

WALNUT BEND ISD

Local Wellness Policy – Triennial Assessment Report

Assessment Year: 2025–2026

Assessment Period Covered: 2022–2025

Required by: TDA ARM Section 29 & USDA 7 CFR §210.31

1. Introduction

The purpose of this Triennial Assessment is to evaluate the District’s compliance with its Local Wellness Policy (LWP), measure progress toward established goals, and compare the policy to model wellness standards. This assessment is completed every three years as required by USDA and TDA.

2. Wellness Policy Overview

Walnut Bend ISD's Local Wellness Policy outlines commitments to:

- **Nutrition promotion and education**
 - **Physical activity and education**
 - **Nutrition standards for all food and beverages available on campus**
 - **Standards for food marketing on campus**
 - **Stakeholder engagement (SHAC)**
 - **Implementation and monitoring expectations**
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3. Stakeholder Involvement in the Assessment

As required by ARM Section 29, the District invited the following stakeholders to participate in the triennial assessment:

- Parents
- Students
- School Nutrition Director
- School Administrator
- Classroom Teachers
- School Health Advisory Council (SHAC) members
- Community representatives

SHAC Meetings Held During Assessment Period:

- September 2022
- March 2023
- October 2024

Stakeholder input was incorporated into each section of this assessment.

4. Required Component 1: Wellness Policy Implementation Status

TDA requires school districts to evaluate how fully the wellness policy has been implemented.

A. Nutrition Education

Status: *Fully Implemented*

- Nutrition instruction provided in health and science classes
- Integrated nutrition concepts across grade levels
- Taste-testing and nutrition activities provided periodically

B. Nutrition Promotion

Status: *Partially Implemented*

- Healthy signage and fruit/vegetable promotion in cafeteria
- Website nutrition information in development

C. USDA School Meal Standards

Status: *Fully Implemented*

- All meals meet USDA meal pattern requirements
- Whole grains, fruits, vegetables, and low-fat milk offered daily

D. Smart Snacks Standards

Status: *Fully Implemented*

- No competitive food sales outside meals
- All classroom celebrations monitored and limited per policy

E. Physical Education

Status: *Fully Implemented*

- Meets state-required PE minutes
- Students engaged in MVPA (moderate to vigorous physical activity) 50%+ of class time

F. Physical Activity Opportunities

Status: *Partially Implemented*

- Classroom activity breaks provided
- Limited before/after school programs due to small district size

G. Staff Wellness

Status: *In Development*

- Staff wellness activities offered informally
- District plans to create a structured wellness plan in next cycle

H. Food & Beverage Marketing

Status: *Fully Implemented*

- No food marketing on campus
- Only Smart Snacks–compliant items promoted

5. Required Component 2: Compliance with Smart Snacks (Competitive Foods Rule)

USDA requires districts to demonstrate compliance with Smart Snacks standards.

Assessment Findings

- No vending machines present on campus
- No à la carte items sold
- Classroom parties limited to 1 per month, tracked by teachers
- Any food-based rewards discouraged
- All food provided during fundraising or school events meets Smart Snacks OR falls under allowable exemptions

Compliance Level: 100% compliant

6. Required Component 3: Comparison to a Model Wellness Policy

USDA requires districts to compare their policy to a “model policy,” such as:

- Alliance for a Healthier Generation Model LWP
- USDA Model Wellness Policy

Comparison Summary

Wellness Area	WBISD Policy	Model LWP Expectation	Alignment
Nutrition Education	Strong	Strong	Aligned
Nutrition Promotion	Moderate	Strong	Partially Aligned
Physical Education	Strong	Strong	Aligned
Physical Activity	Moderate	Strong	Partially Aligned
Competitive Foods	Strong	Strong	Aligned
Food Marketing	Strong	Strong	Aligned
Staff Wellness	Minimal	Moderate	Not Fully Aligned
Implementation / Reporting	Developing	Strong	Partially Aligned

Overall Alignment Rating:

Moderate to Strong Alignment (meets required TDA and USDA components)

7. Required Component 4: Progress Toward LWP Goals

Nutrition Goals

- More whole grains and fresh produce offered → **Achieved**
- Cafeteria signage promoting healthy choices → **Achieved**
- Website publication of menus and nutrition info → **In progress**

Physical Activity Goals

- Students exceed state-required PE minutes → **Achieved**
- Classroom physical activity breaks implemented → **Partially achieved**

School Environment Goals

- Reduction of unhealthy snacks at parties → **Achieved**
- Increased student engagement in meal selection via taste tests → **Achieved**

Staff Wellness Goals

- Formalized wellness initiatives → **Not yet achieved** (planned for next 3-year cycle)

8. Public Availability

As required by USDA & TDA, WBISD will publicly post:

1. The Local Wellness Policy
2. This triennial assessment
3. Contact information for wellness policy oversight

Posting Locations:

- District website
 - School office
 - School nutrition bulletin board
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9. Local Wellness Policy Leadership

Designated Oversight Official:

Superintendent or Designee

- Responsible for LWP implementation, monitoring, documentation, and reporting

Nutrition Services Contact:
Child Nutrition Director

10. Documentation Maintained (Required by ARM Section 29)

The District maintains:

- Copy of the current LWP
 - Documentation of LWP updates
 - SHAC meeting agendas, minutes, and sign-in sheets
 - PE minutes records
 - Annual LWP implementation review
 - Triennial assessment reports
 - Public notifications and website postings
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11. Summary & Next Steps

Strengths

- High compliance with USDA meal patterns
- Strong PE program
- Excellent Smart Snacks compliance
- Stakeholder involvement well documented

Areas for Improvement

1. **Staff Wellness Program** – Develop a structured plan with measurable goals
2. **Nutrition Promotion** – Increase parent outreach and website-based resources
3. **Physical Activity Programs** – Expand extracurricular physical activity opportunities

Next Triennial Cycle Goals (2025–2028)

- Implement staff wellness program
 - Increase visibility of wellness initiatives
 - Expand student-led wellness activities and cafeteria engagement
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APPROVAL

Superintendent: _____

Date: _____

Board of Trustees Notified on: _____