

Keller ISD
Wellness Plan Triennial Assessment

Date of last assessment: December 2022

Month and year of current assessment: January 2026

Wellness Plan Review Members:

Dustin Blank	Operations Executive Director
Stephanie Greving	Child Nutrition Coordinator
Jennifer Price	Chief Academic Officer
Sheri Rich	Director of Human Resources
Eric Persyn	Athletics Director
Jodi Webster	Director of Health Services - Nursing

Reviewed with SHAC on:

August 25, 2025

February 9, 2026

April 20, 2026

I. Nutrition Promotion

The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

Goal 1

The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

- **Objective 1:** The District will increase participation in the child nutrition School Breakfast Program (purchased meals) by one percent by the end of each school year.
- **Objective 2:** The District will increase participation in the child nutrition School Lunch Program (purchased meals) by one percent by the end of each school year.
- **Measure of Success:** Measure participation rates in meals purchased at the end of the first full week of school, the first full week of December, and the first full week of May each year.

Meal Participation Data

Academic Year	Breakfast 1 st full week	Breakfast 1 st week of December	Breakfast 1 st week of May	Lunch 1 st full week	Lunch 1 st week of December	Lunch 1 st week of May
2023-2024	8,394	22,307	20,877	36,187	70,585	68,625
2024-2025	7,493; -11%	19,191 -14%	18,805 -10%	34,733 -5%	67,167 -5%	67,359 -2%
2025-2026	7,200	19,371	pending	34,007	66,888	pending

Goal 2

The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

Keller ISD
Wellness Plan Triennial Assessment

- **Objective 1:** At least three times per school year, the District will promote healthy nutrition challenges to students and families.

Academic Year	Activities & Initiatives
2023-2024	Monthly Fresh Picks: Each month, a selected fruit or vegetable is highlighted on serving lines across participating campuses. Educational flyers accompany the featured item and provide nutritional information, sourcing details (including local foods when applicable), and background on the item. This initiative supports increased exposure to fruits and vegetables and reinforces nutrition education at the point of service. Parent Nutrition Education: A Registered Dietitian provided nutrition education to parents at the elementary level through structured outreach. Topics focused on balanced meals, child nutrition needs, and healthy food choices, supporting increased nutrition knowledge and family engagement in healthy eating behaviors. Career Day: Implemented at the elementary level, this activity featured the Food Truck to engage students in learning about careers in food service. Nutrition education was incorporated by discussing school nutrition standards, food safety, and health requirements that cafeterias must follow, supporting career awareness and nutrition knowledge.
2024-2025	Monthly Fresh Picks: Continued Parent Nutrition Education: Continued

	KISD Fun Run – Casey’s Kids: Child Nutrition participated by featuring the Food Truck and providing samples of healthy, fun food options, reinforcing nutrition education and healthy lifestyle messaging during the event.
2025-2026	Monthly Menu Promotions: Implemented across all campuses, these promotions feature themed menus paired with nutrition education. Educational materials are distributed to campuses at the beginning of each month and posted on serving lines to support consistent nutrition messaging at the point of service. Healthy Heart Month: Implemented in February across all campuses, this initiative promoted heart-healthy food offerings and nutrition education focused on cardiovascular health, supporting student awareness of healthy eating behaviors. Eat the Rainbow Campaign: Implemented in March at elementary campuses, this campaign highlighted a vegetable of the day with nutrition education focused on the health benefits and importance of vegetable consumption, supporting increased exposure and nutrition awareness among students.

II. Nutrition Education

Goal 1

The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

- **Objective 1:** Teachers will use lessons from online resources to discuss My Food Plate, which are lessons in making good food choices.
- **Measure of Success:** Check for understanding by evaluating the student’s knowledge prior to and after each lesson.

- **2023–2026 Status: embedded in new science TEKS**

Goal 2

The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

- **Objective 1:** The District will promote nutrition education activities during the school year that will encourage student participation in learning and adopting healthy nutrition habits.
- **Measure of Success:** Monitor campus participation and feedback from stakeholders.
- **2023–2026 Status: embedded in new science TEKS**

Goal 3

Through the Keller Working on Wellness program (KWOW), the District shall provide opportunities for teachers and other staff responsible to engage in the nutrition education programs so they may exhibit healthy nutrition choices and are adequately prepared to effectively deliver the program.

- **Objective 1:** The District shall provide nutrition education activities to KISD employees that are concurrent with PE/Health nutrition curriculum through the District Wide Wednesday and other social media outlets.
- **Measure of Success:** Participation with each event

Academic Year	Activities & Initiatives
2023-2024	Go Red Heart Heath: 40 campuses participated; raised \$8528; Healthy Snack basket to school who raised the most money (Willis Lane and Freedom). Summer Activity Challenge: 220 participants; 17,178,179 minutes of activity recorded

Keller ISD
Wellness Plan Triennial Assessment

	Nutrition education classes: Building Healthy Meals, Grocery Tour, 5 Pillars of Health, Stress Overload (avg. ratings for classes 4.9) Wellness Minute Videos and relaxation exercises available to all employees: went out in DWW and on KWOW site Biometric Campus Screenings (education included): 1700+ employees; 2% decrease in Percent of Body Fat; 13% decrease in Fasting Blood Glucose; 25% decrease in LDL cholesterol 21 Day Snack Challenge: 108 employees participated; Healthy Snacking Quarterly KWOW Newsletters: healthy recipes and other healthy topics
2024-2025	Go Red - Heart Health: 40 campuses participated; 341 participated and raised \$458 (no t-shirt offered); Healthy Heart Nutrition shared with District in DWW Summer Activity Challenge: 125 participants Maintain, Don't Gain (weight loss): 55 staff participated; Reviewing Healthy Options for Weightless Management; Employees enjoyed the event Biometric Campus Screenings (education included): 444 employees (premium Incentive went away); 3% decrease in Percent of Body Fat; Diastolic BP is down 10 points; Systolic is down 14 points; TC/HDL Ratio is down 6 points
2025-2026	Go Red - Heart Health: 40 campuses participated; raised \$3600

	Summer Activity Challenge: 20 teams of 4 enrolled in the program; 80 participants; 380,000 minutes of activity recorded; Nutritional information for Health eating throughout the program
--	--

III. Physical Activity

Goal 1

The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

- **Objective 1:** The District will provide each campus with a well-equipped gym and playground with safe equipment supporting physical activity.
- **Measure of Success:** Review number of work orders submitted and completed regarding PE/playground equipment. Monitor student PE and playground injuries in regard to equipment safety

	2023-2024	2024-2025	2025-2026
Work orders	200	209	171 to date 1/22/26
Injuries	2558 total (not exclusive to equipment safety)	2884 total (not exclusive to equipment safety)	2117 YTD 1/30/26 (not exclusive to equipment safety)

- **Objective 2:** The District will advertise opportunities to help enhance physical activity experiences with campus volunteer groups. The purpose of this objective is to allow campuses the ability to create alternative physical activity options for students. Examples include painting hopscotch patterns and other props on sidewalks and patio areas around campus.
- **Measure of Success:** Participation and feedback

Keller ISD
Wellness Plan Triennial Assessment

- **2023–2026 Status:** not measured

Goal 2

The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events

- **Objective 1:** The District will provide opportunities for family events that include physical activities.
- **Measure of Success:** Participation and feedback

	2023-2024	2024-2025	2025-2026
Participation	3,118	4,092	3,945
Feedback	Positive overall. Parents, particularly at the elementary level, enjoy the opportunity to participate in physically active events with their children and school community. Cancelled too often for inclement weather that didn't materialize. Some run clubs cap participation.		

- **Objective 2:** The District will encourage schools to have physically active fundraisers with parent involvement.
- **Measure of Success:** Participation and feedback

	2023-2024	2024-2025	2025-2026
Participation	6,620	6,710	6,070
Feedback	Parents like fundraisers that do not require selling. Donation based fundraisers and those that get their kids active bring positive feedback. Low percentage of return on donations to school with Apex. Less successful since cell phones are no longer an option for communication. Students, parents, and staff enjoy the events and report they are good-spirited and fun.		

IV. Other School-Based Activities

Keller ISD
Wellness Plan Triennial Assessment

Goal 1

The District shall promote wellness for students and their families at suitable District and campus activities.

- **Objective 1:** The District will host an annual Back to School Health Fair (AKA Back to School Bash) prior to the start of school each year.
- **Measure of Success:** Measure of participation (families/students served), number of vendors present, community feedback

	2023-2024	2024-2025	2025-2026
Participation	Not measured	>2,000	>2,000
Vendors		74	78
Feedback		Very positive, hugely successful	1,484 backpacks provided with another 80 requested

- **Objective 2:** The District will host at least one public mental health event per school year that addresses topics of community concern. Topic examples include suicide awareness, drug awareness, and gun safety.
- **Measures of Success:** Measure of participation (families/students served), number of events held, community feedback

Academic Year	Activities & Initiatives
2023-2024	Suicide Awareness: 2 walk events were held; 1 in the spring and 1 in the fall. Approximately 100 people participated. Parent and community forums: Hosted through SHAC; Vaping presented by Stay on Track and Impact Teen Driving presented by Medical City Alliance.

Keller ISD
Wellness Plan Triennial Assessment

2024-2025	Suicide Awareness: 2 walk events were held; 1 in the spring and 1 in the fall. Approximately 100 people participated. QPR Training: 25 participants.
2025-2026	Suicide Awareness: 1 walk event was held in the fall with 50 participants. Parent and community forums: Hosted through SHAC; Drug Awareness; 35 attendees

Goal 2

The District shall promote employee wellness activities and involvement at suitable district and campus activities.

- **Objective 1:** The District will promote employee health and wellness by conducting an annual health and wellness fair in conjunction with a community fun run, such as Casey's Kids
- **Measure of Success:** Measure participation in Fun Run and Walk. Number of vendors, community feedback

	2023-2024	2024-2025	2025-2026
Participation	765	7,067	956
Vendors	35	36	46
Feedback	"It was a great event! You can expect us to be there next year!" or It was a beautiful day and a beautiful event."	"Everything was perfect! We are always so happy to be out there with your team and the wonderful families in our community." "The Bingo Card is a great idea. It encourages participants to visit all the	Event was a huge success. Parents/students excited about prizes, Casey Kids Cup and Bingo Card.

Keller ISD
Wellness Plan Triennial Assessment

		Health and Wellbeing events."	
--	--	----------------------------------	--