Local Wellness Policy: Triennial Assessment

Local Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:

Natalia ISD

PK thru 12th

Month and year of current assessment: December 2024

Date of last Local Wellness Policy revision: June 2020

Website address for the wellness policy:
https://pol.tasb.org/PolicyOnline/PolicyDetails?key=881&code=FFA#legalTabContent

Meal Information/Menus:
https://linqconnect.com/public/menu/RCABFA?buildingId=d3bdf8bf-8a15-ec11-a2c3-c1ddadff5c7f

Wellness Policy Assessment

Section 2: Current Wellness Committee Information

How many times per year does your school wellness committee meet? 4 times per school year

Designated School Wellness Leader (2024)

Name	Job Title	Email Address
Meg Brown	School Health Coordinator	mary.brown@nataliaisd.net

School Wellness Committee Members (2024)

Name	Job Title	Email Address
Tanya Rodriguez	Food Service Director	tanya.rodiguez@nataliaisd.net

Norma Friddle	Assistant Superintendent	norma.friddle@nataliaisd.net
Gordon Gentry	Student Guardian/Board Member	gordon.gentry@nataliaisd.net
Matt Rierson	Operations Director	matt.rierson@nataliaisd.net
Jason Reynolds	Parent/Athletic Director	jason.reynolds@nataliaisd.net
Mark Garrison	SRO	mark.garrison@nataliaisd.net
Meg Brown	School Health Coordinator/Parent	mary.brown@nataliaisd.net
Lana Collavo	Superintendent	lana.collavo@nataliaisd.net
Brooke Jass	Student	28brooke.jass@nataliaisd.net
Tricia McMillan	Parent	tricia.mcmillan@nataliaisd.net

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

☐ **X** **WellSAT 3.0 example policy language**

☐ Other (please specify):____

Describe how your wellness policy compares to model wellness policies.

Natalia ISD's Wellness policy is concise and centered on the required components listed within the WellSAT 3.0 model policy language.

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.

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
The District shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health curriculum that emphasizes the importance of proper nutrition.		X		Board Policy FFA — Student Welfare: and Health Services
Nutrition education will provide the knowledge and skills necessary to promote health with nutrition lessons integrated into the curriculum and the health education program.	X			The district will continue to provide and promote educational nutrition information with families and to the public to promote healthy nutrition choices. Annual fruit and vegetable parade
The food service staff, teachers, and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.	X			The District's Food Services Dept utilizes age-appropriate posters at the ECC/Elem Cafeterias regarding food choices, healthy eating, and trying new foods. The posters are rotated and hung at eye level for the appropriate age groups.
Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members.	X			Information from the USDA is shared on the Child Nutrition website

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
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.	X			Board Policy FFA — Student Welfare: and Health Services
The District shall provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.	X			Bike Fair (annually) Field Day (annually) 5K Color Run
Physical activity classes shall regularly emphasize moderate to vigorous activity.	X			Students participate in physical fitness classes as required by TEA
Before-school and after-school physical activity programs shall be offered, and students shall be encouraged to participate.	X			Athletics and band meet regularly before and afterschool
The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.	X			District's recreational facilities are available for community use outside of the school day.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.	X			Local Policy
Wellness for students and their families shall be promoted at suitable school activities.	X			The Texas Rural Health Mobile Unit provides services weekly
Wellness for employee's education and involvement shall be promoted at suitable school activities.	X			Districtwide stop the bleed training held annually Nurses are available as needed for staff

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy.	X			Local Policy Natalia ISD 16390
Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations.	X			If snacks are brought for birthday parties they are not brought until the end of the day and they need to be purchased and sealed.
Provide teachers with education and guidelines on the use of food as a reward in the classroom.		X		In-service conducted annually for all staff by the District's Food Services Director.
Follow state guidelines for school-sponsored fund-raising activities that involve serving or selling food.		X		Organizations planning fundraisers should work with their local school administration and the District's Food Services Dept before initiating a fundraiser to ensure compliance with the Local Wellness Policy, Smart Snack standards, and any other local policies that may be in place.

Standards for all foods and beverages provided, but not sold, to students during the school day	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Rewards are consistent with the nutrition standards set for under 7 C.F.R. 210.11.	X			Legal Policy Natalia ISD 163903
Permit marketing on the school campus during the school day of only those foods and beverages that meet the nutrition standards under 7 C.F.R. 210.11.	X			Students create posters that promote nutritional messages
Promote student health and reduce childhood obesity.	X			Foods and beverages available on school campus, but not sold must still be approved by administration and the District's Food Services Dept.

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.	**Meeting Goal**	**Partially Meeting Goal**	**Not Meeting Goal**	**Describe progress and next steps**
The District shall share educational nutrition information with households and the general public to promote healthy nutrition choices and positively influence the health of students.		X		Menus are posted online with nutrition facts for each item on the menu.
The district will continue to seek flavorful and interesting foods to serve that increase student interest and participation.	X			Conduct an annual food show for students to taste and consider possible new items for menus.

Description of public involvement, public updates, policy leadership, and evaluation plan	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
A District Wellness committee will meet 4 times per year		X		Meetings scheduled for September, January, April, and June
Community members will be invited to participate via survey		X		Two surveys per year will be conducted regarding food and drink interest
Parents, students, representatives of the school food service, PE teachers, school health professionals, the school board, school administrators, and the general public will be invited to join the school wellness committee to assist in the development, implementation, review, and update of the Wellness Policy.		X		People will be invited to participate on the committee
The Wellness committee shall conduct a quantitative assessment of policy implementation every three years using the WellSTAT 3.0 tool and post it to the website		X		Completed in September of 2024