

Triennial Assessment Report: 2024-2025 Triennial Assessment (1/2025)

District: LONDON ISD

Strong Policies and Aligned Practices

The London Independent School District is fully in compliance with federal requirements that regulate school meals, competitive foods, and foods or beverages sold or marketed on the school campuses during the school day. The district also assures compliance regarding fundraisers that sell foods or beverages during the school day. The district participates in the USDA School Breakfast and Lunch Program, and all foods sold or served to students during the school day meet USDA Smart Snacks nutrition standards. The district assures that students have at least 20 minutes to eat breakfast and at least 20 minutes to eat lunch. Free drinking water is easily accessible to students throughout the school day. The district takes steps to protect the privacy of students who qualify for free or reduced-price meals. Staff in the district's Food Services department meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements. The district assures that high school students receive sequential and comprehensive nutrition education. The district has implemented a written physical education curriculum that is aligned with national and/or state standards. The district's physical education program promotes a physically active lifestyle. Our district is in compliance with the state's standards in regards to the number of minutes per week of PE for each grade in elementary school. In addition, all grades in our elementary campus receive daily recess. In addition, the Superintendent is the official responsible for overall implementation of the wellness policy and development and implementation of the wellness plan. The principals are responsible for the implementation and compliance with the wellness policy and plan at the building level for their campuses. The district's SHAC reviews and updates the wellness plan annually. The district's SHAC also performs triennial assessments of the wellness policy. The wellness policy, wellness plan, annual assessment of the wellness plan, and the triennial assessment of the wellness policy are all included on the district's website.

		Policy Score	Practice Score	
FR2	Do your National School Lunch Program meals (and, if applicable, School Breakfast Program meals) meet all federal standards for meal patterns, nutrient levels, and calorie requirements for the grade levels served?	2	2	☆
FR3	Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals?	2	2	☆
FR4	Is free (i.e., no cost to students) drinking water available to students during meals?	2	2	☆

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NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	2	2	☆
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	2	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?	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	☆
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	2	2	☆
NE4	Do all high school students receive sequential and comprehensive nutrition education?	2	2	☆
PEPA1	✂ Does the district have a written physical education curriculum that is implemented consistently for every grade?	2	2	☆
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	2	2	☆
PEPA3	How does your physical education program promote a physically active lifestyle?	2	2	☆
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	2	2	☆
PEPA13	Is there daily recess for all grades in elementary school?	2	2	☆

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EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	1	0	
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Update Policies

The London Independent School District will update the wellness policy to include all federally required items and other practices that are being implemented, but are not included in the current wellness policy. Current practices are in place in regards to providing information to families about eligibility for free or reduced-price meals and feeding students with unpaid meal balances without stigmatizing them. The policy language may be revised for these practices to ensure that these efforts continue to be followed. While efforts are being made to procure locally produced foods for school meals, policy language may be changed to reflect the current practice. The Food Services Department will continue to reinforce nutrition education through fun facts provided during local announcements. The policy language may be adapted to reflect this goal and objective that is outlined in the district's wellness plan as needed. While education about agriculture and the food system are currently embedded in the curriculum in various grade levels, the policy language may be changed to reflect the current practice. In regards to physical education, the current minutes per week of PE for each grade level in middle school will continue to follow the guidelines as outlined in the London ISD board policy. Currently all physical education classes are taught by state certified teachers that are endorsed to teach physical education, and the policy language may be updated to enforce this practice. While fewer than 5% of students have exemptions (not including medical) or substitutions for physical education classes, policy language will follow the London ISD board policy guidelines. The district may also update the written policy to include how "joint-use" agreements have been made with community partners to enhance physical activity opportunities for students and community members.

		Policy Score	Practice Score	
NES2	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	1	2	
NES3	Does your school or district provide information to families about eligibility for free or reduced-price meals?	0	2	
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	0	2	

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wellness policy, the district will review current state and federal guidelines regarding annual professional development for PE teachers, and the district will make revisions as recommended. This review and potential revision will also be done in regards to the use of physical activity breaks for students in the classroom, as well for physical activity use as a reward, punishment, or classroom management tool. Now that the district has bike paths for students to safely bike to/from school, the district will determine if the wellness policy should include language addressing this topic. While the district's practice, as outlined in the wellness plan, is to promote physical activity for students, family, staff, and community members, guidelines will be reviewed to determine if policy language should include opportunities for this to occur at school outside of the school day. As the district continues to grow, it may be beneficial to create school-level wellness committees that work with the SHAC to make sure that the district's school health programs reflect local community values.

		Policy Score	Practice Score	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	0	0	
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	1	
NES12	Do all foods or beverages SOLD (not served) 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	1	
NES13	Do teachers or school staff give students food as a reward?	0	1	

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



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

For more resources, visit: wellsat.org/resources