

Local Wellness Policy: Triennial Assessment

July 1st, 2022

Background Information

A local school wellness policy is a written document that guides a local education agency's (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. The wellness policy requirement was strengthened by the Healthy, Hunger-Free Kids (HHKA) Act of 2010. An assessment of the school wellness policy must be conducted a minimum of once every three years; however, LEAs may assess the policy more frequently.

Triennial Recordkeeping

This assessment resource is offered to summarize the information gathered during the assessment. It contains the three required components:

- 1) Compliance with the wellness policy
- 2) How the wellness policy compares to model wellness policies
- 3) Progress made in attaining the goals of the wellness policy

LEAs can document the assessment in other formats as long as the three required components are included. Keep a copy of the most recent triennial assessment, school building progress reports and additional supporting documentation on file. These will be needed during a School Nutrition Program administrative review.

Triennial Assessment Summary

The following sections are included in this resource as a tool to document compliance:

- Section 1: General Information and Wellness Committee
- Section 2: Compliance with the Wellness Policy
- Section 3: Comparison to Model School Wellness Policies
- Section 4: Progress Towards Goals

Public Updates

HHKA requires that LEAs make the following available to the public. This can include posting the information on the school website or information on how the public can request copies.

- The wellness policy, including any updates to and about the wellness policy, on an annual basis,
- The Triennial assessment, which needs to include documentation of progress towards meeting the goals of the policy.

Resources

- [USDA Local School Wellness Policy](#) – Resources include LWP outreach toolkit, tips for funding and monitoring, and summary of the final rule.
- [CDC Local School Wellness Policy](#) – Outlines LWP requirements, details stories from school districts that put LWP into action and lists additional resources.

Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	Great Hearts America – Texas
Date Triennial Assessment was Completed	
Date of Last Wellness Policy Review	09-27-2018
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	<ul style="list-style-type: none"> • https://texas.greatheartamerica.org/ • Email: meals@greatheartstx.org
How often does the school wellness committee meet? Date of last meeting?	<i>Frequency: As needed to review and assess the wellness policy.</i> <i>Date of last meeting: 06/01/2022</i>

Designated School Wellness Leader

LEAs must designate at least one school official responsible for determining the extent to which each school under their jurisdiction is in compliance with the wellness policy.

Name	Job Title	Email
D'Ann Hart	Auxiliary Services Manager	dann.hart@greatheartstx.org

School Wellness Committee Members

Name	Job Title/Volunteer	Email
Kristen VonBerg	District Nurse	kristen.vonberg@greatheartstx.org
April Hufty	Director of Auxiliary Services	April.hufty@greatheartstx.org
Rachel Rogoff	Senior Growth & Compliance Manager	rachel.rogoff@greatheartstx.org
Amanda Andrade	Academy Service Team Coordinator	amanda.andrade@greatheartstx.org

Section 2: Compliance with the Wellness Policy

At a minimum, local wellness policies are required to include (verify all the following are included in the school wellness policy by checking the boxes below):

Specific goals for:

- Nutrition promotion and education,
- Physical activity, and
- Other school-based activities that promote student wellness.

- Standards and nutrition guidelines for all foods and beverages sold to students before, during and 30 minutes after the school day.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of public involvement, public updates, policy leadership, and evaluation plan.

Another form of documentation for Section 2 is the [School Wellness Policy Checklist](#).

Section 3: Comparison to Model School Wellness Policies

The [Alliance for a Healthier Generation Model Policy](#) is to be used as a best practice guide.

Compare local wellness policy language with the model policy and identify areas where the language is comparable to the model policy and potential areas that can be strengthened.

Please see the WellSAT results for the Great Hearts

- [WellSAT 3.0](#): Online quantitative tool that determines where revisions are needed to strengthen the language in school wellness policies and provides sample language.

Section 4: Progress Towards Goals

Use the [School Wellness Policy Progress Report](#) (see next pages) to document compliance and progress towards each goal at the school building level. The report can include information for each building or include progress for all buildings (please clearly identify buildings and associated progress).

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Local Wellness Policy Progress Report

School Name: Great Hearts America - Texas

Wellness Policy Contact: D'Ann Hart – dann.hart@greatheartstx.org

Date Completed:

This tool is to document progress in meeting the goals written in the district's wellness policy at each school building. Document steps that have or will be taken to accomplish each goal. In the "Contact Person" column identify the individual who can report on the goals' progress. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of those goals. Add more lines for goals as needed.

Nutrition Education and Promotion Goals

1. Goal: Schools will educate, encourage and support healthy eating by all students of all ages.
 - a. Status: Partially in Place
 - b. Steps Taken to Implement:
 - i. Nutrition education is included in the PE classes.
 - ii. There is signage in the serving line regarding the components of a complete and reimbursable meal.
 - iii. A variety of fruits and vegetables are served through the meal program.
 - iv. Menus, which linked to nutritional information, were posted on campus websites and available to the public.
 - c. Next Steps:
 - i. Great Hearts will review and propose one of the TDA approved stand-alone nutrition education curriculums to be implemented in the PE, or other appropriate, class.
 - ii. Great Hearts will post educational posters or signage that promote healthy foods, fruits, vegetables, and smart snacks.
 - iii. School nutrition staff will share nutrition education materials with campuses, parents, and students through the school websites, newsletters, and signage in the serving line.

Physical Activity Goals

1. Goal: Schools will provide opportunities for students to regularly participate in physical activity and maintain physical fitness.
 - a. Status: Fully in Place
 - b. Steps Taken to Implement:
 - i. PE classes are held in gyms and outside, when weather allows.

- ii. Students in K-6th grades have PE and/or recess everyday. Upper grades have opportunities during lunch or classroom breaks to move around and play outside.
 - iii. PE Coaches receive professional development and have a purposeful curriculum.
 - iv. Teachers are encouraged to give several stretch or “brain” breaks per day in their classrooms.
 - v. Clubs vary from campus to campus, but there are clubs that promote some sort of sport or physical activity on each campus.
 - vi. Athletic Field day is held every year. Schools also hold an Academic Field day that involves the students moving from station to station throughout the day.
- c. Next Steps:
- i. Encourage the campuses to provide more opportunities for movement during transitions – hallway “obstacle courses”, for example.
 - ii. Ensure that after school clubs include physical activities or casual sports for all grades, and enough to support the student population.
 - iii. Improve the recess and playground areas regarding space, ground surface, sport courts, or even painted sidewalk games.
 - iv. Provide more recess equipment, such as balls, jump ropes, cones, flag football belts, soccer goals, etc. so that all kids have access to equipment at the same time.
 - v. Promote school sports participation and spectator attendance. Share district or regional wins and photos in the newsletters.
2. Goal: Schools will adopt or exceed the state standards for physical activity.
- a. Status: Fully in Place
 - b. Steps Taken to Implement:
 - i. Kindergarten – 1st grade: 40 minutes of PE, every other day & two 20-minute recesses everyday
 - ii. 2nd-3rd grade: 40 minutes of PE, every other day & two 15-minute recesses everyday
 - iii. 4th grade: 40 minutes of PE, every other day & one 20-minute recess everyday
 - iv. 5th grade: 40 minutes of PE, every other day & one 15-minute recess everyday
 - v. 6th grade: 40 minutes of PE, twice per week, and an additional 40 minutes every 4 weeks
 - vi. 7th – 8th grade: 60 minutes of PE, twice per week, and an additional 45 minutes every other week
 - vii. 9th – 12th grade: 1.0 PE credit
 - c. Next Steps: Continue to review and ensure that the PE minutes meet TEA requirements.

Standards and Nutrition Guidelines

1. Goal: Schools will comply with the current USDA Dietary Guidelines for Americans and the Texas Public Schools Nutrition Policy.
 - a. Status: Partially in Place
 - b. Steps Taken to Implement:
 - i. Reimbursable meals meet TDA dietary guidelines.
 - ii. Food is made as attractive as vended meals can be.
 - iii. No drinks, other than water, milk, and fruit or vegetable juice is available on campus.
 - iv. Competitive foods are limited to exempt fundraising days.
 - v. Menus and nutritional information is available on our campus websites.
 - vi. Water bottles are encouraged for students in the classroom. There are water fountains and/or refill stations on all campuses and in/near lunchrooms.
 - c. Next Steps:
 - i. Provide training to campus directors regarding fundraisers, smart snacks, and reimbursable meals.
 - ii. Establish an official food fundraising policy and coordinate dates with each campus.
 - iii. Ensure that all competitive foods sold at meal times meet Smart Snacks standards.
 - iv. Switch to a cook-onsite model to improve food quality and presentation.
 - v. School nutrition staff will continue to receive training on compliance, standards, and policy.
2. Goal: Schools will comply with the current USDA Dietary Guidelines for Americans, Texas Public School Nutrition Policy as well as adhere to the following restrictions:
 - a. A la Carte
 - i. Status: Partially in Place
 - ii. Steps Taken to Implement: Food logos are minimized on campus
 - iii. Next Steps: Provide Smart Snacks signage to inform students of nutritional information.
 - b. Vending machines
 - i. Status: Fully in Place
 - ii. Steps Taken to Implement: No vending machines on campus.
 - iii. Next Steps: Verify with our rented/shared spaces and create a plan for if they decide to install a machine.
 - c. Fundraisers
 - i. Status: Partially in Place
 - ii. Steps Taken to Implement: Any fundraising with food has occurred outside of the school day.
 - iii. Next Steps:
 1. Coordinate with campuses to designate and plan for the exempt fundraiser dates and food availability.
 2. Educate the PSOs on each campus regarding allowable fundraisers and offer non-food fundraising suggestions.
 3. Ensure that fundraising does not compete with meal services.

- d. Class Parties
 - i. Status: Fully in Place
 - ii. Steps Taken to Implement: There are no restrictions on class birthday celebrations.
 - iii. Next Steps:
 - 1. Review the parent feedback regarding classroom parties.
 - 2. Encourage parents to bring age-appropriate serving sizes or mini versions of treats for class parties.
 - 3. Encourage campuses to consolidate birthdays into one monthly classroom celebration to limit the number of treat days.
- e. Others
 - i. Status: Fully in Place
 - ii. Steps Taken to Implement: Campuses promote school activities, such as family barn dances or family hikes, that encourage physical and health lifestyles.
 - iii. Next Steps: Continue to encourage campuses to hold active family events.

Other School Based Activity Goals

- 1. Goal: Schools will create a total school environment that is conducive to being physically active.
 - a. Status: Partially in Place
 - b. Steps Taken to Implement:
 - i. Campuses have active afterschool clubs, as well as organized sports.
 - ii. Teachers are encouraged to incorporate movement in the classroom as appropriate.
 - c. Next Steps:
 - i. Remove the “No Recess” from the clip down chart.
 - ii. If lunch and recess are back-to-back, schedule the recess before lunch to encourage students to eat their lunch.
 - iii. Strongly encourage campuses to extend lunchtime more than 20 minutes to allow students to finish eating.
 - iv. Schedule “wiggle” or “brain” breaks every hour in the classroom.
 - v. Look into implementing a sidewalk or hallway “obstacle” course for extra movement during transition time or as a walking break.
 - vi. Create engaging recess activities or opportunities for games by providing enough recess equipment and an inviting play area.

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