

Wellness Policy Assessment Tool

Form 357 Rev 9/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name **Hughes Springs ISD**

Reviewer **SHAC**

School Name **Hughes Springs Elementary**

Date **10/26/2023**

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

I. Public Involvement

- 5 We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:
 - Administrators
 - School Food Service Staff
 - P.E. Teachers
 - Parents
 - School Board Members
 - School Health Professionals
 - Students
 - Public
- 5 We have a designee in charge of compliance.

Name/Title: **Kristina Gardner, Curriculum Director**
- 5 We make our policy available to the public.

Please describe: **www.hsisd.net**
- 5 We measure the implementation of our policy goals and communicate results to the public.

Please describe: **www.hsisd.net - every 3 years**
- 5 Our district reviews the wellness policy at least annually.

II. Nutrition Education

- 5 Our district's written wellness policy includes measurable goals for nutrition education.
- 5 We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).
- 5 We offer nutrition education to students in:
 - Elementary School
 - Middle School
 - High School

PRE-K

III. Nutrition Promotion

- 5 Our district's written wellness policy includes measurable goals for nutrition promotion.
- 5 We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
- 5 We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.
- 5 We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
- 5 We ensure students have access to hand-washing facilities prior to meals.
- 5 We annually evaluate how to market and promote our school meal program(s).
- 3 We regularly share school meal nutrition, calorie, and sodium content information with students and families. **In Progress**
- 3 We offer taste testing or menu planning opportunities to our students. **When Available at Region 8 ESC**
- 4 We participate in Farm to School activities and/or have a school garden.
- 3 We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc). **Concession Stand!**
- 5 We price nutritious foods and beverages lower than less nutritious foods and beverages. **N/A FREE MEALS**
- 5 We offer fruits or non-fried vegetables in:
 - Vending Machines
 - School Stores
 - Snack Bars
 - à La Carte
- 5 We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
- 5 We provide teachers with samples of alternative reward options other than food or beverages.
- 1 We prohibit the use of food and beverages as a reward.

IV. Nutrition Guidelines (Cont. from page 1)

- Yes No Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- Yes No We operate the School Breakfast program: Before School In the Classroom Grab & Go
- Yes No We follow all nutrition regulations for the National School Lunch Program (NSLP).
- Yes No We operate an Afterschool Snack Program.
- Yes No We operate the Fresh Fruit and Vegetable Program.
- Yes No We have a Certified Food Handler as our Food Service Manager.
- Yes No We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 - as à La Carte Offerings in School Stores in Vending Machines as Fundraisers

V. Physical Activity

- Yes No Our district's written wellness policy includes measurable goals for physical activity.
- Yes No We provide physical education for elementary students on a weekly basis.
- We provide physical education for middle school during a term or semester. *NOT APPLICABLE*
- We require physical education classes for graduation (high schools only). *NOT APPLICABLE*
- We provide recess for elementary students on a daily basis.
- Yes No We provide opportunities for physical activity integrated throughout the day.
- Yes No We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Yes No Teachers are allowed to offer physical activity as a reward for students.
- Yes No We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

VI. Other School Based Wellness Activities

- Yes No Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness. *Offered through Community organizations*
- Yes No We provide training to staff on the importance of modeling healthy behaviors.
- Yes No We provide annual training to all staff on: Nutrition Physical Activity
- Yes No We have a staff wellness program.
- Yes No We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- Yes No We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- Yes No We have a recycling /environmental stewardship program.
- Yes No We have a recognition /reward program for students who exhibit healthy behaviors.
- Yes No We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

- Staff wellness program (Biggest Loser)
- healthy habits program through PE

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name: Position/Title:

Email: Phone:

Scoring of the Wellness Policy Assessment Tool

Legend

1-Poor

3-Needs Work

5-Satisfactory

Elementary Scoring

Legend

1-Poor-11 total is =11 adding up the question.

3-Needs Work-4 total is = 12 adding up the question

5-Satisfactory-31 total is =155 adding up the question

Total of all the questions added together are 178.

178 divided 46 questions =3.9 of 5

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LEA/District Name **Hughes Springs ISD**

Reviewer **SHAC**

School Name **Hughes Springs Junior High**

Date **10/26/2023**

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

I. Public Involvement

- 5 We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:
- | | | | |
|--|---|---|---|
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input checked="" type="checkbox"/> Parents |
| <input checked="" type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> Students | <input checked="" type="checkbox"/> Public |
- 5 We have a designee in charge of compliance.
- Name/Title: **Kristina Gardner, Curriculum Director**
- 5 We make our policy available to the public.
- Please describe: **www.hsisd.net**
- 5 We measure the implementation of our policy goals and communicate results to the public.
- Please describe: **www.hsisd.net - every 3 years**
- 5 Our district reviews the wellness policy at least annually.

II. Nutrition Education

- 5 Our district's written wellness policy includes measurable goals for nutrition education.
- 5 We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).
- 5 We offer nutrition education to students in: Elementary School Middle School High School

III. Nutrition Promotion

- 5 Our district's written wellness policy includes measurable goals for nutrition promotion.
- 5 We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
- 5 We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.
- 5 We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
- 5 We ensure students have access to hand-washing facilities prior to meals.
- 5 We annually evaluate how to market and promote our school meal program(s).
- 3 We regularly share school meal nutrition, calorie, and sodium content information with students and families. **In Progress**
- 3 We offer taste testing or menu planning opportunities to our students. **When Available at Region 8 ESC**
- 1 We participate in Farm to School activities and/or have a school garden.
- 3 We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc). **Concession Stand!**
- 5 We price nutritious foods and beverages lower than less nutritious foods and beverages. **Meals are FREE**
- 5 We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte
- 1 We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
- 5 We provide teachers with samples of alternative reward options other than food or beverages.
- 3 We prohibit the use of food and beverages as a reward.

(Cont. on page 2)

IV. Nutrition Guidelines (Cont. from page 1)

- 5 Yes No Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- 5 Yes No We operate the School Breakfast program: Before School In the Classroom Grab & Go
- 5 Yes No We follow all nutrition regulations for the National School Lunch Program (NSLP).
- 1 Yes No We operate an Afterschool Snack Program.
- 5 Yes No We operate the Fresh Fruit and Vegetable Program.
- 5 Yes No We have a Certified Food Handler as our Food Service Manager.
- 5 Yes No We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 - as à La Carte Offerings in School Stores in Vending Machines as Fundraisers
 - Cafe Snack Bar*

V. Physical Activity

- 5 Yes No Our district's written wellness policy includes measurable goals for physical activity.
- Yes No We provide physical education for elementary students on a weekly basis. *Not applicable*
- 5 Yes No We provide physical education for middle school during a term or semester.
- Yes No We require physical education classes for graduation (high schools only). *Not applicable*
- Yes No We provide recess for elementary students on a daily basis. *Not applicable*
- 5 Yes No We provide opportunities for physical activity integrated throughout the day.
- Yes No We prohibit staff and teachers from keeping kids in from recess for punitive reasons. *Not applicable*
- 5 Yes No Teachers are allowed to offer physical activity as a reward for students.
- 5 Yes No We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs *Cheer*

VI. Other School Based Wellness Activities *Community Based Organizations*

- 5 Yes No Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- 1 Yes No We provide training to staff on the importance of modeling healthy behaviors.
- 3 Yes No We provide annual training to all staff on: Nutrition Physical Activity
- 3 Yes No We have a staff wellness program.
- 5 Yes No We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- 1 Yes No We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- 1 Yes No We have a recycling /environmental stewardship program.
- 1 Yes No We have a recognition /reward program for students who exhibit healthy behaviors.
- 5 Yes No We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

- Staff wellness program (Biggest Loser)

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name	<i>Kristina Gardner</i>	Position/Title	<i>Curriculum Director</i>
Email	<i>gardnerk@hsisd.net</i>	Phone	<i>903-639-3810</i>

Scoring of the Wellness Policy Assessment Tool

Legend

1-Poor

3-Needs Work

5-Satisfactory

Junior High Scoring

Legend

1-Poor-7 total is =7 adding up the question.

3-Needs Work-6 total is = 18 adding up the question

5-Satisfactory-31 total is =155 adding up the question

Total of all the questions added together are 180.

180 divided 44 questions =4.1 of 5

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LEA/District Name **Hughes Springs ISD**

Reviewer **SHAC**

School Name **Hughes Springs High School**

Date **10/26/2023**

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

I. Public Involvement

5 We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

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

5 We have a designee in charge of compliance.

Name/Title: **Kristina Gardner, Curriculum Director**

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Please describe: **www.hsisd.net**

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Please describe: **www.hsisd.net - every 3 years**

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5 We ensure students have access to hand-washing facilities prior to meals.

5 We annually evaluate how to market and promote our school meal program(s).

3 We regularly share school meal nutrition, calorie, and sodium content information with students and families. **In Progress**

3 We offer taste testing or menu planning opportunities to our students. **When Available at Region 8 ESC**

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1 We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc). **Concession Stand!**

5 We price nutritious foods and beverages lower than less nutritious foods and beverages.

5 We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte

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

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- 5 Yes No We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 - as à La Carte Offerings in School Stores in Vending Machines as Fundraisers

V. Physical Activity

Cafe Snack Bar

- 5 Yes No Our district's written wellness policy includes measurable goals for physical activity.
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- 5 Yes No We provide opportunities for physical activity integrated throughout the day.
- Yes No We prohibit staff and teachers from keeping kids in from recess for punitive reasons. *Not applicable*
- 5 Yes No Teachers are allowed to offer physical activity as a reward for students.
- 5 Yes No We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

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Name: Position/Title:

Email: Phone:

Scoring of the Wellness Policy Assessment Tool

Legend

1-Poor

3-Needs Work

5-Satisfactory

High School Scoring

Legend

1-Poor-10 total is =10 adding up the question.

3-Needs Work-3 total is = 9 adding up the question

5-Satisfactory-31 total is =155 adding up the question

Total of all the questions added together are 174.

174 divided 44 questions =4.0 of 5

For all the campus Elementary 3.9 of 5

Junior High 4.1 of 5

High School 4.0 of 5

Grand Total of all campus 12.0 divided by 3 comes to 4.0 of 5 over all.