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.

		t Name Hughes Springs ISD Reviewer SHAC
School	ol Nar	ne Hughes Springs Elementary Date 10/26/2023
		ades: PK K V 1 V 2 V 3 V 4 V 5 V 6 7 8 9 10 11 12
Yes	No	
50	0	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
10	0	School Board Members School Health Professionals Students Public
5.0		We have a designee in charge of compliance.
10		Name/Title: Kristina gardner, Curriculum Director
50	0	We make our policy available to the public.
		Please describe: Www. hsisd.net
50	0	We measure the implementation of our policy goals and communicate results to the public.
,		Please describe: www. hsisd. net - every 3 years
5 Ø	0	Our district reviews the wellness policy at least annually.
Yes	No	II. Nutrition Education
50,	0	Our district's written wellness policy includes measurable goals for nutrition education.
50	Q	We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).
5 0	O	We offer nutrition education to students in: Elementary School Middle School High School
Yes	No	III. Nutrition Promotion
500	9	Our district's written wellness policy includes measurable goals for nutrition promotion.
5 Ø 5 Ø		We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
	X	We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.
30	0	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.
50	Ŏ.	We annually evaluate how to market and promote our school meal program(s).
50	Ø	We regularly share school meal nutrition, calorie, and sodium content information with students and families. In Progress
50	Ø,	We offer taste testing or menu planning opportunities to our students. When Available at Region 8 ESC
10	Q	We participate in Farm to School activities and/or have a school garden.
30	Ø.	We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc). (ancession)
		We price nutritious foods and beverages lower than less nutritious foods and beverages. NA FREE MEALS Stand
70	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.
808800		We provide teachers with samples of alternative reward options other than food or beverages.
30		We prohibit the use of food and beverages as a reward.
1		(Cont. on page 2)

Yes	No	IV. Nutrition Guidelines (Cont. from page 1)	Elementary
- 50	0	Our district's written wellness policy addresses nutrition standards for USDA reimbursable	
50	0	We appropriate the Sahari Burnis	
,50	0	We follow all nutrition regulations for the National School Lunch Program (NSLP).	Grab & Go
. I C	0	We operate an Afterschool Snack Program.	
-50	0	We operate the Fresh Fruit and Vegetable Program.	
-50	0	We have a Certified Food Handler as our Food Service Manager.	
-50	0	We have adopted and implemented Smart Snacks nutrition standards for ALL items sold d	Uring school hours in that
		IV Ido a La Calle Offennos I lin School Stores I lin I I I I I I I I I I I I I I I I I I I	Fundraisers
Yes	No	V. Physical Activity	i unuidisers
50,	0	Our district's written wellness policy includes measurable goals for physical activity.	
- 50	O	We provide physical education for elementary students on a weekly basis.	
Õ	O	We provide physical education for middle school during a term or semester. NOT APPU	CABIE
O	O	We require physical education classes for graduation (high schools only). NOT APPLICATION OF THE PROPERTY OF T	AMIE
50	9	We provide recess for elementary students on a daily basis.	#150 <u>C</u>
50	0	We provide opportunities for physical activity integrated throughout the day.	
10		We prohibit staff and teachers from keeping kids in from recess for punitive reasons.	
70	0	Teachers are allowed to offer physical activity as a reward for students.	
Yes	No 1	We offer before or after school physical activity: Competitive sports Non-comp	etitive sports Other clubs
/ /	0	vi. Other School Based Wellness Activities Office	d through Community
50		Our district's written wellness policy includes measurable goals for other school-based activi	ities that promote wellness.
10	00 1	We provide training to staff on the importance of modeling healthy behaviors.	
		We provide annual training to all staff on: Nutrition Physical Activity	
50	_	Ne have a staff wellness program.	
10	O V	Ne have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food se	rvice staff) .
10	0/10	Ne actively promote walk or bike to school for students with Safe Routes to School or other r	elated programs.
10	O W	Ve have a recycling /environmental stewardship program.	
30/	Ŏ n	Ve have a recognition /reward program for students who exhibit healthy behaviors. Ve have community partnerships which support programs, projects, events, or activities.	
VII. PI	oares	ss Report: Indicate any additional walless are at the same and additional walless are at the same at t	
1	0	ss Report: Indicate any additional wellness practices and/or future goals and describe pro attaining the goals of the local wellness policy	gress made in
- (Lace		
J	10674	f wellness program (Biggest Loser) my habits program through PE	
-	nealt	thy habits program through PE	
	*		
	·		
		t Information:	
or more i		tion about this school's wellness policy/practices, or ways to get involved, contact the Wellne	ss Committee Coordinator.
Name		istina gardner Position/Title Cur	riculum Director
Email	gar	dnerke hsisd net 90	3-639-3810
		USDA is an equal opportunity provider and employer	
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Scoring of the Wellness Policy Assessment Tool

Legend

- 1-Poor
- 3-Needs Work
- 5-Satisfactory

Elementary Scoring

Legend

- 1-Poor-11 total is =11adding 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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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/I	Distric	t Name Hughes Springs ISD Reviewer SHAC
Schoo	l Nan	ne Hughes Springs Junior High Date 10/26/2023
		ades: PK K 1 2 3 4 5 6 7 7 8 9 10 11 12
Yes	No	I. Public Involvement
< 0	0	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
	67	School Board Members School Health Professionals Students Public
50	0	We have a designee in charge of compliance.
		Name/Title: Kristina gardner, Curriculum Director
50	0	We make our policy available to the public.
		Please describe: Www. hsisd.net
50	0	We measure the implementation of our policy goals and communicate results to the public.
, ,		Please describe: www. hsisd. net - every 3 years
50	0	Our district reviews the wellness policy at least annually.
Yes	No	II. Nutrition Education
5 0 ,	0	Our district's written wellness policy includes measurable goals for nutrition education.
5 0 ,	O	We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).
5 0	0	We offer nutrition education to students in: Elementary School Middle School High School
Yes	No	III. Nutrition Promotion
50	0	Our district's written wellness policy includes measurable goals for nutrition promotion.
50	Q	We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
5 0 5 0	9	We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.
- 1	0	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.
20	Ø	We annually evaluate how to market and promote our school meal program(s).
20	Ø	We regularly share school meal nutrition, calorie, and sodium content information with students and families. In Progress We offer teste testing or many planning experiments and sodium content information with students and families. In Progress **The Content of the Content
10	ď	We offer taste testing or menu planning opportunities to our students. When Available at Region 8 ESC We participate in Farm to School activities and/or have a school garden.
30	Ø	We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc). (Oncession
30000000000000000000000000000000000000	Ō	We price nutritious foods and beverages lower than less nutritious foods and beverages. Meals are FREE Stands
9	Ō.	We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars Value Carte
0,	9	We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
Ø	0,	We provide teachers with samples of alternative reward options other than food or beverages.
0	0	We prohibit the use of food and beverages as a reward.
		(Cont. on page 2)

	5		Junior High						
	Yes	No IV. Nutrition Guidelines (Cont. from page 1)	Odnio riigiri						
5	Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.								
5	Ø	We operate the School Breakfast program: Before School In the Classroom Grab & Go							
5	We follow all nutrition regulations for the National School Lunch Program (NSLP).								
We operate an Afterschool Snack Program. We operate the Fresh Fruit and Vegetable Program.									
5									
5	0/	We have a Certified Food Handler as our Food Service Manager.							
5	(V)	We have adopted and implemented Smart Snacks nutril	ion standards for ALL items sold during school hours, including:						
		asà La Carte Offerings in School Stores	in Vending Machines as Fundraisers						
	Yes	No V. Physical Activity Bar							
5	Ø	Our district's written wellness policy includes measurab	e goals for physical activity.						
	O,	We provide physical education for elementary students	on a weekly basis. Not appliable						
5	O	We provide physical education for middle school during	a term or semester.						
	O	We require physical education classes for graduation (hi	gh schools only). Not applicable						
_	O,	We provide recess for elementary students on a daily base							
5	9	We provide opportunities for physical activity integrated							
		We prohibit staff and teachers from keeping kids in fron							
5		Teachers are allowed to offer physical activity as a reward							
5	es		ompetitive sports Non-competitive sports Other clubs						
_	_/	No VI. Other School Based Wellness Activ							
7	9		goals for other school-based activities that promote wellness.						
-21	Š	O w	gramman						
20	0	We provide annual training to all staff on: Nutrition We have a staff wellness program.	Physical Activity						
7	0/	The state of the s							
	<u> </u>	We have school district staff who are CPR certified (e.g. tea We actively promote walk or bike to school for students v	ichers, coacnes, counselors, food service staff).						
10	5	We have a recycling /environmental stewardship program	nul Sale Routes to School or other related programs.						
10	5	We have a recognition /reward program for students who							
50	Y	We have community partnerships which support program	entiple reality behaviors.						
VII	l. Pr	ogress Report: Indicate any additional wellness practices	and/or future goals and describ						
***************************************		attaining the goals of the local wellness	olicy						
1.	- (taff wellness program (Bigges	+ I oser)						
	•	14.1 (0.39es							
	^-	48.2							
		ntact Information:							
1 01 11	For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.								
Nam	e L	Kristina gardner	Position/Title Curriculum Director						
Ema	il [gardnerk@ hsisd-net	Phone 903-639-3810						
		USDA is an equal opportunity pre							

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Scoring of the Wellness Policy Assessment Tool

L	eg	en	d

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

Wellness Policy Assessment Tool

Form 357 Rev 9/15

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			Name Hughes Springs ISD Reviewer SHAC
Scho	ool N	lam	Hughes Springs High School Date 10/26/2023
			des: PK K 1 2 3 4 5 6 7 8 9 10 7 11 12
Ye	1	No	I. Public Involvement
50	5	0	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
	1		School Board Members School Health Professionals Students Public
5 @) (0	We have a designee in charge of compliance.
			Name/Title: Kristina gardner, Curriculum Director
5 6) (U	We make our policy available to the public.
	1		Please describe: Www. hsisd.net
50) (0	We measure the implementation of our policy goals and communicate results to the public.
	,		Please describe: www.hsisd.net - every 3 years
50		C	Our district reviews the wellness policy at least annually.
Yes		No	II. Nutrition Education
50	, (C	Our district's written wellness policy includes measurable goals for nutrition education.
50		O	We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).
30		C	We offer nutrition education to students in: Elementary School Middle School High School
Yes		lo	III. Nutrition Promotion
50		C	Our district's written wellness policy includes measurable goals for nutrition promotion.
50			We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
50			We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.
200		2	We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
3 0	,	7	We ensure students have access to hand-washing facilities prior to meals.
20		3	We annually evaluate how to market and promote our school meal program(s).
20		3	We regularly share school meal nutrition, calorie, and sodium content information with students and families. In Progress We offer taste testing or menu planning opportunities to our students. When Available at Region 8 ESC
10		3	We participate in Farm to School activities and/or have a school garden.
10	6		We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc). (a)
5 Ø		200	We price nutritious foods and beverages lower than less nutritious foods and beverages.
50		4770	We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars A La Carte
10000	, 6)	We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
5 0			We provide teachers with samples of alternative reward options other than food or beverages.
10	6	No. 11	We prohibit the use of food and beverages as a reward.
			(Cont. on page 2)

				High Sch	001			
Ye	s No	IV. Nutrition Guidelines (Cont. from page 1)		Thight son	001			
50	Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.							
50	We operate the School Breakfast program: Before School In the Classroom Grab & Go							
56	We follow all nutrition regulations for the National School Lunch Program (NSLP). We operate an Afterschool Snack Program.							
10								
50	*							
50		We operate the Fresh Fruit and Vegetable Program. We have a Certified Food Handler as our Food Service Manager.						
3 €	0	We have adopted and implemented Smart Snacks nutrition standa	rds for ALL items	sold during school ha	ure including:			
Yes	No		ng Machines	as Fundraisers	aro, moluang.			
50	0	Our district's written wellness policy includes measurable goals for	nhyeical activity					
0	0	We provide physical education for elementary students on a weekly						
0	0	We provide physical education for middle school during a term or	samestar Nat	apolicable.				
50	0	We require physical education classes for graduation (high schools		Applicate -				
0	0	We provide recess for elementary students on a daily basis. Note						
50	0	We provide opportunities for physical activity integrated throughout	ut the day					
0	0	We prohibit staff and teachers from keeping kids in from recess for		Not applicable	e			
50	0	Teachers are allowed to offer physical activity as a reward for stude	nts.		-			
50	0	We offer before or after school physical activity: Competitive	sports Nor	Checy, Dan (C n-competitive sports	Trap Other clubs			
Yes	No	VI. Other School Based Wellness Activities		4				
50	O,	Our district's written wellness policy includes measurable goals for o	other school-base	ed activities that prom	ote wellness.			
10	9	We provide training to staff on the importance of modeling healthy	behaviors.					
10		We provide annual training to all staff on: Nutrition	Physical Activit	у				
30	4500	We have a staff wellness program.						
5	0	We have school district staff who are CPR certified (e.g. teachers, coar	ches, counselors,	food service staff).				
0		We actively promote walk or bike to school for students with Safe Ro	outes to School or	other related prograr	ms.			
10		We have a recycling /environmental stewardship program.						
	O '	We have a recognition /reward program for students who exhibit hea	Ithy behaviors.					
		We have community partnerships which support programs, projects,	events, or activit	ies.				
		ess Report: Indicate any additional wellness practices and/or futu attaining the goals of the local wellness policy		cribe progress made in	1			
-	Staf	f wellness program (Biggest Lose	r)					
					,			
	* ,				,			
Santo-de de la Contraction de								
VIII. C	ontac	ct Information:			***************************************			
		ation about this school's wellness policy/practices, or ways to get invo	lved, contact the	Wellness Committee (Coordinator.			
Name	Kr	istina gardner	Position/Title	Curriculum	Director			
Email	Qa	vanerk@hsisd.net	Phone	903-639-3	3810			
	9	USDA is an equal opportunity provider and	employer					

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.