

# 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.

LEA/District Name Chillicothe ISD

Reviewer Susan Pautsky

School Name Chillicothe ISD

Date 8-15-22

Select all grades: PK ☒ K ☒ 1 ☒ 2 ☒ 3 ☒ 4 ☒ 5 ☒ 6 ☒ 7 ☒ 8 ☒ 9 ☒ 10 ☒ 11 ☒ 12 ☒

## I. Public Involvement

☒ Yes ☐ No We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

- |  |   |   |   |
|--|---|---|---|
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers | <input checked="" type="checkbox"/> Parents |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> Students      | <input checked="" type="checkbox"/> Public  |

☒ Yes ☐ No We have a designee in charge of compliance.

Name/Title: Susan Pautsky / Food Service Director

☒ Yes ☐ No We make our policy available to the public.

Please describe: on our website: cisd-tx.net

☒ Yes ☐ No We measure the implementation of our policy goals and communicate results to the public.

Please describe: Perform a triennial assessment & post to the website.

☒ Yes ☐ No Our district reviews the wellness policy at least annually.

## II. Nutrition Education

☒ Yes ☐ No Our district's written wellness policy includes measurable goals for nutrition education.

☒ Yes ☐ No We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

☒ Yes ☐ No We offer nutrition education to students in: ☒ Elementary School ☒ Middle School ☒ High School

## III. Nutrition Promotion

☒ Yes ☐ No Our district's written wellness policy includes measurable goals for nutrition promotion.

☒ Yes ☐ No We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

☒ Yes ☐ No We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.

☒ Yes ☐ No We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

☒ Yes ☐ No We ensure students have access to hand-washing facilities prior to meals.

☒ Yes ☐ No We annually evaluate how to market and promote our school meal program(s).

☒ Yes ☐ No We regularly share school meal nutrition, calorie, and sodium content information with students and families.

☒ Yes ☐ No We offer taste testing or menu planning opportunities to our students.

☒ Yes ☐ No We participate in Farm to School activities and/or have a school garden.

☒ Yes ☐ No We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

☒ Yes ☐ No We price nutritious foods and beverages lower than less nutritious foods and beverages.

☒ Yes ☐ No We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☒ Snack Bars ☒ à La Carte

☒ Yes ☐ No We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

☒ Yes ☐ No We provide teachers with samples of alternative reward options other than food or beverages.

☒ Yes ☐ No We prohibit the use of food and beverages as a reward.

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- ☒ ☐ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- ☒ ☐ We operate the School Breakfast program: ☒ Before School ☒ In the Classroom ☐ Grab & Go
- ☒ ☐ 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.
- ☒ ☐ We have a Certified Food Handler as our Food Service Manager.
- ☒ ☐ We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:  
☒ as à La Carte Offerings ☐ in School Stores ☐ in Vending Machines ☐ as Fundraisers

Yes No **V. Physical Activity**

- ☒ ☐ Our district's written wellness policy includes measurable goals for physical activity.
- ☒ ☐ We provide physical education for elementary students on a weekly basis.
- ☒ ☐ We provide physical education for middle school during a term or semester.
- ☒ ☐ We require physical education classes for graduation (high schools only).
- ☒ ☐ We provide recess for elementary students on a daily basis.
- ☒ ☐ We provide opportunities for physical activity integrated throughout the day.
- ☒ ☐ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- ☒ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☒ ☐ We offer before or after school physical activity: ☒ Competitive sports ☐ Non-competitive sports ☐ Other clubs

Yes No **VI. Other School Based Wellness Activities**

- ☒ ☐ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- ☒ ☐ We provide training to staff on the importance of modeling healthy behaviors.
- ☒ ☐ We provide annual training to all staff on: ☒ Nutrition ☒ Physical Activity
- ☐ ☒ We have a staff wellness program.
- ☒ ☐ We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- ☒ ☐ We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- ☒ ☐ We have a recycling/environmental stewardship program.
- ☒ ☐ We have a recognition/reward program for students who exhibit healthy behaviors.
- ☒ ☐ We have community partnerships which support programs, projects, events, or activities.

**VII. Progress Report:** Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

We are planning to have more nutrition education to our students  
We are applying for certain grants to help promote a backpack  
program for our students to ensure they have access to  
healthy meals during the weekends.

**VIII. Contact Information:**

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name Susan Pautsky Position/Title Food Service Director

Email spautsky@cisd-tx.net Phone 940-852-5391

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(LOCAL)

*\*\*\*This policy is no longer a draft. It has been approved at the August 2018 Chillicothe ISD Board Meeting. TASB will update dates listed.\*\*\*\**

**PROPOSED POLICY**

The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity.

[See EHAA for information regarding the District's coordinated school

DEVELOPMENT,  
IMPLEMENTATION,  
AND REVIEW OF  
GUIDELINES AND  
GOALS

The local school health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public.

[See BDF for required membership of the SHAC.]

WELLNESS PLAN

The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals;
4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
5. The manner of communicating to the public applicable information about the District's wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

NUTRITION  
GUIDELINES

FOODS AND  
BEVERAGES SOLD

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 reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules. [See CO and FJ]

STUDENT WELFARE  
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FOODS AND BEVERAGES PROVIDED	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.
WELLNESS GOALS  NUTRITION PROMOTION AND EDUCATION	<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"><li>1. The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.</li><li>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.</li><li>3. The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.</li></ol> <p>The District establishes the following goals for nutrition education:</p> <ol style="list-style-type: none"><li>1. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</li><li>2. The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.</li><li>3. The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.</li></ol>
PHYSICAL ACTIVITY	<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 goals for physical activity:</p> <ol style="list-style-type: none"><li>1. The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities</li></ol>

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

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(LOCAL)

for all students, including those who are not participating in physical education classes or competitive sports.

2. The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.
3. The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
4. The District shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, playgrounds, and the like, that are available outside of the school day. [See GKD]

OTHER SCHOOL-  
BASED ACTIVITIES

The District establishes the following goals 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:

1. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
2. The District shall promote wellness for students and their families at suitable District and campus activities.
3. The District shall promote employee wellness activities and involvement at suitable District and campus activities.

IMPLEMENTATION

The athletic director shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

EVALUATION

The District shall comply with federal requirements for evaluating this policy and the wellness plan.

PUBLIC NOTIFICATION

The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.

RECORDS RETENTION

The District shall retain all the required records associated with the wellness policy, in accordance with law and the District's records management program. [See CPC and FFA(LEGAL)]

*change  
to  
Food  
Service  
Director*

## Local Wellness Policy

Every local education agency (LEA) participating in the National School Lunch Program and/or the School Breakfast Program **are required** to develop, implement, and assess a local wellness policy (LWP).

**A Local Wellness Policy (LWP)** is a written document of official policies that outlines district level goals to establish, evaluate, and maintain healthy school environments. The LWP describes how the LEA will address local, state, and federal requirements for nutrition education and promotion, physical activity, and school-based activities that promote student wellness. The LWP is written by the School Health Advisory Committee, or equivalent representation, and approved by the school board or governing board.

Once the LWP is approved, the School Health Advisory Committee or equivalent representation develops a wellness plan. **The wellness plan** generates a strategy that describes how the policies will be implemented into the school environment. Every three years, the LEA must complete a **triennial assessment** to evaluate school compliance and progress towards attaining goals in the LWP.