

Triennial Assessment Report: 2025 Trienneial Assessment LTISD (MS/HS)
(3/2025)
District: LAKE TRAVIS ISD

Introduction

This document provides the methods, results, and discussion of the triennial assessment for the Lake Travis ISD Local School Wellness Policy. The results will guide the School Health Advisory Council (SHAC) in making recommendations for future improvements to the wellness policy and plan. The Wellness School Assessment Tool (WellSAT) website was used to score our district’s written wellness policy and assess the implementation of school wellness practices. The district dietitian facilitated the assessment process in March and April 2025. Using the WellSAT Policy tool, the dietitian evaluated the district’s wellness policy by comparing it to a model policy. Additionally, parents serving on SHAC were invited to conduct WellSAT Practice assessments at select campuses by interviewing key stakeholders, including principals, PE coaches, Food & Nutrition staff, and Curriculum & Instruction directors.

Complete or partial assessments were conducted at all LTISD middle and high school campuses, providing a comprehensive view of wellness practices at these levels. Scores were averaged across campuses and summarized in a single report.

It is important to note that only Lake Travis ISD elementary campuses participate in the National School Lunch and Breakfast Programs, while the middle and high schools do not. As a result, federal program requirements apply solely to elementary campuses. To account for these operational differences, middle and high schools were assessed separately. This report presents findings from the middle and high school assessments only. This is the first year the secondary campuses (middle and high school) are being assessed separately from the elementary campuses, and therefore, comparative assessment scores from the 2022 evaluation for middle and high schools are not included in this report.

Strong Policies and Aligned Practices

This section identifies areas where our district has a strong policy and we are fully implementing practices that align with the policy at LTISD middle and high schools.

Compared to 2022, this assessment met all federal requirements, marking an improvement from the previous assessment. After the last triennial assessment, district policies were updated to include steps taken to protect student privacy for those who qualify for free or reduced-price meals (FR3), language noting the availability of free drinking water during meals (FR4), and the inclusion of annual training for Food & Nutrition Services staff in alignment with USDA Professional Standards (FR5). Of note, these items were already happening in practice, but the policy language was updated to reflect these practices and ensure clear compliance with federal guidelines.

		Policy Score	Practice Score	
FR3	Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals?	2	2	☆

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FR4	Is free (i.e., no cost to students) drinking water available to students during meals?	2	2	☆
FR5	Do all school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements?	2	2	☆
FR14	Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school?	2	2	☆
FR15	How is the wellness policy made available to the public?	2	2	☆
FR16	Is wellness policy implementation evaluated every three years?	2	2	☆
FR17	What is included in the triennial assessment report to the public?	2	2	☆
NES2	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	2	2	☆
NES8	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?	2	2	☆
PEPA3	How does your physical education program promote a physically active lifestyle?	2	2	☆
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	2	2	☆

Create Practice Implementation Plan

This section identifies areas where our district has a policy in place, but practice implementation is either absent or limited at the middle and high school campuses. To ensure full compliance with all elements of the

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school wellness policy, a practice implementation plan is listed below to address the following:

FR 1 Nutrition Education Goals - The district will explore the feasibility of integrating a standards-based curriculum that includes specific goals for nutrition education designed to promote student wellness into the district's health education curriculum. We will collaborate with Curriculum & Instruction staff, teachers, and nutrition educators to identify opportunities to incorporate these goals into lesson plans and school activities, creating an environment that encourages students to make informed, healthy food choices.

FR6, FR7, FR9, FR10, FR 12 Smart Snack Standards - Although Lake Travis ISD's middle and high schools are not required to follow USDA Smart Snacks standards due to non-participation in the National School Lunch Program, the district's written wellness plan includes nutrition standards for all foods provided and sold to middle and high students during the school day. To improve compliance with these standards in practice, district staff will communicate the district's wellness policy standards to all staff involved in selling or providing food at middle and high schools.

NES13 – Food as a Reward - The district will provide staff with a list of alternative, non-food reward ideas for classroom and extracurricular use and communicate district policy regarding the use of food as a reward to all staff via a memo and during staff development.

NE5 – Cross-Curricular Nutrition Education - The district wellness policy supports the integration of nutrition education across multiple subject areas beyond health education. While some efforts are currently in place, full implementation across middle and high school campuses remains inconsistent. District staff will collaborate with campus leadership and curriculum coordinators to encourage teachers to incorporate real-world nutrition applications into relevant classroom activities.

PEPA2 – Physical Education Curriculum Alignment - The district wellness policy supports the use of a written physical education (PE) curriculum aligned with state and/or national standards. Currently, Lake Travis ISD has a written PE curriculum in place at the middle school level, but not at the high school level. While Texas does not currently require a written PE curriculum at the high school level, to improve wellness practices, the district will share middle school curriculum resources with high school PE teachers for potential adaptation and implementation.

Input from stakeholders, including the Food & Nutrition Department, school teachers, and school administrators, will be gathered to ensure the plan's feasibility and effectiveness. Success can be evaluated through feedback from school staff, students, and insights from SHAC meetings.

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	2	1	

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FR6	Do all competitive foods and beverages sold to students during the school day meet or exceed the USDA's nutrition standards, commonly called Smart Snacks?	1	0	
FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	1	0	
FR9	Do all foods and beverages sold in school stores during the school day meet Smart Snack standards?	1	0	
FR10	Are there fundraisers that sell foods or beverages to be consumed during the school day? If yes, do the foods and beverages sold meet Smart Snacks standards?	1	0	
FR12	Is there food or beverage marketing on the school campus during the school day? If yes, do the marketed items meet Smart Snacks criteria?	1	0	
NES13	Do teachers or school staff give students food as a reward?	1	0	
NE5	Is nutrition education integrated into other subjects beyond health education?	2	1	
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	2	1	

Update Policies

This section highlights areas where we are fully implementing practices in the middle and high schools, but the written district policy contains either no language (score of 0) or only weak language (score of 1). School Health Advisory Council (SHAC) members will be invited to review and provide feedback on a working draft of the wellness policy and plan and suggest recommended changes. Their input will be discussed at an upcoming SHAC meeting, and finalized recommendations will be submitted to relevant stakeholders, the district's general counsel, and the School Board for review and approval. The goal is to finalize updates to the Wellness Policy by the end of Fall 2025.

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		Policy Score	Practice Score	
FR13	Which groups are represented on the district-level wellness committee?	1	2	
FR18	Has the wellness policy been revised based on the previous triennial assessment?	1	2	
NES1	Does the district offer breakfast every day to all students?	1	2	
NES3	Does your school or district provide information to families about eligibility for free or reduced-price meals?	0	2	
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	0	2	
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	0	2	
NES6	Do students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated?	1	2	
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	1	2	
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	0	2	
NE7	 Does nutrition education address agriculture and the food system?	0	2	
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	0	2	

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PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	0	2	
PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	0	2	
PEPA15	Does the district have "joint-use" or "shared-use" agreements?	0	2	
IC1	Is there an active district-level wellness committee?	1	2	

Opportunities for Growth

This section highlights areas where our district has either not addressed the topic in policy or practice, or has only addressed it in a very limited way at the middle and high school level. Our greatest opportunities for growth in strengthening and expanding our wellness policy and plan lie in the areas of nutrition education, physical activity, and employee wellness. While these areas are not federally required, we recognize their importance and will offer the School Health Advisory Council (SHAC) the opportunity to recommend updates in these areas. Updates to the wellness policy and wellness plan will be made with input from district and campus-level staff, as well as the district's General Counsel, and will be approved by the school board of trustees as needed. The goal is to finalize updates by the end of Fall 2025.

		Policy Score	Practice Score	
NES9	Are you familiar with any state laws allowing exemptions for school-sponsored fundraisers during which foods and beverages do not have to meet Smart Snacks?	1	1	
NES10	Are foods or beverages containing caffeine sold at the high school level?	0	0	
NES11	Do all foods or beverages SERVED (not sold) to students after the school day on school grounds (including aftercare, clubs, and afterschool programming) meet federal nutrition standards (e.g., CACFP or Smart Snacks)?	0	0	

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NE1	Are skills-based, behavior-focused, and interactive/ participatory methods used in nutrition education to develop student skills?	1	1	
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	1	1	
NE4	Do all high school students receive sequential and comprehensive nutrition education?	0	1	
NE6	Do school nutrition services staff members use the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?	1	1	
PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	1	1	
PEPA5	How many minutes per week of PE does each grade in middle school receive?	0	1	
PEPA6	How many minutes per week of PE does each grade in high school receive?	0	1	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	0	1	
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	0	0	
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	0	1	

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PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	1	1	
PEPA16	What proportion of students walk or bike to school?	0	1	
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	1	1	
PEPA18	Do teachers ever use physical activity as a punishment?	0	1	
EW1	 Are there strategies used by the school to support employee wellness?	0	1	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	0	0	
IC2	Is there an active school-level wellness committee?	0	0	

Conclusion

In conclusion, Lake Travis ISD has made significant progress in aligning its wellness policy and practices with federal requirements, ensuring that student health and well-being are prioritized. The district has strengthened its policies, with updates made to reflect practices already in place and improved clarity in policy language. While federally required components have been successfully implemented, there are still areas where further growth is possible, particularly in the areas of Nutrition Education, Physical Activity, and Employee Wellness. The School Health Advisory Council (SHAC) will play a key role in addressing these areas by recommending updates to the district wellness policy and plan, with input from other stakeholders, including district staff and legal counsel. Any approved updates will be implemented in the semester following their adoption. These efforts will contribute to a healthier, more supportive environment for our students and staff, ensuring that wellness remains a core priority for the district moving forward.

Key

 **Strong Policies and Aligned Practices** - District has a strong policy and is fully implementing practices that align with the policy

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Create Practice Implementation Plan - District has a strong or weak policy, but practice implementation is either absent or limited



Update Policies Update Policies - District is fully implementing a practice but there is no or only weak language in the written policy, or the district is partially implementing practices and there is no language in the policy



Opportunities for Growth - District has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way

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