Triennial Assessment Report: Waxahachie ISD Triennial Assessment (1/2024)
District: WAXAHACHIE ISD

Introduction

Required every 3 years after the initial adoption of the Wellness Plan/Policy by the district
• Federal and State mandate that requires Student Nutrition departments that participate in the National School Breakfast &
Lunch Program to complete the assessment
• The triennial assessment is a tool and reference for the district and the SHAC to use if/when updates or changes to the Wellness
Plan/Policy are recommended.

Strong Policies and Aligned Practices

Our district has made significant progress in meeting and sustaining wellness goals as demonstrated in this assessment. Each item in this section reflects strong policies and aligned practices, showing our commitment to student health, nutrition, and overall well-being.

		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**	☆
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**	☆
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**	☆

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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**	**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**	☆
FR13	Which groups are represented on the district-level wellness committee?	**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**	☆
FR18	Has the wellness policy been revised based on the previous triennial assessment?	**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**	☆
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**	☆

NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	**2**	**2**	☆
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	**2**	**2**	☆
NE5	Is nutrition education integrated into other subjects beyond health 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**	☆
PEPA5	How many minutes per week of PE does each grade in middle school receive?	**2**	**2**	☆
PEPA12	Are there opportunities for all students to engage in physical activity before and after school?	**2**	**2**	☆
PEPA13	Is there daily recess for all grades in elementary school?	**2**	**2**	☆
PEPA15	Does the district have “joint-use” or “shared-use” agreements?	**2**	**2**	☆

EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	**2**	**2**	☆
IC1	Is there an active district-level wellness committee?	**2**	**2**	☆

Create Practice Implementation Plan

FR11:The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function.

NES9: The exemptions allowed are for foods to be consumed "outside" the school day.

		Policy Score	Practice Score	
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	**1**	**0**	
NES7	In your district, is it a priority to procure locally produced foods for school meals?	**2**	**1**	
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?	**2**	**1**	
NE1	Are skills-based, behavior-focused, and interactive/ participatory methods used in nutrition education to develop student skills?	**2**	**1**	
PEPA11	Are there opportunities for families and community members to engage in physical activity at school?	**2**	**1**	

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Update Policies

This section highlights areas where our district is already demonstrating strong practices but needs to strengthen written policy language to ensure long-term consistency, compliance, and accountability. Several of the items identified are federal requirements, while others represent opportunities for continued growth in our wellness initiatives. Some are written policies for the district, they are just not included in the Wellness Plan.
All updates will include clear, measurable language to ensure practices are consistently implemented across schools.

		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**	
NES2	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	**0**	**2**	
NES3	Does your school or district provide information to families about eligibility for free or reduced-price meals?	**1**	**2**	
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	**1**	**2**	
NE7	 Does nutrition education address agriculture and the food system?	**1**	**2**	
EW1	 Are there strategies used by the school to support employee wellness?	**1**	**2**	

Opportunities for Growth

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		Policy Score	Practice Score	
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**	**1**	
NES10	Are foods or beverages containing caffeine sold at the high school level?	**0**	**0**	
NE4	Do all high school students receive sequential and comprehensive nutrition education?	**1**	**1**	
PEPA6	How many minutes per week of PE does each grade in high school receive?	**1**	**1**	

Conclusion

Our district is committed to creating a healthy learning environment where students can thrive. This assessment shows that we have strong policies and practices in place to support student wellness, including access to nutritious meals, free drinking water, physical education, and opportunities for daily activity. We are also making progress in areas such as nutrition education, staff training, and student privacy.

Looking ahead, we will continue strengthening our wellness policy to fully meet all federal requirements and to expand programs that benefit both students and staff. By working together—families, schools, and community partners—we can ensure that every child has the tools they need to make healthy choices and succeed in school and in life.

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

 **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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