

Wellness Policy Assessment Tool
Triennial Assessment 2023

District Name: Princeton ISD

I. Public Involvement

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy: (Check all that apply)

- Administrators
- School Board Members
- School Food Service Staff
- School Health Professionals
- P.E. Teachers
- Parents
- Public

Yes - We have a designee in charge of compliance.

Name/Title: Wendy Cain, Director of Mental and Physical Wellness

Yes - We make our policy available to the public.

Where: Website

Yes - We measure the implementation of goals and make them available to the public.

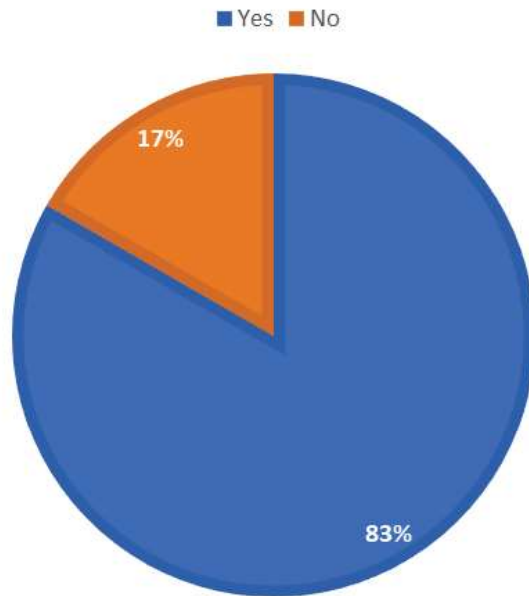
Yes - Our district reviews the wellness policy at least annually.

II. Nutrition Education

Yes - Our district's written wellness policy includes measurable goals for nutrition education.

Partial - We offer Nutrition Education to Students

WE OFFER NUTRITION EDUCATION TO STUDENTS

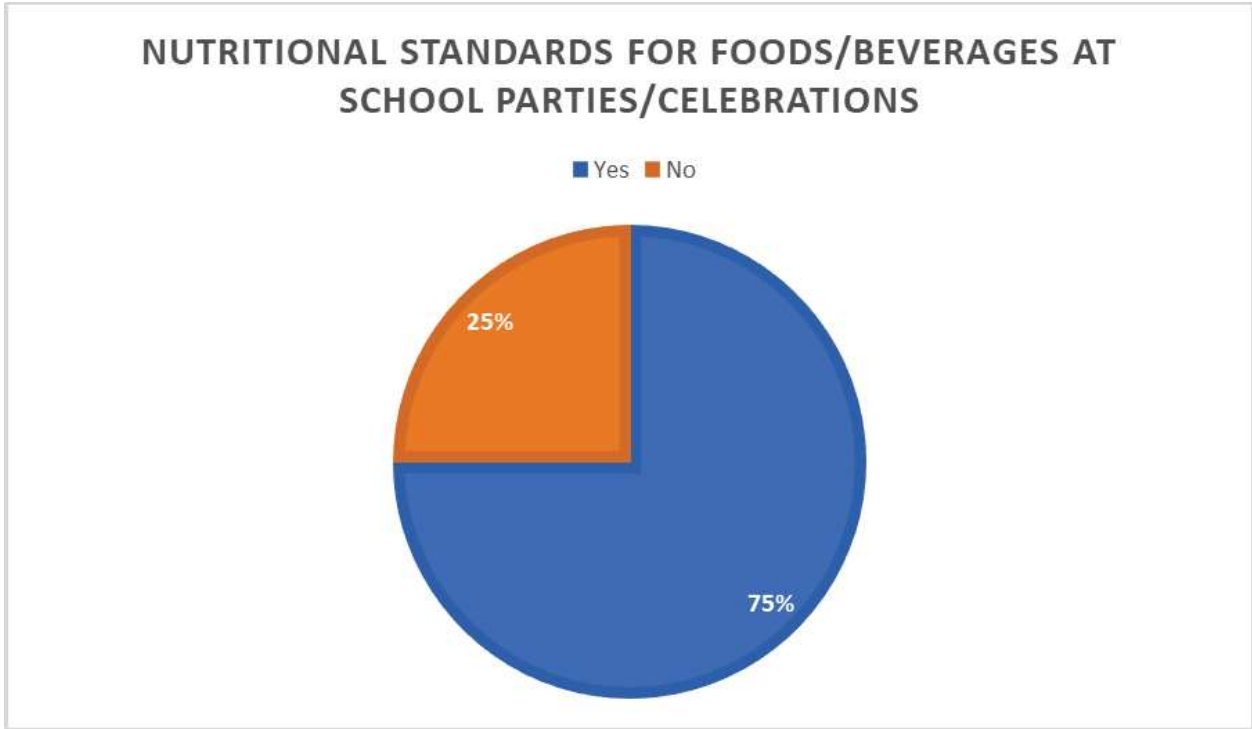


III. Nutrition Promotion

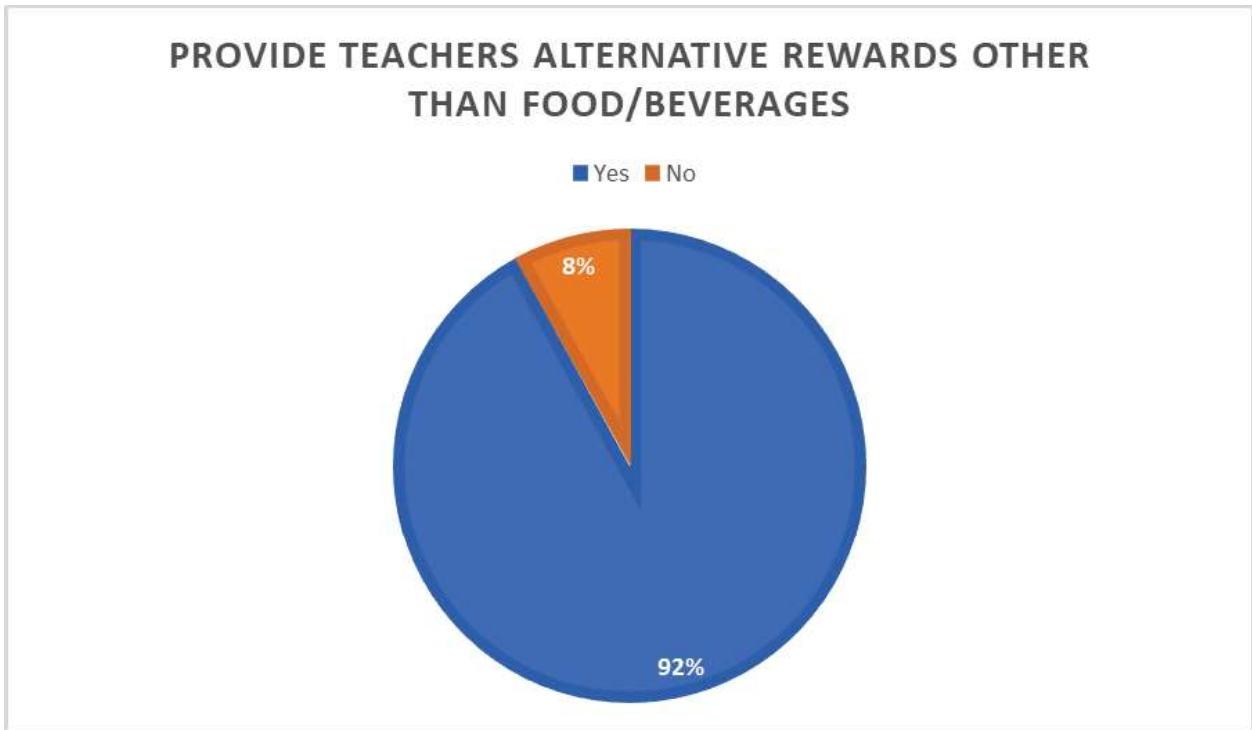
- Yes - Our district's written wellness policy includes measurable goals for nutrition program
- Yes - We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
- Yes - We have fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
- Yes - We ensure students have access to hand-washing facilities prior to meal service
- Yes - We annually evaluate how to market and promote our school meal program
- No - We regularly share school meal nutrition, calorie, and sodium content information with students and families
- Yes - We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc.)
- Partial - We offer fruits or non-fried vegetables in:
 - Snack Bars
 - School Stores
 - Vending Machines

A La Carte

Partial - We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.



Partial - We provide teachers with alternative reward options other than food or beverages



IV. Nutrition Guidelines

Yes - Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.

Yes - We follow all nutrition regulations for the National School Lunch Program (NSLP)

We operate the School Breakfast program: (Check all that apply)

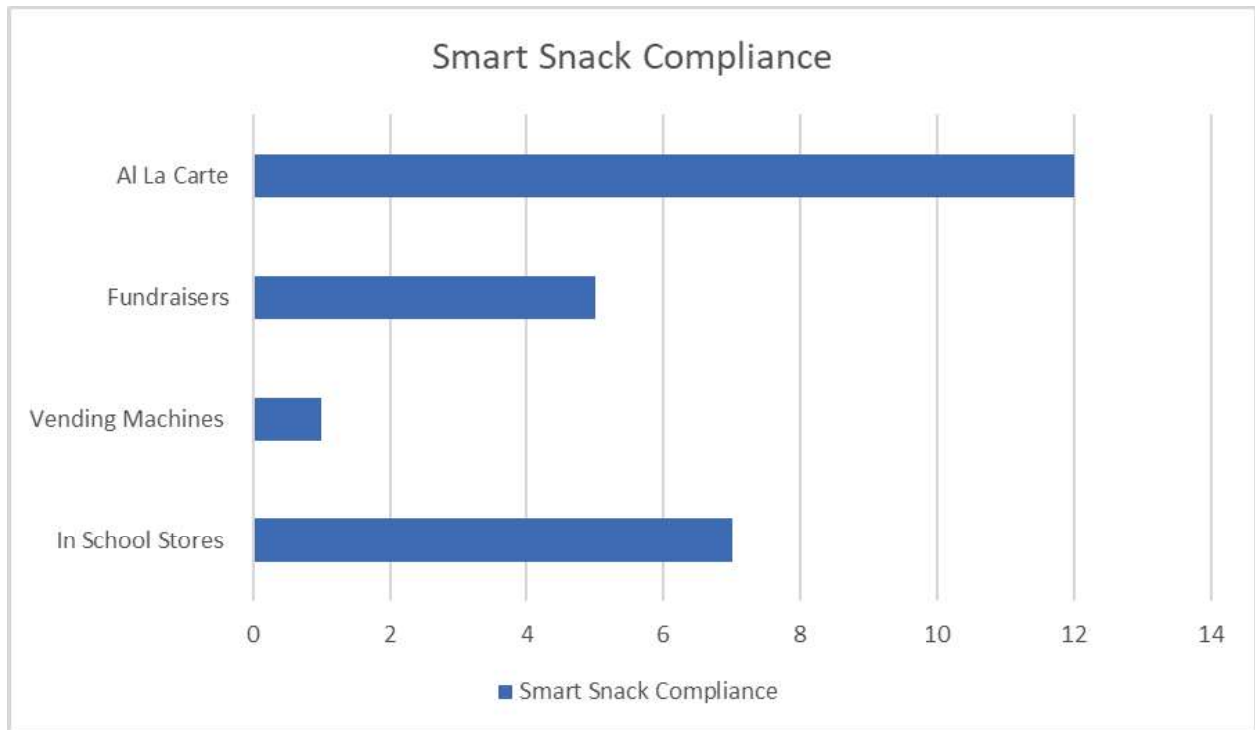
- Before School
- In the Classroom
- Grab & Go

No - We operate an Afterschool Snack Program

No - We operate the Fresh Fruit and Vegetable Program

Yes - We completed all required Professional Standard Trainings

We have adopted and implemented Smart Snacks nutrition standards for all items sold during the school hours, including:



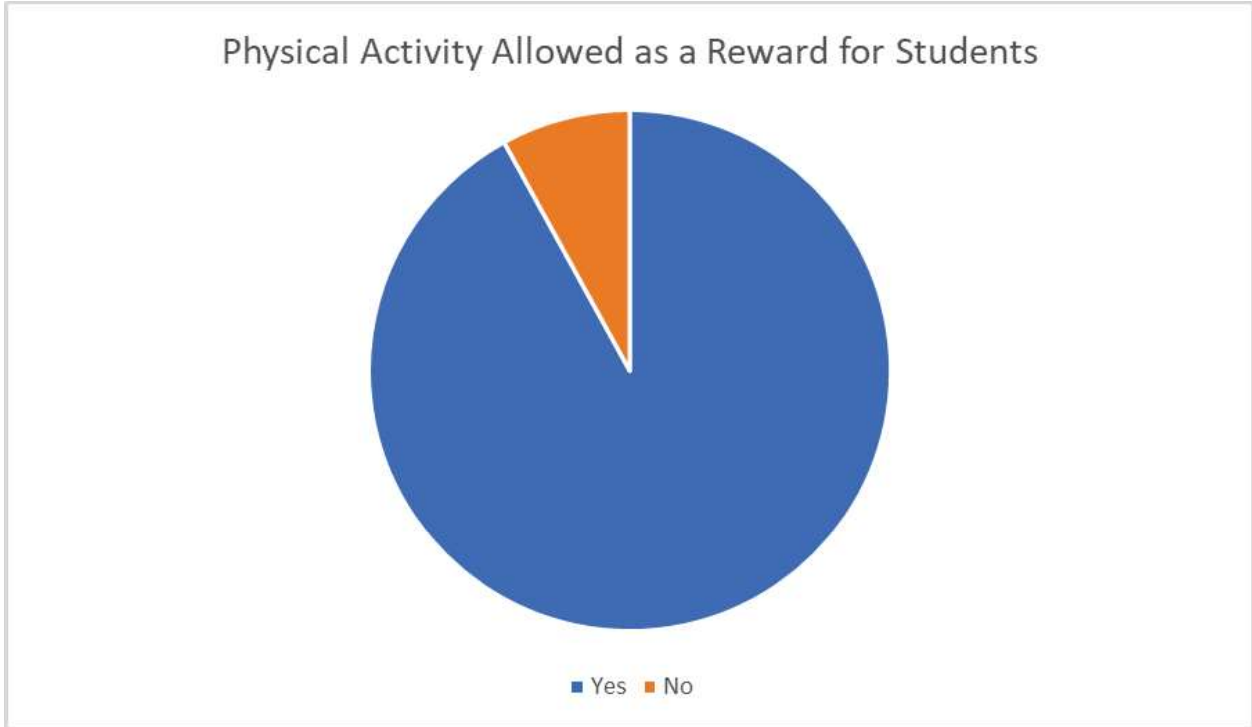
V. Physical Activity

Yes - Our district's written wellness policy includes measurable goals for physical activity.

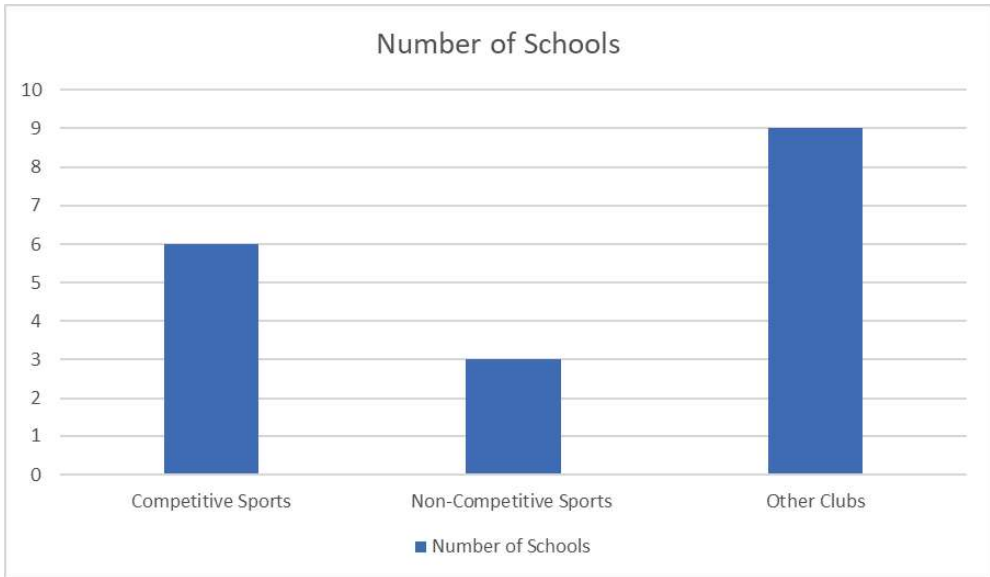
Yes - We provide physical education for elementary students on a weekly basis

Yes - We provide physical education for middle school students during a term or semester

- Yes - We require physical education classes for graduation (high schools only)
- Yes - We provide recess for elementary students on a daily basis
- Yes - We provide opportunities for physical activity integrated throughout the day
- Partial - Teachers are allowed to offer physical activity as a reward for students



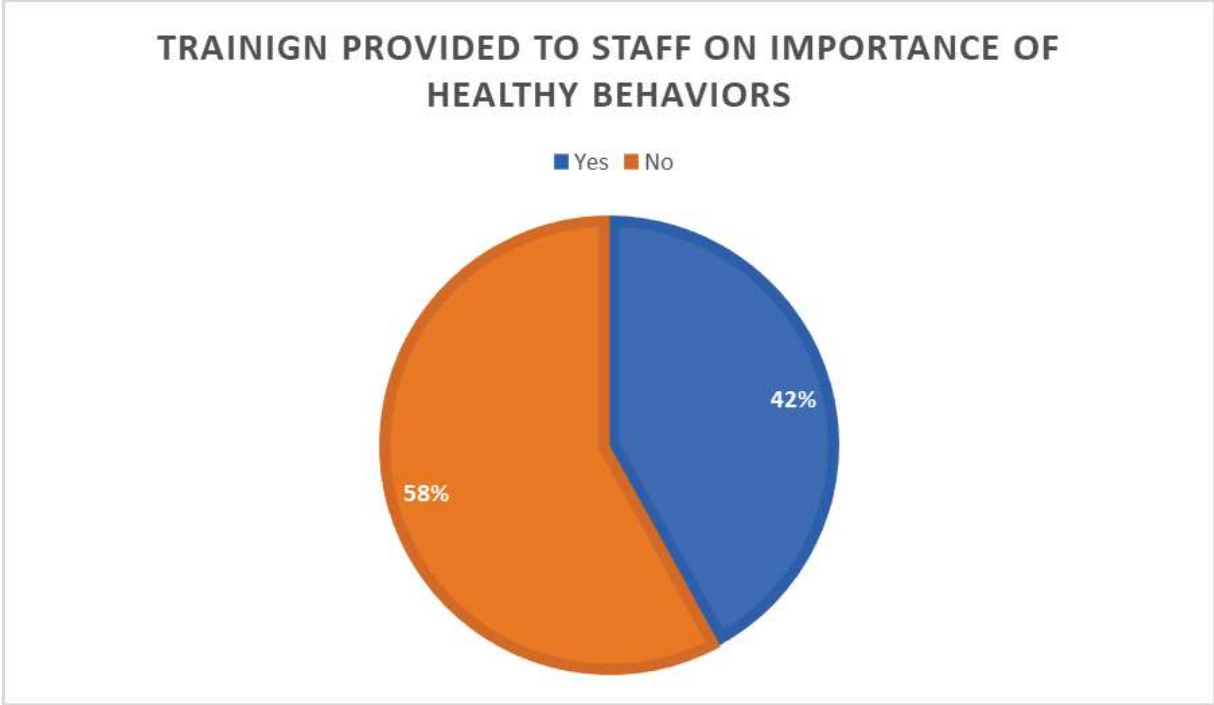
- Partial - We offer before and after school physical activity
 - Competitive sports
 - Non-competitive sports
 - Other clubs



VI. Other School Based Wellness Activities

Yes - Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.

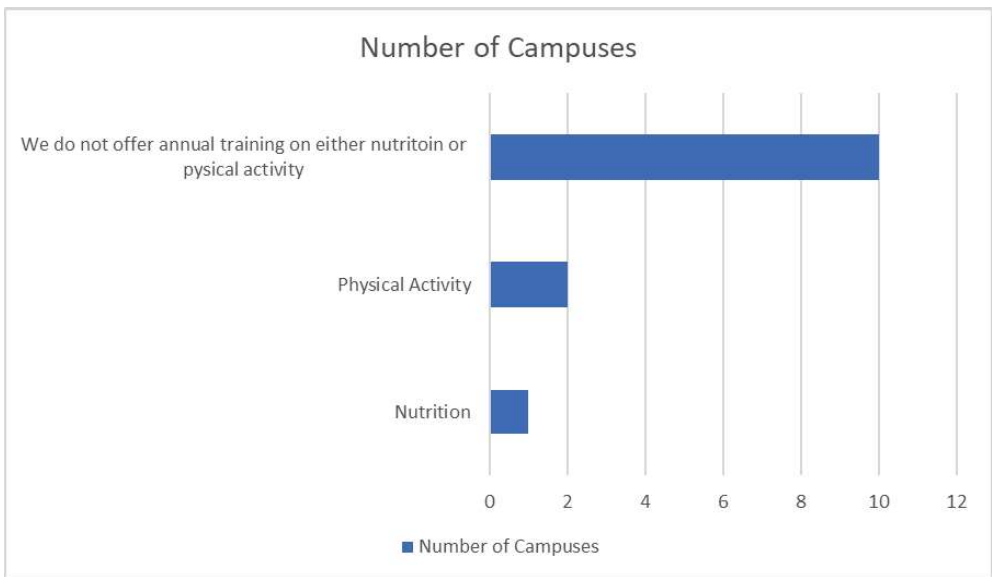
Partial - We provide training to staff on importance of modeling healthy behaviors



Partial - We provide annual training to all staff on:

Nutrition

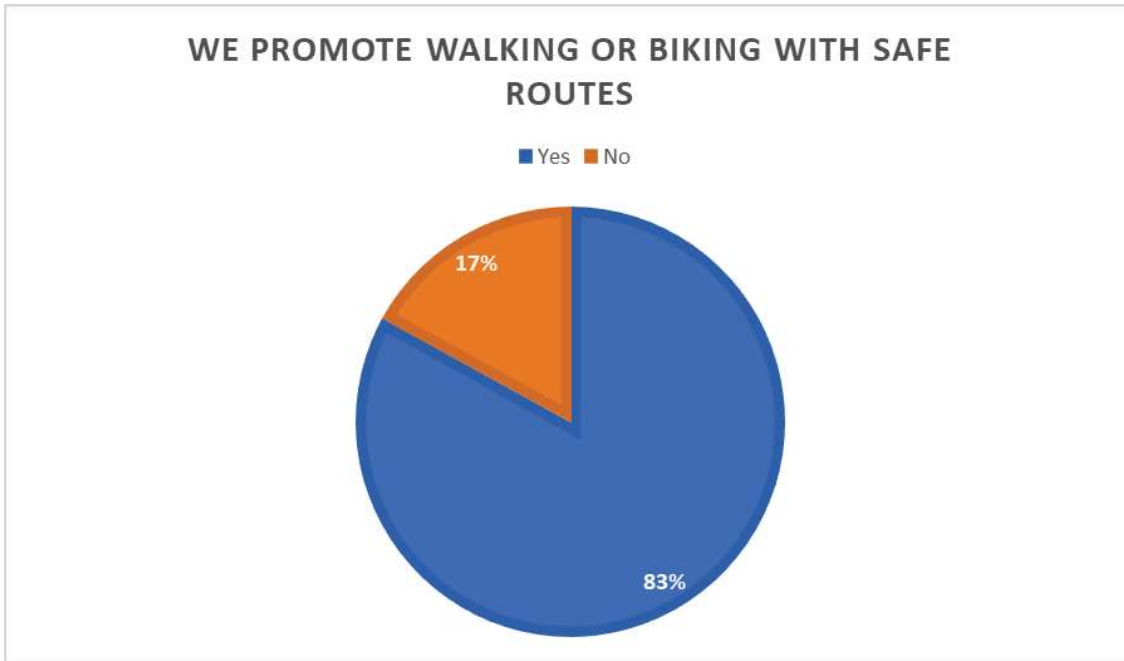
Physical Activity



Yes - We have a staff wellness program

Yes - We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, etc.)

Partial - We promote walking or biking to school for students with Safe Routes to School or other related programs.



Partial - We have a recycling/environmental stewardship program

