.
1. Can bring a treat, later on in the day after lunch.
 2. No parties during lunch
 3. Snacks with parents provided, teacher and parents set up plans for alternate snacks.
28. Director of Child Nutrition - Kerri -Are foods or beverages served (not sold) to students after the school day on school grounds, including before/after care, clubs, and afterschool programming? If yes, does the district have nutrition standards (such as Smart Snacks or CACFP) that regulate what can be served? How are these regulations communicated to the adults running the activities? How confident are you that the regulations are followed consistently? Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.
1. Currently no afterschool snacks are served. Starting January 2025 we plan to start back up the after school snack program for tutorials at Lake Dallas Elementary School.
29. Director of Child Nutrition - Addresses nutrition standards for all foods and beverages sold (not served) to students after the school day, including before/after care on school grounds, clubs, and after school programming. Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.
1. Addressed in current Wellness Policy - Fundraiser/Competitive Foods Restrictions
Elementary- May not serve competitive foods to students anywhere on school premises throughout the school day until the end of the last scheduled class.
Middle School- May not serve competitive foods to students anywhere on school premises from 30 minutes before to 30 minutes after meal periods. Any items sold must comply with USDA SMART Snack regulations.
High School- May not serve competitive foods to students during meal periods in areas where reimbursable meals are served and/or consumed. Any items sold must comply with USDA SMART Snack regulations.
Birthday Party Celebrations- We request that all birthday party celebrations that

include food be restricted to after lunch to ensure that students have access to their nutritious meal prior to birthday snacks.

30. Principals - Do teachers use food as a reward in the classroom for good student behavior (e.g., giving out candy for a right answer; having a pizza party when students finish a unit). Addresses food not being used as a reward.
 1. Special education okay, Reading goal, one skittle, or one gummy worm, 3 mm, given with iep special education, reinforcing edibles.
31. Director of Child Nutrition - Principals - Do students have consistent and easy access to water throughout the school day? If yes, how? Follow up questions: Are students permitted to carry water bottles with them throughout the school day? Are there water fountains or free water filling stations throughout the school? Is bottled water for sale during the school day?Addresses availability of free drinking water throughout the school day.
 1. Yes, Yes they can carry water, Yes there are water fountains with filling stations, bottled water and free cupped water is available during lunch.
32. Director of Curriculum & Instruction - Does the district have a written physical education curriculum that is implemented consistently for every grade? There is a written physical education curriculum for grades K-12.
 1. Our PE teachers utilize the Texas Essential Knowledge and Skills for each grade level in K-12 as our curriculum in physical education, which is implemented consistently based on the grade level expectations. The teachers use various resources to ensure our students are taught and are successful in each of the expected movements and skills for their grade level.
33. Director of Curriculum & Instruction - Does the district have a written physical education curriculum that is aligned with national and/or state standards? The written physical education curriculum for each grade is aligned with national and/or state physical education standards.
 1. Our PE teachers utilize the Texas Essential Knowledge and Skills for each grade level in K-12 as our curriculum in physical education. The Texas Education Agency, along with the State Board of Education, wrote and approved the TEKS in Physical Education (our state standards) to be aligned with the national standards.
34. Director of Curriculum & Instruction - How does your physical education program promote a physically active lifestyle?
[Examples include: follows NASPE standards; focuses on self-assessment through a "Fitnessgram" or "Activitygram"; teaches skills needed for lifelong physical fitness.]
Physical education promotes a physically active lifestyle.
 1. All students in grades 3-12 enrolled in a course that satisfies the curriculum requirements for physical education must be assessed annually. Lake Dallas ISD utilizes the Fitnessgram assessment to meet the physical fitness testing requirements.
35. Director of Curriculum & Instruction - How many minutes per week of PE does each grade in elementary school receive?
Note: NASPE recommends that schools provide 150 minutes of instructional PE for

elementary school children per week for the entire school year. Addresses time per week of physical education instruction for all elementary school students.

1. Students in elementary school spend 135 minutes per week in physical education.

36. Director of Curriculum & Instruction - How many minutes per week of PE does each grade in middle school receive?

Note: NASPE recommends that schools provide 225 minutes of instructional physical education for middle school students per week for the entire school year. Addresses time per week of physical education instruction for all middle school students.

1. All middle school students enrolled in PE receive 225 minutes of instruction for physical education per week during the school year.

37. Director of Curriculum & Instruction - How many minutes per week of PE does each grade in high school receive?

Note: NASPE recommends that schools provide 225 minutes of instructional physical education for middle school students per week for the entire school year. Addresses time per week of physical education instruction for all high school students.

1. All high school students enrolled in PE receive 225 minutes of instruction for physical education per week during the school year.

38. Director of Curriculum & Instruction - Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education? Addresses qualifications for physical education teachers for grades K-12.

1. All physical education classes are being taught in grade K-12 by state certified teachers in Physical Education.

39. Director of Curriculum & Instruction - Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education? Addresses providing physical education training for physical education teachers.

1. PE teachers are provided with access to Region 11 training that offers sessions that are specifically designed for physical education instruction. All district and campus professional development are offered yearly and relate to the teacher's needs.

40. Director of Curriculum & Instruction - A PE exemption is when students are permitted to not take PE because of enrollment in other courses such as math, science or vocational training. This does not include exemptions due to disability, religious or medical reasons. What percentage of students do you estimate do not take PE each year due to exemptions? Addresses physical education exemption requirements for all students.

1. We have no students that are exempted from PE based on enrollment in other courses.

41. Director of Curriculum & Instruction - A PE substitution is when students are permitted to not take PE because they are engaged in another physical activity such as JORTC or other school sports. What percentage of students do you estimate do not take PE each year due to substitutions? Addresses physical education substitution for all students.

1. At Lake Dallas Middle School, 0.5% of the students participate in Off-Campus PE. These students leave school to attend at least 16 hours of gymnastics per week in lieu of PE during the school day.

42. Principals - Are there opportunities for families and community members to engage in physical activity at school? If yes, please describe. How frequently does this occur? Addresses family and community engagement in physical activity opportunities at all schools.
1. Provide bike rides, don't bus within 2 miles.
 2. HS hosts a community 5k that the police put on.
 3. Homecoming parade, community prep rally, senior mom dance, 92 sets of senior parents dance.
43. Director of Curriculum & Instruction - Principals - Are there opportunities for all students to engage in physical activity before and after school? If yes, please describe. How frequently does this occur? Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.
1. Students on all campuses have the opportunity to engage in physical activity before and/or after school. Elementary campuses have clubs that give students the ability to participate based on their preferences. For example, one campus has a Folklorico Dance group where students can learn about dance in the Latin culture. We have intramural sports at the grade levels that do not compete in UIL and UIL opportunities for our students in middle and high school.
44. Principal(elementary only) Is there daily recess for all grades in elementary school? If no, how many days per week is recess offered, and for which grades? How long is recess when it is offered? Note: Best practices for recess: a) it is at least 20 minutes per day; b) it is supervised by trained teachers or staff encouraging students to be active; and c) students have access to safe and appropriate physical activity equipment. Addresses recess for all elementary school students.
1. Yes, 30 minutes
45. Director of Curriculum & Instruction - Principals - Do teachers provide regular physical activity breaks for students in the classroom? If yes, please describe. How frequently do they occur? Do all teachers conduct physical activity breaks with their students? Addresses physical activity breaks during school.
1. Classroom teachers provide physical activity breaks, or brain breaks, for students. These breaks are provided as needed by the students based on teacher discretion. Every teacher can give those breaks, but the data for who gives them and when they happen is not tracked.
46. Principal/ District Level Representative When school is not in session, do community members use indoor and outdoor school building and grounds facilities? Does the district have a "joint-use" or "shared-use" agreement? (Note if answer is yes or no).Joint or shared-use agreements for physical activity participation at all schools.
1. Playgrounds are used by the community
 2. Basketball clubs used at MS
 3. Tennis courts are accessible all the time.
 4. Track at MS is open.
47. Principal/ District Level Representative What proportion of students walk or bike to school? How frequently do they do that? District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.

1. About 8% walk or ride their bike
48. Principal/ Teacher Are school staff encouraged to model healthy eating and physical activity behaviors in front of students? If yes, how does the school encourage this behavior? [Examples include: Provides staff with opportunities to eat healthfully such as subsidized fruits, vegetables, and water in the cafeteria or lounge; Advises staff not to consume sugary drinks at school; Encourages teachers to be active with students.] Encourages staff to model healthy eating and physical activity behaviors.
 1. Yes, seven habits and sharpen the saw
 2. Staff doing a book study on wellness taking care of yourself
49. Principal/ Teacher Are there strategies used by the school to support employee wellness? Please describe. Examples: "Health and wellness classes are offered to staff." "School physical activity equipment is available for use by staff before or after school to support employee wellness." "Free water and healthy snacks are available in the staff break room." Addresses strategies to support employee wellness.
50. Principal/ Teacher - Are teachers encouraged to use physical activity as a reward for students? For example, providing extra recess, taking a walk around the school, or playing an active game in the classroom. (Rating: NA) Addresses using physical activity as a reward.
 1. Yes brain breaks
51. Principal/ Teacher Do teachers ever use physical activity as a punishment? [Examples include: telling students to run extra laps or do other physical activities as a behavioral consequence.] Addresses physical activity not being used as a punishment.
 1. no
52. Principal- Do teachers ever withhold physical activity as a classroom management tool? [Examples include: taking away recess, taking away PE, or requiring students to sit in one place for an extended period of time.] Addresses physical activity not being withheld as a punishment.
 1. Not supposed to
53. Principal/ Director of Child Nutrition - Are marketing strategies used to promote healthy food and beverage choices in school? If yes, what foods and beverages are promoted, and how is it done? (Examples of promotion include advertisements, better pricing, and more accessible placement of the healthier items). Specifies marketing to promote healthy food and beverage choices.
 1. NSWLW posters, NSBW posters, What makes a meal posters, Online Menu includes nutrition information and allergies. High School uses video menu boards. Middle and Elementary school posts paper menus monthly. Batch cooking of entrees. Fresh fruit and vegetables offered daily. Pricing and Nondiscrimination statements present.
54. Principal- Is there food or beverage marketing on the school campus during the school day? If yes, do the marketed items meet Smart Snacks criteria? Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.
 1. No food and beverage marketing other than that provided by the Child Nutrition Department.

55. Principals - Is there food or beverage marketing on school property (e.g., signs, scoreboards, or sports equipment)? If yes, do the marketed items meet Smart Snacks criteria? If they do not meet Smart Snacks criteria, will this change when there is a renewal of the sponsorship agreement? Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).
1. No food and beverage marketing other than that provided by the Child Nutrition Department.
56. Principals - Is there food or beverage marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials)? If yes, do the marketed items meet Smart Snacks criteria? Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).
1. On announcements, book fair, yes they should meet smart snack compliance.
57. Principals - Is there food or beverage marketing where food is purchased (e.g., logos on exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, or trash and recycling containers)? If yes, do the marketed items meet Smart Snacks criteria? Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).
1. NA
58. Principals - Is there food or beverage marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screensavers, school-sponsored Internet sites, and announcements on the public announcement (PA) system)? If yes, do the marketed items meet Smart Snacks criteria? Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screensavers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).
1. NA
59. Principal- Is there food or beverage marketing through fundraisers and corporate-incentive programs? Examples include: fundraising programs encourage students and their families to sell, purchase, or consume products, and corporate incentive programs provide funds to schools in exchange for proof of purchase of company products, such as Box Tops for Education. If the school participates in food or beverage fundraisers, do they occur on or off campus, and during or outside the school day? Do all products for sale meet Smart Snacks criteria? Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).
1. NA
60. Executive Director of Administrative Services - Is there an active district level wellness committee? Note: This may also be called a health advisory committee or other similar name. If yes, how frequently does the committee meet? Addresses the establishment of an ongoing district wellness committee.

1. SHAC, meets roughly 3 times a year.
61. Executive Director of Administrative Services - Which groups are represented on the district level wellness committee? (check all that apply). Note an individual can represent more than one role.
1. Parents
 2. Students
 3. School Food Authority representative
 4. PE Teacher
 5. School Health Professional (nurse, social worker, school psychologist)
 6. School Board Member
 7. School Administrator
 8. Community member
 9. Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.
62. Executive Director of Administrative Services - Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school? If yes, who are those individuals? How do they ensure compliance? Identifies the officials responsible for the implementation and compliance of the local wellness policy.
1. Should be monitored by the CN Dept.
63. Executive Director of Administrative Services - How is the wellness policy made available to the public? Is it available online? How often is the public informed where to find the policy? Addresses making the wellness policy available to the public
1. Yes online at:
<https://www.ldisd.net/departments/child-nutrition/lake-dallas-isd-wellness-policy>
64. Director of Child Nutrition - How does the committee assess implementation of the wellness policy? How often does this assessment occur? [Examples of evaluation tools are: the CDC's School Health Index, the Alliance for a Healthier Generation checklist, local or state policy implementation checklists, or the current interview.] Addresses the assessment of district implementation of the local wellness policy at least once every three years.
1. Using the wellsat.org/evaluation 3 for the Triennial Assessment
65. Director of Child Nutrition - What is included in the triennial assessment report to the public? Ask to see documentation if available. Note: the requirement is to include: 1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy; 2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy. Triennial assessment results will be made available to the public and will include:
1. Answers to the questions and a summary scorecard made available online.

66. Executive Director of Administrative Services-Director of Child Nutrition - Has the wellness policy been revised based on the triennial assessment? If yes, what process did the committee use to decide what to revise? Addresses a plan for updating policy based on results of the triennial assessment.

1. TBD

67. Executive Director of Administrative Services - Principals - Is there an active school level wellness committee? (Note: This may also be called a school health team, school health advisory committee, or similar name) If yes, how frequently does the committee meet? Addresses the establishment of an ongoing school building level wellness committee.

Farm Fresh Challenge cream of the crop 3rd tier recognition
Fully staffed once MS employee is through the hiring process
Commodity draw down and menu updates
Thanksgiving Feast volunteer form
Verification results

Close window

Your District's Scorecard

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

Version: 3.0

Policy Name: Lake Dallas ISD 01/2025

Section 1. Nutrition Education

Rating

NE1	Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2

NE3	All elementary school students receive sequential and comprehensive nutrition education.	2
NE4	All middle school students receive sequential and comprehensive nutrition education.	2
NE5	All high school students receive sequential and comprehensive nutrition education.	2
NE6	Nutrition education is integrated into other subjects beyond health education	2
NE7	Links nutrition education with the school food environment.	2
NE8	Nutrition education addresses agriculture and the food system.	2
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	100

Section 2. Standards for USDA Child Nutrition Programs and School Meals

Rating

SM1	Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	2
SM3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	2
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	2
SM6	Specifies strategies to increase participation in school meal programs.	2
SM7	Addresses the amount of "seat time" students have to eat school meals.	2
SM8	Free drinking water is available during meals.	2
SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
SM10	Addresses purchasing local foods for the school meals program.	2
Subtotal for Section 2	<p>Comprehensiveness Score:</p> <p>Count the number of items rated as "1" or "2" and divide this number by 10 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."</p>	100

	<p>Strength Score:</p> <p>Count the number of items rated as "2" and divide this number by 10 (the number of items in this section).</p> <p>Multiply by 100.</p>	100
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Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

Rating

NS1	Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	2
NS2	USDA Smart Snack standards are easily accessed in the policy.	2
NS3	Regulates food and beverages sold in a la carte.	2
NS4	Regulates food and beverages sold in vending machines.	2
NS5	Regulates food and beverages sold in school stores.	2
NS6	Addresses fundraising with food to be consumed during the school day.	2
NS7	Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day.	2
NS8	Addresses foods and beverages containing caffeine at the high school level.	2

NS9	Regulates food and beverages served at class parties and other school celebrations in elementary schools.	2
NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	2
NS11	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.	2
NS12	Addresses food not being used as a reward.	2
NS13	Addresses availability of free drinking water throughout the school day.	2
Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 13 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 13 (the number of items in this section). Multiply by 100.	100

Section 4. Physical Education and Physical Activity

Rating

PEPA1	There is a written physical education curriculum for grades K-12.	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	2
PEPA5	Addresses time per week of physical education instruction for all middle school students.	2
PEPA6	Addresses time per week of physical education instruction for all high school students.	2
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2
PEPA8	Addresses providing physical education training for physical education teachers.	2
PEPA9	Addresses physical education exemption requirements for all students.	2
PEPA10	Addresses physical education substitution for all students.	2
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.	2
PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	2

PEPA13	Addresses recess for all elementary school students.	2
PEPA14	Addresses physical activity breaks during school.	2
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	2
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	2
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 16 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 16 (the number of items in this section). Multiply by 100.	100

Section 5. Wellness Promotion and Marketing

Rating

WPM1	Encourages staff to model healthy eating and physical activity behaviors.	2
WPM2	Addresses strategies to support employee wellness.	2

WPM3	Addresses using physical activity as a reward.	2
WPM4	Addresses physical activity not being used as a punishment.	2
WPM5	Addresses physical activity not being withheld as a punishment.	2
WPM6	Specifies marketing to promote healthy food and beverage choices.	2
WPM7	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	1
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	1
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 9 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 9 (the number of items in this section). Multiply by 100.	78

Section 6. Implementation, Evaluation & Communication

Rating

IEC1	Addresses the establishment of an ongoing district wellness committee.	2
IEC2	Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	2
IEC3	Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2
IEC4	Addresses making the wellness policy available to the public.	2
IEC5	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
IEC6	Triennial assessment results will be made available to the public and will include:	2
IEC7	Addresses a plan for updating policy based on results of the triennial assessment.	2
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	2
Subtotal for Section 6	<p>Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."</p>	100

	<p>Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.</p>	<p>100</p>
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Overall District Policy Score

<p>Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.</p>	<p>District Score 100</p>
<p>Total Strength Add the strength scores for each of the six sections above and divide this number by 6.</p>	<p>District Score 96</p>