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/D	istrict l	Name Hughes Springs ISD Reviewer SHAC			
School	Name	Hughes Springs Elementary Date 10/26/2023			
Select all grades: PK K K 1 2 X 3 X 4 X 5 K 6 7 8 9 10 11 12					
Yes	No	I. Public Involvement			
Ø	\circ	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			
		Administrators School Food Service Staff P.E. Teachers Parents School Board Members School Health Professionals Students			
Ø	0	We have a designee in charge of compliance.			
		Name/Title: Kristina gardner, Curriculum Director			
0	0	We make our policy available to the public.			
		Please describe: Www. hsisd.net			
d	\bigcirc	We measure the implementation of our policy goals and communicate results to the public.			
		Please describe: www.hsisd.net - every 3 years			
d	0				
		Our district reviews the wellness policy at least annually.			
Yes	000	II. Nutrition Education			
		Our district's written wellness policy includes measurable goals for nutrition education.			
		We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).			
•		We offer nutrition education to students in: Elementary School Middle School High School PRE-IX			
Yes	No	III. Nutrition Promotion			
	0	Our district's written wellness policy includes measurable goals for nutrition promotion.			
\odot	\circ	We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.			
	0000	We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.			
\bigotimes		We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).			
Ø		We ensure students have access to hand-washing facilities prior to meals.			
\odot	\mathcal{L}	We annually evaluate how to market and promote our school meal program(s).			
Ŏ	/	We regularly share school meal nutrition, calorie, and sodium content information with students and families. In Progress			
0		We offer taste testing or menu planning opportunities to our students. When Available at Region 8 ESC			
0		We participate in Farm to School activities and/or have a school garden.			
000	Ø,	We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc). (Oncessiv			
	Ö	we price intimitions roods and beverages rower trian less notations roods and beverages.			
	0	We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.			
X		We provide teachers with samples of alternative reward options other than food or beverages.			
$\tilde{0}$		We prohibit the use of food and beverages as a reward.			
		(Cont. on page 2)			

		51 # by 4 kd	Elementary	
Yes	No	IV. Nutrition Guidelines (Cont. from page 1)		
Ø	0	Our district's written wellness policy addresses putrition standards f	for USDA reimbursable meals.	
Ø,	0	We operate the School Breakfast program: Before School	In the Classroom Grab & Go	
Ø	0	We follow all nutrition regulations for the National School Lunch Pro	ogram (NSLP).	
0	0	We operate an Afterschool Snack Program.		
Ø	0	We operate the Fresh Fruit and Vegetable Program.		
0	0	We have a Certified Food Handler as our Food Service Manager.		
Ø	0	We have adopted and implemented Smart Snacks nutrition standard	ds for ALL items sold during school hours, inclu	ıding:
		as à La Carte Offerings in School Stores in Vending	g Machines as Fundraisers	
Yes	No	V. Physical Activity	· ·	
Ø,	0	Our district's written wellness policy includes measurable goals for p	physical activity.	
Ø	0	We provide physical education for elementary students on a weekly	basis.	
0	0	We provide physical education for middle school during a term or se	emester. NOT APPUICABLE	
0,	0	We require physical education classes for graduation (high schools o	The Company of the Co	
0	0	We provide recess for elementary students on a daily basis.		
0000	0	We provide opportunities for physical activity integrated throughout	it the day.	
0	0	We prohibit staff and teachers from keeping kids in from recess for p	punitive reasons.	
0	0	Teachers are allowed to offer physical activity as a reward for studen	nts.	
0	0	We offer before or after school physical activity: Competitive s	sports Non-competitive sports Oth	ner clubs
Yes	No	VI. Other School Based Wellness Activities	Offered through Commi	rn'ty
\otimes	0	Our district's written wellness policy includes measurable goals for o	other school-based activities that promote well	ness.
0	0/	We provide training to staff on the importance of modeling healthy t	behaviors.	
0	Ø	We provide annual training to all staff on: Nutrition	Physical Activity	
0	0	We have a staff wellness program.		
0	0	We have school district staff who are CPR certified (e.g. teachers, coac	ches, counselors, food service staff).	
0	0	We actively promote walk or bike to school for students with Safe Ro	outes to School or other related programs.	
0	0/	We have a recycling/environmental stewardship program.	4	
0	0	We have a recognition /reward program for students who exhibit hea	althy behaviors.	
0/		We have community partnerships which support programs, projects,		
VII. P	rogr	ess Report: Indicate any additional wellness practices and/or future	re goals and describe progress made in	
	0	attaining the goals of the local wellness policy	,	
	CLal	f wellness program (Biggest Lose	er)	
I .				1
	hea	thy habits program through PE		
		notable the participación resoltó		
		And the same of the same property of the same of the s		47
			*	
VIII. C	onta	ct Information:		
For more	inform	ation about this school's wellness policy/practices, or ways to get invo	olved, contact the Wellness Committee Coordin	ator.
Name	K	ristina gardner	Position/Title Curriculum Dire	ector
Email	Ou	urdnerk@hsisd·net	Phone 903-639-3810	
	5			

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LEA/Di	strict N	Name Hughes Springs ISD Reviewer SHAC			
School	Name	Hughes Springs Junior High Date 10/26/2023			
Select a	Select all grades: PK K 1 2 3 4 5 6 7 7 8 9 10 11 12				
Yes	No	I. Public Involvement			
Ø	O	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			
Ø	0	We have a designee in charge of compliance.			
		Name/Title: Kristina gardner, Curriculum Director			
Ø	0	We make our policy available to the public.			
	0	Please describe: Www. hsisd.net			
\bigcirc		We measure the implementation of our policy goals and communicate results to the public.			
d		Please describe: www.hsisd.net - every 3 years			
\bigcirc	O	Our district reviews the wellness policy at least annually.			
Yes	No () () ()	II. Nutrition Education			
Ø,		Our district's written wellness policy includes measurable goals for nutrition education.			
0		We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc). We offer nutrition education to students in: Elementary School Middle School High School			
Yes	No	III. Nutrition Promotion			
0	0	Our district's written wellness policy includes measurable goals for nutrition promotion.			
Ø	Õ	We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.			
Q		We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.			
Ø		We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).			
Ø		We ensure students have access to hand-washing facilities prior to meals.			
		We annually evaluate how to market and promote our school meal program(s). We regularly share school meal nutrition, calorie, and sodium content information with students and families. In Progress			
ŏ	Ø	We offer taste testing or menu planning opportunities to our students. When Available at Region 8 ESC			
ŏ		We participate in Farm to School activities and/or have a school garden.			
0	Ø	We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc). (
Ø,	0,	We price nutritious foods and beverages lower than less nutritious foods and beverages. Meal 3 ave FREE Stand			
Ø		We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte			
0		We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.			
(We provide teachers with samples of alternative reward options other than food or beverages.			
\circ		We prohibit the use of food and beverages as a reward. (Cont. on page 2)			

					Junior High		
	Yes	No	IV. Nutrition Guidelines (Cont. from page 1)	1 45 24 5	James 11 July		
	Ø	0	Our district's written wellness policy addresses nutrition standards	for USDA reimbur	sable meals.		
	0	0	We operate the School Breakfast program: Me Graph & Go In the Classroom Graph & Go				
	Ø	0	We follow all nutrition regulations for the National School Lunch Program (NSLP).				
	0	0	We operate an Afterschool Snack Program.				
	Ø	0	We operate the Fresh Fruit and Vegetable Program.				
	0/	0	We have a Certified Food Handler as our Food Service Manager.				
	Ø	0	We have adopted and implemented Smart Snacks nutrition standard	ds for ALL items s	old during school hou	rs, including:	
			as à La Carte Offerings in School Stores in Vending	g Machines	as Fundraisers		
	Yes	No	V. Physical Activity Cafe Snack	e es fe	The second of the		
	Ø	0	Our district's written wellness policy includes measurable goals for p	physical activity.			
	0,	0	We provide physical education for elementary students on a weekly	basis. Not ap	pliable		
	0	0	We provide physical education for middle school during a term or se	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	- 2		
	0	0	We require physical education classes for graduation (high schools of	only). Not app	liable		
	0.	0	We provide recess for elementary students on a daily basis. Not a	The state of the s			
	0	0	We provide opportunities for physical activity integrated throughou				
	0	0	We prohibit staff and teachers from keeping kids in from recess for p	ounitive reasons.	Not applicable		
	0,	0	Teachers are allowed to offer physical activity as a reward for studen	ıts.		, Ch.20.	
	Ø	0			-competitive sports		
	Yes	No	VI. Other School Based Wellness Activities	Communi	ly Based Organ	izations	
	0	0	Our district's written wellness policy includes measurable goals for o	ther school-base	d activities that promo	ote wellness.	
	0	0	We provide training to staff on the importance of modeling healthy	behaviors.			
	We provide training to staff on the importance of modeling healthy behaviors. We provide annual training to all staff on: Nutrition Physical Activity We have a staff wellness program. We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).						
	0	\bigcirc	We have a staff wellness program.				
	Ø	O	We have school district staff who are CPR certified (e.g. teachers, coachers, coachers	ches, counselors,	food service staff).		
	Ó	Ø,	We actively promote walk or bike to school for students with Safe Ro	outes to School or	other related progran	ns.	
	We have a recycling /environmental stewardship program.						
	0	_	We have a recognition /reward program for students who exhibit hea				
	O		We have community partnerships which support programs, projects,				
1	VII. P	rogr	ess Report: Indicate any additional wellness practices and/or futu	re goals and desc	cribe progress made in		
Г			attaining the goals of the local wellness policy				
Annie de la companya	- (Stat	f wellness program (Biggest Lose				
disinistrations							
		*	active of the second section .				
Andreas and a second							
V	VIII. Contact Information:						
	For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.						
N	ame	K	ristina gardner	Position/Title	Curriculum	Director	
E	mail	90	avdnerk@hsisd·net	Phone	903-639-3	3810	
		. //					

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LEA/Di	strict l	Name Hughes Springs ISD Reviewer SHAC			
School	Name	Hughes Springs High School Date 10/26/2023			
Select a	Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12				
Yes	No O	 I. Public Involvement 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 			
Ø	0	We have a designee in charge of compliance.			
,		Name/Title: Kristina gardner, Curriculum Director			
Ø	0	We make our policy available to the public.			
1		Please describe: Www. hsisd.net			
\bigcirc	0	We measure the implementation of our policy goals and communicate results to the public.			
_	_	Please describe: www.hsisd.net - every 3 years			
\bigcirc	O	Our district reviews the wellness policy at least annually.			
Yes	No () () ()	II. Nutrition Education			
Ø		Our district's written wellness policy includes measurable goals for nutrition education.			
0		We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc). We offer nutrition education to students in: Elementary School Middle School High School			
Yes	No	III. Nutrition Promotion			
0	0	Our district's written wellness policy includes measurable goals for nutrition promotion.			
(2)		We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.			
		We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.			
Ø		We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line). We ensure students have access to hand-washing facilities prior to meals.			
8		We annually evaluate how to market and promote our school meal program(s).			
Õ		We regularly share school meal nutrition, calorie, and sodium content information with students and families. In Progress			
ŏ	Ø	We offer taste testing or menu planning opportunities to our students. When Available at Region 8 ESC			
Ö	000	We participate in Farm to School activities and/or have a school garden.			
0,		We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc). (০૫૯૬૬5) 📉			
Ø,		We price nutritious foods and beverages lower than less nutritious foods and beverages.			
Ø		We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars Và La Carte			
0		We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.			
>		We provide teachers with samples of alternative reward options other than food or beverages. We prohibit the use of food and beverages as a reward.			
		We prohibit the use of food and beverages as a reward. (Cont. on page 2)			

				High Scho	ool		
Yes	No	IV. Nutrition Guidelines (Cont. from page 1)		. 5			
Ø	0	Our district's written wellness policy addresses nutrition standards in	for USDA reimburs	sable meals.			
Ø	Ō	We operate the School Breakfast program: V Before School	In the Classro	oom Grab & G	0		
\bigcirc	0	We follow all nutrition regulations for the National School Lunch Pro	ogram (NSLP).				
0	0	We operate an Afterschool Snack Program.	i Maria				
	0	We operate the Fresh Fruit and Vegetable Program.					
	0	We have a Certified Food Handler as our Food Service Manager.					
Ø	0	We have adopted and implemented Smart Snacks nutrition standard	ds for ALL items so	old during school ho	urs, including:		
			g Machines	as Fundraisers			
Yes	No	V. Physical Activity Cafe Snack Bar					
Ø	0	Our district's written wellness policy includes measurable goals for p					
0	0	We provide physical education for elementary students on a weekly	basis. Not app	licable			
0,	0	We provide physical education for middle school during a term or se	emester. Not a	oplicable			
0000	0	We require physical education classes for graduation (high schools of					
0,	0	We provide recess for elementary students on a daily basis. $Nota$	pplicable				
	O	We provide opportunities for physical activity integrated throughout	t the day.				
0,	0	We prohibit staff and teachers from keeping kids in from recess for p	punitive reasons.	Not applicable	e		
0	0	Teachers are allowed to offer physical activity as a reward for studen	nts.		Time		
\odot	We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs						
1	Yes No VI. Other School Based Wellness Activities						
Ø	Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.						
0		We provide training to staff on the importance of modeling healthy	behaviors.				
O	Q	We provide annual training to all staff on: Nutrition	Physical Activity	•			
0,	Ø	We have a staff wellness program.					
Ø	0	We have school district staff who are CPR certified (e.g. teachers, coachers, coachers)	ches, counselors, f	ood service staff) .			
Õ	Ø,	We actively promote walk or bike to school for students with Safe Ro	outes to School or	other related progra	ms.		
O	0/	We have a recycling /environmental stewardship program.					
	_	We have a recognition /reward program for students who exhibit hea	•				
O	0	We have community partnerships which support programs, projects,	events, or activition	es.			
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)							
4.20	*	profited, the foliability of small fig.					
VIII. Contact Information:							
For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.							
Name	K	ristina gardner	Position/Title	Curriculum	Director		
Email	90	avdnerke hsisd-net	Phone	903-639-	3810		

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