Triennial Assessment Report: Triennial Wellness Assessment (8/2026)
District: COMMUNITY ISD

Introduction

WellSAT Policy and Practice identified opportunities to strengthen alignment between the Board-adopted wellness goals in FFA(LOCAL) and the objectives, action steps, and methods for measuring implementation contained in the District Wellness Plan, FFA(REGULATION). The SHAC will review and revise the wellness plan to improve alignment, establish measurable implementation methods and address each Board-adopted wellness goal.
Community ISD completed this Triennial Assessment through collaboration of Curriculum and Instruction, Child Nutrition, Health Services, Administration, Physical Education Instructors and our local SHAC. Discussion of the triennial wellness assessment among the local SHAC occurred in May 2026 with the Assessment completed in August 2026.
With no prior record to compare the previous assessment, we can only proceed forward to make the improvements needed from completing this WellSAT.

Strong Policies and Aligned Practices

Community ISD excelled in the federal requirements regarding nutrition and following the Smart Snack Standards. The Child Nutrition Department has a passion for ensuring wellness and promoting lifelong healthy lifestyles for our students. This is aided by each campus having a wellness champion.

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	**2**	**2**	☆
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?	**2**	**2**	☆
FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	**2**	**2**	☆
FR9	Do all foods and beverages sold in school stores during the school day meet Smart Snack standards?	**2**	**2**	☆
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?	**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**	☆
NES1	Does the district offer breakfast every day to all students?	**2**	**2**	☆
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**	☆

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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**	☆
PEPA11	Are there opportunities for families and community members to engage in physical activity at school?	**2**	**2**	☆
EW1	Are there strategies used by the school to support employee wellness?	**2**	**2**	☆
IC1	Is there an active district-level wellness committee?	**2**	**2**	☆

Create Practice Implementation Plan

For PEPA4-6 there will be no Practice improvement, as being a 4 day school week, our students receive <150 minutes of scheduled physical activity. There is room for improvement regarding our nutrition education and that will involve curriculum and instruction reviewing an updated wellness plan. The Wellness Plan is under review by the local SHAC and can be implemented within a presumed 30 days. A Campus Wellness Implementation Tool was created and will be dispersed among each campus admin annually to review our Practice compared to Policy with areas to document corrective action or support needed.

		Policy Score	**Practice Score**	
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?	**2**	**1**	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	**1**	**0**	
FR13	Which groups are represented on the district-level wellness committee?	**2**	**1**	
NES13	Do teachers or school staff give students food as a reward?	**1**	**0**	
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	**1**	**0**	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	**1**	**0**	
NE5	Is nutrition education integrated into other subjects beyond health education?	**2**	**0**	
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	**1**	**0**	

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PEPA5	How many minutes per week of PE does each grade in middle school receive?	**1**	**0**	
PEPA6	How many minutes per week of PE does each grade in high school receive?	**1**	**0**	
PEPA12	Are there opportunities for all students to engage in physical activity before and after school?	**2**	**1**	

Update Policies

Reviewing our Wellness Plan, FFA(REGULATION), to our Wellness Policy, FFA(LOCAL), only 1 of the 3 Nutrition Education Goals were listed, only 4 of the 7 Physical Activity Goals were listed and only 2 of the 4 Other School Based Activity Goals were listed. By expanding our Wellness Plan to reflect the goals listed in the Wellness Policy, we should have a wellness plan that better reflects the Wellness policy. Community ISD is also implementing a Model Recess/ Unstructured Play Wellness Plan Implementation to corresponding to HB 2849. The Local SHAC is reviewing all of the updates next week, and if a quorum is present and the updates are agreed upon, implementation can presumably occur within 30 days.

		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?	**1**	**2**	
FR3	Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals?	**0**	**2**	
FR4	Is free (i.e., no cost to students) drinking water available to students during meals?	**0**	**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?	**0**	**2**	
FR18	Has the wellness policy been revised based on the previous triennial assessment?	**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**	
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**	**2**	
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	**0**	**2**	

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PEPA3	How does your physical education program promote a physically active lifestyle?	**1**	**2**	
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	**0**	**2**	
PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	**1**	**2**	
PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	**0**	**2**	
PEPA13	Is there daily recess for all grades in elementary school?	**1**	**2**	
PEPA15	Does the district have “joint-use” or “shared-use” agreements?	**0**	**2**	

Opportunities for Growth

Community ISD has no federal requirements in this section. Some of these policies require no revision at this time due to the guidelines in the District follows. For example NES9, the District utilizes all 6 fundraiser days. NES10, our district sells caffeinated beverages a la carte to the High school students. NES12, the District has no nutrition restrictions on after-school concession/fundraiser foods. NES14 was an technology error, the practice score should be "2". Some of the PEPA questions will be improved after the Model Recess/Unstructured Play Implementation is approved.
The wellness plan is under review by the local SHAC and if a quorum is met and an agreement is found, these updates can presumably occur within 30 days.

		Policy Score	**Practice Score**	
NES2	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	**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**	
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**	
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	**0**	**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?	**1**	**1**	

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NE7	Does nutrition education address agriculture and the food system?	**0**	**1**	
PEPA1	Does the district have a written physical education curriculum that is implemented consistently for every grade?	**1**	**1**	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	**0**	**0**	
PEPA14	Do teachers provide regular physical activity breaks for students in the classroom?	**0**	**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?	**0**	**1**	
PEPA18	Do teachers ever use physical activity as a punishment?	**0**	**0**	
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	**0**	**1**	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	**0**	**1**	
IC2	Is there an active school-level wellness committee?	**0**	**0**	

Conclusion

Community ISD is a growing district committed to supporting the health, wellness, and success of every student. As part of the District's Triennial Wellness Assessment, Community ISD reviewed its Local School Wellness Policy and Wellness Plan and compared the District's written policies with current practices using the WellSAT assessment tools.

The assessment identified many areas in which the District's current practices support student health and wellness, as well as opportunities to strengthen and update the written Wellness Plan to better reflect practices already in place. It also highlighted areas for continued growth and improvement.

Community ISD will use the results of this assessment, in collaboration with the School Health Advisory Council (SHAC) and District Staff, to review and update the Wellness Plan and identify meaningful opportunities to further support nutrition, physical activity, student wellness, and healthy school environments.

As our District continues to grow, Community ISD remains committed to reviewing our practices, celebrating areas of strength, and making thoughtful improvements that support the overall health, wellness and education of our students.

Key

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

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 **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

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