

## Scoring Assessment

1

Not Compliant

2

3

Needs Work

4

5

Compliant

Total Score: 216

Overall Assessment Score:  $216 \div 48 = 4.50$

# Wellness Policy Assessment Tool

Form 357 Rev 9/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name Pittsburg ISD

Reviewer Chris Hackett

School Name Pittsburg ISD

Date 6/12/2023

Select all grades: PK  K  1  2  3  4  5  6  7  8  9  10  11  12

## I. Public Involvement

- 3 ●  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 type="checkbox"/> Public             |

- 5 ●  We have a designee in charge of compliance.
- Name/Title: Lauree Smith / Director of Health Services

- 5 ●  We make our policy available to the public.
- Please describe: School website

- 5 ●  We measure the implementation of our policy goals and communicate results to the public.
- Please describe: School website

- 5 ●  Our district reviews the wellness policy at least annually.

## II. Nutrition Education

- 5 ●  Our district's written wellness policy includes measurable goals for nutrition education.
- 5 ●  We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).
- 5 ●  We offer nutrition education to students in:  Elementary School  Middle School  High School

## III. Nutrition Promotion

- 5 ●  Our district's written wellness policy includes measurable goals for nutrition promotion.
- 3 ●  We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
- 3 ●  We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.
- 5 ●  We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
- 5 ●  We ensure students have access to hand-washing facilities prior to meals.
- 5 ●  We annually evaluate how to market and promote our school meal program(s).
- 3 ●  We regularly share school meal nutrition, calorie, and sodium content information with students and families.
- 5 ●  We offer taste testing or menu planning opportunities to our students.
- 3 ○  We participate in Farm to School activities and/or have a school garden.
- 5 ●  We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).
- 5 ●  We price nutritious foods and beverages lower than less nutritious foods and beverages.
- 3 ●  We offer fruits or non-fried vegetables in:  Vending Machines  School Stores  Snack Bars  à La Carte
- 5 ●  We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
- 5 ○  We provide teachers with samples of alternative reward options other than food or beverages.
- 5 ○  We prohibit the use of food and beverages as a reward.

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

- 5   Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- 5   We operate the School Breakfast program:  Before School  In the Classroom  Grab & Go
- 5   We follow all nutrition regulations for the National School Lunch Program (NSLP).
- 3   We operate an Afterschool Snack Program.
- 3   We operate the Fresh Fruit and Vegetable Program.
- 5   We have a Certified Food Handler as our Food Service Manager.
- 3   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**

- 5   Our district's written wellness policy includes measurable goals for physical activity.
- 5   We provide physical education for elementary students on a weekly basis.
- 5   We provide physical education for middle school during a term or semester.
- 5   We require physical education classes for graduation (high schools only).
- 5   We provide recess for elementary students on a daily basis.
- 5   We provide opportunities for physical activity integrated throughout the day.
- 5   We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- 5   Teachers are allowed to offer physical activity as a reward for students.
- 5   We offer before or after school physical activity:  Competitive sports  Non-competitive sports  Other clubs

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

- 5   Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- 5   We provide training to staff on the importance of modeling healthy behaviors.
- 5   We provide annual training to all staff on:  Nutrition  Physical Activity
- 3   We have a staff wellness program.
- 5   We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- 5   We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- 3   We have a recycling /environmental stewardship program.
- 3   We have a recognition /reward program for students who exhibit healthy behaviors.
- 5   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

- improvement on community engagement with wellness  
 - get more students involved with eating nutritious meals

**VIII. Contact Information:**

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

Name  Position/Title   
 Email  Phone