

Weslaco ISD Local Wellness Policy Progress/Assessment Report

This form provides information on wellness policy requirements (indicated in bold) and practices used within your school district. Complete this tool to track your progress and gather ideas on ways to create a healthier school environment.

District Name

Date of Evaluation

School Name

Most recent review by Wellness Committee

Click All Grades PK K 1 2 3 4 5 6 7 8 9 10 11 12

Fully in Place	Partially in Place	Not in Place	N/A	
I. Public Involvement				
<input checked="" type="checkbox"/>				We invite the following to participate in the development, implementation, evaluation and as necessary revisions 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
<input checked="" type="checkbox"/>				We have a designee with the authority/responsibility to ensure each school complies with the wellness policy. Name <input type="text" value="Erica Garcia"/> Title <input type="text" value="Parental Involvement Coordinator"/>
<input checked="" type="checkbox"/>				We make our wellness policy and updates available to the public annually. Please describe: <input type="text" value="Posted on Food & Nutrition Services Department website"/>
<input checked="" type="checkbox"/>				We share the results of wellness policy implementation and progress toward our policy goals with the public. Please describe: <input type="text" value="Yearly report"/>
<input checked="" type="checkbox"/>				Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.

Total Score: 5 /5 = 100 %

Fully in Place	Partially in Place	Not in Place	N/A	
II. Nutrition Guidelines				
<input checked="" type="checkbox"/>				The wellness policy includes written nutrition guidelines for all foods/drink available during the school day.
<input checked="" type="checkbox"/>				We follow Federal nutrition regulations for all food/drink available for sale on campus during the school day.
<input checked="" type="checkbox"/>				We run the School Breakfast program: <input type="checkbox"/> Before School <input checked="" type="checkbox"/> In the Classroom <input checked="" type="checkbox"/> After first period
<input checked="" type="checkbox"/>				Our Food Service Staff attends professional development opportunities (e.g. program administration, nutrition, safety).
<input checked="" type="checkbox"/>				We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including: <input checked="" type="checkbox"/> as À La Carte Offerings <input checked="" type="checkbox"/> in School <input checked="" type="checkbox"/> in Vending Machines <input checked="" type="checkbox"/> As Fundraisers (not exemptions)

Total Score: 5 /5 = 100 %

Fully in Place	Partially in Place	Not in Place	N/A	
III. Nutrition Promotion				
<input checked="" type="checkbox"/>				The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.
<input checked="" type="checkbox"/>				We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
<input checked="" type="checkbox"/>				We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement various techniques.
<input checked="" type="checkbox"/>				We place fruits/vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
<input checked="" type="checkbox"/>				We ensure students have access to hand-washing facilities prior to meals.
<input checked="" type="checkbox"/>				We annually evaluate how to market and promote our school meal program(s).
<input checked="" type="checkbox"/>				We regularly share school meal nutrition information (e.g. calorie, fat, & carbohydrate content) with students and families.

Total Score: 7 /7 = 100 %

Weslaco ISD Local Wellness Policy Progress/Assessment Report

Fully in Place	Partially In Place	Not in Place	N/A	III. Nutrition Promotion (cont.)
X				We offer taste testing or menu planning opportunities to our students.
X				We participate in Farm to School activities and/or have a school garden.
X				We advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, cafeteria).
	X			We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input checked="" type="checkbox"/> A La Carte
X				We utilize student feedback to improve the quality of the school meal programs.
X				We provide teachers with samples of non-food reward options.
		X		We prohibit the use of food and beverages as a reward.
X				We provide training to staff on the importance of modeling healthy eating behaviors.

Total Score: 6.5 / 8 = 81 %

Fully in Place	Partially In Place	Not in Place	N/A	IV. Nutrition Education
				<i>The wellness policy includes specific/measurable goals for nutrition education using evidence-based strategies.</i>
X				We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, language arts).
X				We offer nutrition education to students in: <input checked="" type="checkbox"/> Elementary School <input checked="" type="checkbox"/> Middle School <input checked="" type="checkbox"/> High School

Total Score: 3 / 3 = 81 %

Fully in Place	Partially In Place	Not in Place	N/A	V. Food and Beverage Marketing in School
				<i>The wellness policy permits marketing of only those foods/beverages that meet the smart snack requirements.</i>
X				School-based marketing is consistent with nutrition education and health promotion.
	X			Food and beverage marketing meets Smart Snack standards, including the following advertising avenues: <input checked="" type="checkbox"/> Signage <input checked="" type="checkbox"/> Scoreboards <input type="checkbox"/> School Stores <input checked="" type="checkbox"/> Cups <input checked="" type="checkbox"/> Vending Machines <input checked="" type="checkbox"/> Food Service Equip.

Total Score: 2.5 / 3 = 83 %

Weslaco ISD Local Wellness Policy Progress/Assessment Report

Fully in Place	Partially In Place	Not in Place	N/A	VI. Physical Activity			
X				The wellness policy includes specific/measurable goals for physical activity using evidence-based strategies.			
X				We provide physical education for elementary students on a weekly basis.	# of Min/Wk.	45	
X				We provide physical education for middle school students during a term or semester.	# of Min/Wk	240/week	
X				We require physical education classes for graduation (high schools only).	# Credits to graduate	1	
X				We provide recess for elementary students on a daily basis.	# of Min/day	16-20	
X				We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers).			
X				We prohibit staff and teachers from keeping kids in from recess for punitive reasons.			
X				Teachers are allowed to offer physical activity as a reward for students.			
X				We offer physical activity before/after school.	<input checked="" type="checkbox"/> Competitive sports	<input checked="" type="checkbox"/> Non-competitive sports	<input type="checkbox"/> Other clubs

Total Score: 9 /9 = 100 %

Fully in Place	Partially In Place	Not in Place	N/A	VII. Other School Based Wellness Activity		
X				The wellness policy includes specific/measurable goals for other school-based wellness activities.		
X				We provide annual training to all staff on:	<input checked="" type="checkbox"/> Nutrition	<input checked="" type="checkbox"/> Physical Activity
X				We have a staff wellness program.		
X				We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).		
X				We have programs to support total wellness (e.g. drug prevention, mental health, social, emotional health programs).		
X				We have a recycling / environmental stewardship program.		
X				We provide case management for students with chronic health conditions.		
X				We have community partnerships which support programs, projects, events, or activities.		

Total Score: 8 /8 = 100 %

VIII. Progress Report: Describe the progress of wellness policy goals and track additional practices.

This progress report reflects in part, activities that occur in our schools. Our goal is to ensure that all students in our schools have options to engage in wellness opportunities. Our Wellness Policy also addresses social and emotional health as an important component overall of our student wellness.

IX. Contact Information

For more information about this school's wellness policy/practices, or for ways to get involved, contact the School Health Advisory Chairperson.

Name	Erica Garcia
Email	ersaenz@wisd.us

Position/Title	Parental Involvement Coordinator
Phone number	956-969-6602