

Weslaco Independent School District Local Wellness Policy Triennial Assessment Report

A local school wellness policy is a written plan that includes methods to promote student health and wellness. This assessment form is used to complete the assessment of the Weslaco ISD local wellness policy, which must be completed at least once every three years. The required components of the assessment include:

- I. Compliance with the local school wellness policy;
- II. How the local school wellness policy compares to model local school wellness policies; and
- III. Progress made in attaining the goals of the local school wellness policy.

General Information
District Name: Weslaco Independent School District
Names of schools included in this assessment: All Weslaco ISD Schools
Select grades: PK <input checked="" type="checkbox"/> K <input checked="" type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input checked="" type="checkbox"/> 5 <input checked="" type="checkbox"/> 6 <input checked="" type="checkbox"/> 7 <input checked="" type="checkbox"/> 8 <input checked="" type="checkbox"/> 9 <input checked="" type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12 <input checked="" type="checkbox"/>
Reviewer(s): WISD SHAC
Mission Statement: Weslaco ISD is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

Goals on Public Involvement, Notification, and Assessment: 1. The district invites stakeholders to participate in the SHAC annually. 2. An annual assessment will be completed. 3. A triennial assessment report will be completed every 3 years.	Implemented in the school building(s)?		
	Fully in Place 2	Partially in Place 1	Not in Place 0
We have district official(s)/designee(s) in charge of wellness policy compliance. Name(s) Title(s): Mrs. Erica Garcia, Parent & Family Engagement Director	X		
We complete an assessment of the local school wellness policy at least every three years ("triennial assessment").	X		
Triennial assessment results are made available to the public in an easily accessible manner. Website address and/or description of how to access copy: Will be posted upon completion in June 2021	X		
At least every three years we use the results of the triennial assessment to update or modify the wellness policy as needed.	X		
The district informs and updates the public about the contents, updates, and implementation of the wellness policy at least annually and the policy is accessible to the public. Website address for policy and/or description of how to access copy: http://www.wisd	X		
The district utilizes a wellness committee that includes these community stakeholders in the development, implementation, review, and update of the wellness policy: <input checked="" type="checkbox"/> Administrators <input checked="" type="checkbox"/> Food Service staff <input checked="" type="checkbox"/> School health professionals <input checked="" type="checkbox"/> Parents <input checked="" type="checkbox"/> School board members <input checked="" type="checkbox"/> PE teachers <input checked="" type="checkbox"/> Students <input checked="" type="checkbox"/> Public Other stakeholders (describe): see attached SHAC member list	X		

Total Score: 12 /12 = 100 %

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Goals for Nutrition Guidelines for All Foods and Beverages at School: 1. The Texas Public School Nutrition Policy will be used as the standard for guidelines pertaining to foods and beverages made available on school campuses. 2. The foods and beverages sold outside of the school and programs (e.g. competitive “foods and beverages”) will meet the USDA Smart Snacks in School Nutrition Standards.	Implemented in the school building(s)?		
	Fully in Place 2	Partially in Place 1	Not in Place 0
We consider promoting student health and reducing obesity when offering foods and beverages to students at school.	X		
Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.	X		
We offer and encourage healthy food and beverage options at school-sponsored events, such as dances and sporting events.		X	
Foods and beverages outside of the school meal, which are sold to students at school during the school day (from the midnight prior to 30 minutes after the end of the official school day), meet or exceed the established federal competitive food standards (USDA Smart Snacks in School). Venues include vending, school stores, non-exempt fundraisers, and a la carte items.	X		
We limit the number of food fundraisers at school and have procedures in place for requesting a fundraiser exemption (i.e., selling foods that do not meet Smart Snacks) in accordance with limits set by TDA (6 per campus per year).	X		
We have local standards in our written policy for foods and beverages offered for free to students at school, including food rewards, items offered at classroom parties and celebrations, and foods/beverages provided to the class as shared classroom snacks. We encourage Smart Snack compliant foods and beverages.		X	
We provide a list of nonfood ideas and healthy food/beverage alternatives to staff and parents/guardians.	X		

Total Score: 12 /14 = 86 %

Goals for Foods and Beverage Marketing: 1. Continue to educate school community about USDA food and beverage marketing requirements.	Implemented in the school building(s)?		
	Fully in Place 2	Partially in Place 1	Not in Place 0
Only foods and beverages that meet or exceed federal nutrition standards (USDA Smart Snacks in School) are permitted to be marketed or promoted to students during the school day. Examples: posters, vending machines, menu boards, cups for beverage dispensing, coolers, trash cans.	X		
The District Purchasing Director, FNS Director, Athletic Director and SHAC chairperson review contacts and review new RFP contracts to make decisions that reflect applicable marketing guidelines established by the LWP.	X		

Total Score: 4 /4 = 100 %

Goals for Nutrition Promotion: 1. Nutrition education promotion will result in better eating habits and overall well-being. 2. Continue to promote nutrition through FNS website, curriculum, presentations, health fairs, etc.	Implemented in the school building(s)?		
	Fully in Place 2	Partially in Place 1	Not in Place 0
We use evidence-based techniques and nutrition messages in school and encourage participation in school meal programs.	X		
We participate in Farm to School activities such as having a school garden, taste-testing local products, incorporating local foods into school meals, and educating students in classroom and on field trips about local agriculture.	X		
We cooperate with community agencies and organizations to provide opportunities for student projects related to nutrition.	X		
We implement behavioral economics techniques in the cafeteria to encourage consumption of whole grains, fruits, and vegetables and to decrease plate waste.	X		
We display and disseminate consistent nutrition messages in schools, classrooms, cafeterias, homes, community, and media.	X		
Our staff model healthy eating in front of students and avoid using unhealthy foods in classroom lesson plans. Teachers receive a list of alternative ways to reward students.		X	

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Nutrition Promotion (cont.)			
We offer health and nutrition resources to parents to help them provide healthy meals for their children (e.g. monthly nutrition newsletters, health fair, Stomp Out Diabetes curriculum, activities and 5k.)	X		
Harvest of the Month produce are advertised and promoted on the schools/menu backs to promote food agriculture and nutrition education.	X		

Total Score: 15 /16 = 94 %

Goals for Nutrition Standards:	Implemented in the school building(s)?		
	Fully in Place 2	Partially in Place 1	Not in Place 0
1. Weslaco schools will comply with the current USDA Dietary Guidelines for Americans, Texas Public School Nutrition Policy. 1a. A la carte offerings will be determined by the Food & Nutrition Services. 2b. All future food and beverage contracts shall consider the nutritional value of products and product decision making will be in collaboration with Food & Nutrition Services.			
Students participate in food surveys and taste testing.	X		
A la carte offering will be determined by Food & Nutrition Services.	X		
Purchasing Department consults with FNS Department regarding snack vending RFPs.	X		
All reimbursable meals served by the FNS Department meet required standards of the National School Lunch Act and Child Nutrition Act.	X		
Menus are planned by a Registered Dietitian. Menus include locally grown whenever possible and these foods are promoted in the cafeteria.	X		
All schools will provide breakfast in the classroom or cafeteria.	X		
The District participates in the CEP program providing free meals to all students. Public media released annually.	X		

Total Score: 14 /14 = 100 %

Goals for Nutrition Education:	Implemented in the school building(s)?		
	Fully in Place 2	Partially in Place 1	Not in Place 0
1. The Go, Slow, Whoa program is used by the FNS Department to teach students, parents and staff how to choose healthy lunch choices. 2. Schools will provide nutrition education to students, parents, staff and community. 3. Health and Physical Education teachers will continue to incorporate the family and community in nutrition education efforts.			
Monthly menus are used to teach students, parents and staff how to make healthy food choices.	X		
Nutrition education is provided by the FNS Department cafeteria bulletin boards, website and presentations.	X		
Nutrition education is provided within the TEK comprehensive health education standards.	X		
We teach, model, encourage, and support healthy eating through nutrition education.	X		
We offer age-appropriate nutrition education topics and activities to students within the comprehensive curriculum in every grade level K-12: <input checked="" type="checkbox"/> PreK-Elementary School <input checked="" type="checkbox"/> Middle School <input checked="" type="checkbox"/> High School	X		
In addition to meeting academic standards for nutrition education, we integrate nutrition education into a variety of subjects (e.g., math, science, language arts).	X		
We reinforce lifelong lifestyle balance by linking nutrition and physical activity.	X		
We engage and involve families and the community in nutrition education efforts (e.g. health fairs, website, menu backs, etc.) promoting food agriculture and nutrition.	X		
All Food & Nutrition Services staff (Directors, Managers and staff) will meet or exceed hiring and annual education/training requirements in the USDA professional standards for child nutrition professionals.	X		
Nutrition Education lessons for teachers are available on the FNS Department website. Nutrition Education for students and parents is also available on the FNS website.	X		

Total Score: 20 /20 = 100 %

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Goals for Physical Activity: 1. School will, at a minimum, adopt and implement state standards for physical activity. 2. Schools will help students understand the short-and long-term benefits of a physically active and healthy lifestyle. 3. SHAC teams will work to provide classroom teachers with movement based activity breaks for use in the classroom. Work to increase age-appropriate physical activity within the school day.	Implemented in the school building(s)?		
	Fully in Place 2	Partially in Place 1	Not in Place 0
We provide a variety of developmentally appropriate opportunities for physical activity during the school day for all students.	X		
We provide 45 minutes a week for physical education for elementary students.	X		
We provide 240 minutes a week for physical education for middle school students.	X		
We require 1 physical education for classes for graduation (high schools only)	X		
We provide 16-20 minutes of recess for elementary on a daily basis.	X		
In addition to planned physical education, we offer activities such as indoor and outdoor recess, before and after school programs, intramurals, interscholastic athletics, and clubs to meet the needs and interests of our students.	X		
We maintain a physical and social environment that encourages safe and enjoyable activity for all students.	X		
We encourage physical activity breaks in the classroom.		X	
We offer before and/or after-school programs that include physical activity for participating children.	X		
We partner with parents/guardians and community members and organizations (e.g., Boys & Girls Clubs, local parks, hospitals, etc.) to offer programs supporting lifelong physical activity and for health and nutrition education.	X		
We do not use physical activity as a punishment (e.g., running laps).	X		
We encourage students and families to use our physical activity facilities, such as playgrounds and ball fields, outside of school hours in accordance with district and school rules.		X	
The Fitness Gram is completed annually to assess and promote physical activity and results reported annually.	X		

Total Score: 24 /26 = 92 %

Goals for Physical Education: 1. Schools will provide opportunities for students to develop the knowledge and skills for specific physical activities, which will enable students to maintain and improve their physical fitness.	Implemented in the school building(s)?		
	Fully in Place 2	Partially in Place	Not in Place
We implement a PE program consistent with state academic standards. All students participate in PE.	X		
PE instruction promotes skills and knowledge necessary for lifelong physical activity.	X		
PE classes provide the means for students to learn, practice, and be assessed on developmentally appropriate skills.	X		
Our curriculum promotes both team and individual activities.	X		
We offer a comprehensive PE course of study with planned instruction time for students to meet standards at the proficient level.	X		
We use a local assessment system to track student progress on state standards.	X		
Students are moderately to vigorously be active as much time as possible during PE class. Accommodations are made in class for documented medical conditions and disabilities.	X		

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Physical Education (cont.)			
We provide safe and adequate equipment, facilities, and resources for PE class.	X		
Certified health and PE teachers teach our classes.	X		
We provide professional development for PE staff.	X		
PE classes have a teacher-student ratio similar to other courses for safe and effective instruction.	X		
We do not use or withhold physical activity as a form of punishment in PE.	X		

Total Score: 12 /12 = 100 %

Goals for Other School-Based Wellness Activities: 1. School based activities are consistent with local wellness policy goals. 2. Schools will serve as a safe learning environment that is conducive to being in good health. 3. The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy lifestyles.	Implemented in the school building(s)?		
	Fully in Place 2	Partially in Place 1	Not in Place 0
Free drinking water is available and accessible to all students during meal periods and throughout the school day.	X		
FNS staff meet local hiring criteria and in compliance with federal regulations.	X		
We provide continuing education to school FNS staff as required by federal regulations and civil rights training to FNS and school staff.	X		
We provide adequate space for eating and serving school meals.	X		
All school kitchens will maintain HACCP logs at all times to ensure food safety.	X		
We provide a safe and clean meal environment for students.	X		
We offer students enough time to eat (10 minutes sit down time for breakfast; 20 minutes sit down time for lunch) and schedule meal periods at appropriate hours.	X		
We implement alternate school breakfast service models to increase participation, such as "grab & go," breakfast served in the classroom, and breakfast after first period.	X		
Students have access to hand washing or sanitizing before meals and throughout the school day.	X		
Only authorized staff have access to the food service operation.	X		
We provide the nutrition content of school meals to the school community.	X		
We include students/parents in menu selections through taste-testing and surveys.	X		
School based activities are planned with wellness policy goals in mind.	X		
Fundraising projects submitted for approval are supportive of healthy eating and student wellness.	X		
We encourage administrators, teachers, school nutrition professionals, students, parents/guardians, and community members to serve as positive role models through district programs, communications, and outreach.	X		
We use a newsletter to communicate information to parents/guardians to support their efforts to provide a healthy diet, daily physical activity and general health for their children.	X		
Indoor air quality is in accordance with our healthy learning environment program and applicable laws and regulations.	X		

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Other Social Emotional Climate 1. The district will promote a positive social-emotional climate in all schools. 2. The district provides counseling, psychological and social services to support the social, emotional and/or behavioral (SEB), needs of students to promote success in the learning process.	Implemented in the school building(s)?		
	Fully in Place 2	Partially in Place 1	Not in Place 0
District has established an anti-bullying policy and identified and implemented school wide approaches to prevent and address harassment, bullying and cyber bullying.	X		
District ensures staff are promoting positive relationships between students and employees.	X		
Ensure access by students to qualified mental health professionals in the school setting and a referral pathway for connecting students to community-based providers as needed.	X		

Physical Health 1. The district is committed to ensuring that the physical health needs of all students are met.	Implemented in the school building(s)?		
	Fully in Place 2	Partially in Place 1	Not in Place 0
Ensure students have access to qualified nurses and other medical professionals with school setting and referrals to and collaboration with community services as needed.	X		
Disseminate health information resources to students and caregivers (e.g. pamphlets, flyers, etc.)	X		
Provide student physical health screenings (e.g. vision and hearing).	X		
Address management of acute health incidents (e.g. allergic reactions, asthma attacks, and low blood sugar) in the school setting.	X		

Employee Wellness 1. The District is committed to supporting the physical and mental health and well-being of all district employees.	Implemented in the school building(s)?		
	Fully in Place 2	Partially in Place 1	Not in Place 0
Disseminate wellness resources with physical and mental health information to employees (e.g. a wellness newsletter, pamphlets, flyers, posters).	X		
Conduct employee wellness/health promotion activities at least once a year (e.g. health fairs, etc.).	X		
Provide employees access to annual wellness screening, annual flu vaccines, and gym.	X		
District prioritizes employee wellness by providing annual flu immunization clinics to employees in the fall.	X		
District utilizes its health insurance provider to encourage wellness by communicating the preventive services covered at 100% during each open enrollment period.	X		

Total Score: 58 /58 = 100 %

Overall District Policy Score	Score
Comprehensive Score: Add the total percentage scores for each of the nine sections above and divide this number by 9.	97%

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Model Policy Comparison - WellSAT 3.0 Scores

A required component of the triennial assessment is to utilize a model policy, such as the Wellness School Assessment Tool (WellSAT 3.0) for comparison of the Local Wellness Policy.

WellSAT 3.0 scores are calculated for comprehensive and strength. The comprehensiveness score reflects the extent to which recommended best practices are included in the policy. The strength score reflects how strongly the policy items are stated. Scores range from 0 to 100, with lower scores indicating less content and weaker language and higher scores indicating higher content and the use of specific and directive language.

Comprehensiveness Score: 98

Strength Score: 80

Local Wellness Policy Strengths

Overall, our LSWP compared favorably to the model policies as measured by the WellSAT 3.0. Our district complies with all of the federal requirements that regulate school meals. We comply with Smart Snacks in School nutrition standards for all foods and beverages sold at each school during the school day. Our policies also are strong in the area of nutrition education.

Areas for Local Wellness Policy Improvement

While all schools are following the wellness guidelines observed above, there were some needed improvement areas identified. These are the goals for improvement:

1. We will continue to encourage healthy foods and beverages offered free to students at schools and at school-sponsored events.
2. An updated list of alternative ways to reward students will be provided to teachers and other staff.
3. SHAC teams will work to provide classroom teachers with movement based activity break ideas for use in the classroom.
4. Will continue to educate staff regarding food and beverage marketing in schools during the school day.

An annual local wellness policy assessment report will be provided to the school board.

Next LWP Triennial Assessment is due: June 2024

The SHAC will update or modify the wellness plan based on the results of the annual school health index triennial assessments and/or as district prioritizes change; community needs change; wellness goals are met; new health science, information and new federal or state guidance or standards are issued.

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