

Local Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment: Schertz Cibolo Universal City ISD

Month and year of current assessment: May 2020

Date of last Local Wellness Policy revision: 3/25/2019

Website address for the wellness policy and/or information on how the public can access a copy:

<https://pol.tasb.org/Policy/Code/551?filter=FFA>

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? At least four times a year

Designated School Wellness Leader

Name	Job Title	Email Address
David Thein	Health Services Coordinator	dthein@scuc.txed.net

School Wellness Committee Members

Name	Job Title	Email Address
Maggie Cornejo	CN Director	mcornejo@scuc.txed.net
Dr. Brett Lemley	Director of Secondary Education	jlemley@scuc.txed.net
Raquel Rodriguez	Department of Special Education	rrodriguez@scuc.txed.net
Debra Russo	Nurse	drusso@scuc.txed.net
Maria Shaffer	Nurse	mshaffer@scuc.txed.net
Parents and community members.		

Section 3. Comparison to Model School Wellness Policies

Complete the [WellSAT3.0 assessment tool](#) and keep a copy of the results on file for at least three full school years plus the current year, as it will be reviewed during the next administrative review of your school nutrition program.

Indicate model policy language used for comparison:

- Alliance for a Healthier Generation: Model Policy
- WellSAT 3.0 example policy language
- Other (please specify): _____

Describe how your wellness policy compares to model wellness policies.

The language in our wellness policy is very similar to that used in the Alliance for a Healthier generation Model Wellness Policy (AHG Policy) and addresses many of the same topics, such as implementation, nutrition promotion and education, physical activity, evaluation, public notification, and records retention.

There are some opportunities to update our policy after comparing it to the AHG policy:

Implementation

Both policies state specific roles for those who will represent the wellness committee/SHAC (i.e. parents, students, teachers, etc.). The policies are different because the AHG Policy specifies how often the wellness committee will meet (i.e. at least 4 times a year).

Record Retention

Both policies state that they will retain the required records. However, the AHG Policy gives the location of where the records will be (i.e. the room number), as well as a list of what specific records will be retained.

Nutrition

Both policies state they will follow nutrition guidelines. The AHG Policy, though, is more specific on how it will promote healthy food and beverage choices, such as using posters, decor, and surveys. Also, even though SCUCISD *does* make water available to all students throughout the day, it does not list it in their policy, like the AHG Policy.

The model plan includes a section that discusses how the health-education curriculum will include a minimum of 12 of the topics listed on healthy eating.

Physical Activity

Both policies address providing students with safe, enjoyable, and age-appropriate activities for all students. The model policy adds that physical activity (or withholding physical activity) will not be used as a means of punishment.

Like with nutrition education, the model plan includes a section that discusses how the health-education curriculum will include a minimum of 12 of the topics listed on physical activity. The AHG Policy also addresses recess, in-class physical activity breaks, and before- and after-school activities.

Section 4. Compliance with the Wellness Policy and Progress towards Goals

At a minimum, local wellness policies are required to include:

- Specific goals for:
 - Nutrition promotion and education
 - Physical activity

- Other school based activities that promote student wellness.
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of public involvement, public updates, policy leadership, and evaluation plan.

Using the tables below, indicate the language that is currently written in the district local wellness policy in relation to each topic area. Next, assess and discuss whether the district is meeting the goal, partially meeting the goal, or not meeting the goal. Finally, indicate the progress made for each goal and next steps that have been identified.

Nutrition Promotion and Education Goal(s)	Goal Met	Goal Part. Met	Goal Not Met	Describe progress and next steps
<p>The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. [See EHAA] The District’s nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.</p> <p>The District establishes the following goals for nutrition promotion:</p> <ol style="list-style-type: none"> 1. The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate set-tings. 2. The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students. <p>The District establishes the following goal for nutrition education: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p>	✓			<p>Progress: Annually, district staff, teachers, and other district personnel learn of opportunities to promote healthy nutrition messages using the back-to-school professional development workshops at SCUC-U. Families also receive nutritional information monthly will the school menus, posted online and distributed at schools.</p> <p>Next steps: The Child Nutrition department is planning to share nutritional information with families, the general public, and staff/personnel through their website and social media.</p>

Physical Activity Goal(s)	Goal Met	Goal Part. Met	Goal Not Met	Describe progress and next steps
<p>The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]</p> <p>The District establishes the following goal for physical activity: The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.</p>	✓			<p>Progress: Physical education and physical activities components are offered as part of a coordinated health program in at least the required amount of time.</p> <p>Next Steps: The Child Nutrition department is planning to coordinate with the Physical Education department to evaluate the accessibility of safe, enjoyable, and appropriate fitness activities for all students.</p>

School-based activities to promote student wellness goal(s)	Goal Met	Goal Part. Met	Goal Not Met	Describe progress and next steps
<p>The District establishes the following goal to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p>	✓			<p>Progress: Working with the administration at each school building, schedules are made to allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p> <p>Next steps: The Child Nutrition department will provide nutritional messages via posters/pictures on the serving lines. We will also continue collaborations with various student groups, including Culinary Arts students, Special Education Departments, and student focus groups to promote nutritional education.</p>

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks)	Goal Met	Goal Part. Met	Goal Not Met	Describe progress and next steps
<p>The District’s nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and re-duce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an ex-emption for fundraising activities as authorized by state and federal rules. [See CO and FJ]</p>	✓			<p>Progress: The district uses the Smart Snack standards for competitive foods and has information on file using the Smart Snacks calculator, nutrition facts labels, and ingredient labels. Additionally, staff are given information on these requirements during SCUC-U professional development workshops and the annual back-to-school business meeting.</p> <p>Next steps: The Child Nutrition department is planning to share Smart Snack standards information with families, the general public, and staff/personnel through their website and social media.</p>

Guidelines for other foods and beverages available on the school	Goal Met	Goal Part.	Goal Not	Describe progress and next steps
<p>The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the District’s wellness plan.</p>	✓			<p>Progress: The district follows Smart Snacks nutrition standards for all foods and beverages provided, but not sold, to students during the school day.</p> <p>Next Steps: The district will continue the existing wellness policy and make adjustments as necessary.</p>

Marketing and advertising of only foods and beverages that meet Smart Snacks	Goal Met	Goal Part. Met	Goal Not Met	Describe progress and next steps
<p>The District’s nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and re-duce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an ex-emption for fundraising activities as authorized by state and federal rules. [See CO and FJ]</p>	✓			<p>Progress: The district uses the Smart Snack standards for competitive foods and has information on file using the Smart Snacks calculator, nutrition facts labels, and ingredient labels. Additionally, staff are given information on these requirements during SCUC-U professional development workshops and the annual back-to-school business meeting.</p> <p>Next steps: The Child Nutrition department will continue to use the <u>Smarter Lunchrooms Scorecard</u> to evaluate its use of marketing and advertising of foods and beverages that meet Smart Snack Guidelines.</p>

Include any additional notes, if necessary: