

FWISD is required to develop, implement, and assess a local wellness policy (LWP). The LWP is intended to be a useful tool in establishing, evaluating, and maintaining a healthy school environment and promoting transparency to the public on key areas that affect each school's nutrition environment. A triennial assessment of the LWP implementation is required and must include COMPLIANCE, ALIGNMENT, and PROGRESS of the LWP and attainment of established goals. The results of the assessment must be available to the local and state stakeholders as outlined in the Texas Department of Agriculture (TDA) Stakeholder Engagement Guide. Each group associated with policy categories is responsible for completion and submission. The triennial assessment is part of the required documentation that must be retained and available as written in the TDA, Section 29 LWP and Stakeholder Engagement Guide. Use the DROP DOWN MENU under compliance, alignment, and progress to respond.

LWP WELLNESS PLAN GUIDELINES		Compliance	Alignment	Progress	Reviewer	NOTES
1. Strategies for soliciting involvement and input in LWC.	YES	YES	YES	YES	R. Baquera	PE Curriculum specialist C. Tillis coord. the LWC district wide
2. Objectives, benchmark, and activities for implementing the wellness goals.	YES	YES	YES	YES	R. Baquera	Thought the LWC
3. Measurement of wellness goal implementation.	NO	YES	OTHER	NO	R. Baquera	Identifying strategies for implement.
4. Communicating strategies regarding LWC to public.	NO	YES	NO	NO	R. Baquera	Goal for future
5. Alternative reward options for schools.						
6. Participation of local wellness coord's and teams to evaluate school health climate and participation in district wellness act's.	YES	YES	YES	YES	R. Baquera	C. Tillis coordinates evaluation annually on school environment linked to health. This year SHI.

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NUTRITION	Compliance	Alignment	Progress	Reviewer	Notes
1. Properly qualified staff under current professional standards.	YES			Angela Lowe	
2. Establish guidelines for food and beverage available to any student during the regular school day and in any vending machines.	YES			Angela Lowe	Wellness Policy
3. Ensure all vending machines accessible to student during the school day contain items compliant with federal Smart Snack rules.	YES			Angela Lowe	Wellness Policy
4. Encourage members of school community make healthy nutrition choices based on dietary guidelines for Americans. Increase student participation in breakfast and lunch program.	YES			Angela Lowe	
a. Sufficient time is scheduled to student meal in clean, safe, and comfortable spaces.	YES			Angela Lowe	Per Principal school day schedules
b. Smart Snacks nutrition standards are met for all food and beverage items during the school day, fundraisers, and machine consumption.	YES			Angela Lowe	
i. No competitive foods in elementary schools during the school day.	YES			Angela Lowe	
ii. In middle schools, no competitive foods until 30 minutes after the last lunch period. All sales compliant with Smart Snacks.	YES			Angela Lowe	
iii. In High Schools, there are no food sales during	YES			Angela Lowe	

lunch where school prepared meals are eaten, and purchased. All sales comply to Smart Snaks/	LWP WELLNESS PLAN	Compliance	Alignment	Progress	Reviewer	Notes
GUIDELINES						
5. Fundraisers during the school day involving food for immediate consumption are compliant with Smart Snacks unless the campus has designated an exemption day for the fundraiser.	YES				Angela Lowe	
6. Provide free breakfast to all economically eligible schools/students and promote Breakfast in the Classroom Program.	YES				Angela Lowe	
7. Prohibit carbonated and sweetened beverages including diet sodas during school day on school grounds with the exception of District athl. Sites.	YES				Angela Lowe	
8. Prohibit use of deep fat fryers in cafeterias	YES				Angela Lowe	
9. Adhered to the maximum of three days per campus, per school year, with advance notice of exemption dates to the District's child nutrition services and health services departments.	YES				Angela Lowe	

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NUTRIT PROMOTION AND HEALTH GUIDELINES	Compliance	Alignment	Progress	Reviewer	Notes
1. Food services staff, teachers, and all personnel will consistently promote healthy nutrition within the school environments in multiple areas.	YES			Angela Lowe	
2. The District will share nutritional education with families and the public to promote good nutrition and positively influence health.		YES		R. Baquera and	MS and HS contain components that include communication with parents regarding health unit to include nutrition.
3. The District will make reasonable efforts to ensure food and beverage advertisements accessible to students during the school day contain products that meet federal guidelines.	YES			Angela Lowe	
4. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	OTHER	YES	YES	R. Baquera	Health curriculum MS and HS nutrition unit in tact. ES is under adoption and will see significant changes for 22-23.
5. The DISTRICT shall provide PD so that teachers and staff responsible for nutrition and health education are prepared for effective delivery.	YES	YES	OTHER	R. Baquera	HPE Dept provides curriculum training for MS and HS teachers, will include ES for 22-23 to support new adoption for ES Health.
6. In conjunction with the Coordinated Health Program, the District shall provide and support a standards-based, evidence-informed comprehensive health curriculum, K-12.	YES	YES	OTHER	R. Baquera	Yes, however, with new TEKS adoptions for 22-23, CSH will undergo changes.
7. The District's comprehensive health curriculum shall include asthma and dental education. The	YES	YES	YES	R. Baquera	

What else?

<p>HS health curric. Shall include CPR, AED, and parenting and paternity awareness (PAPA).</p>			
<p>8. The District shall provide sufficient time for health instruction, K-12 with minimal interruption Any and all outside presenters for health ed. be preapproved by the District health and physical education department.</p>	<p>OTHER</p>	<p>YES</p>	<p>OTHER</p>
			<p>R. Baquera</p>
			<p>While part of scheduling drivers at all levels, analysis of what is actually occurring will need to continue as new TEKS and HPE adoptions are finalized.</p>

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PHYSICAL ED AND PHY ACTIVITY		Compliance	Alignment	Progress	Reviewer	Notes
1. Students shall spend at least 50 percent of class time engaged in MVPA.	OTHER	YES	OTHER	R. Baquera	Under analysis by HPE, observations suggest some do, some don't	
2. HS Physical Education shall focus on lifestyle activities such as lifetime fitness, wellness goal setting, and recreational activities.	OTHER	YES	OTHER	R. Baquera	NEW PE HS courses have new focus to include guideline	
3. All ES's shall provide 30 min. of recess on the master schedule. Secondary schools shall make effort to provide time for students to be physical active before, after, and during the school day. Weather permitting, students should be allowed to go outside during PS time.	OTHER	YES	NO	R. Baquera	Master schedules will need to be analyzed for compliance	
4. Where space and supervision allows, the District shall encourage all schools to provide PA options before and after school.	OTHER	OTHER	OTHER	R. Baquera	Information will need to be gathered.	
5. The District shall encourage schools and teachers to provide PA breaks at least every 60 min. of instructional time. The District shall provide PD on integrating PA breaks into the academic curriculum.	OTHER	YES	OTHER	R. Baquera	Observations suggest some schools practice this consistently while others don't. There will need to be intentional information gathering from schools.	
6. Neither physical education nor physical activity time shall be withheld from students or	OTHER	YES	OTHER	R. Baquera	Some schools comply, others do not.	

assigned to students as punishment.					
7. The District shall encourage students, parents, staff, and community members to use the Districts recreational facilities such as tracks and playgrounds that are available outside of the school day.	OTHER	YES	OTHER	R. Baquera	Most of our schools keep facilities open for community; however, we would need to verify with schools for accuracy.
8. The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students including those not enrolled in Physical Education classes or athletics.	OTHER	YES	OTHER	R. Baquera	Requires information gathering to verify to what extent we are providing these opportunities.

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SCHOLL BASED ACTIVITIES	Compliance	Alignment	Progress	Reviewer	Notes
1. The District shall promote wellness for all school-community members at suitable school activities.	YES	YES	YES	R. Baquera	Local wellness program
2. The District shall promote wellness for students and their families and suitable District and campus events.	YES	YES	YES	R. Baquera	Local wellness program
3. The District shall provide students and the community with positive, encouraging messages about health lifestyle practices.	YES	YES	YES	R. Baquera	Local wellness program
4. The District creates and supports a safe and supportive environment that is culturally responsive, diverse, and inclusive of all school/district members.	YES	YES	YES	Justin Gaddis	Prevention & Crisis Response Dept Intervention Services Dept Family & Community Resources Dept Equity & Excellence Dept
5. The District provides prevention and intervention based work to support social, emotional, mental, behavioral, and physical health. The work includes suicide prevention, violence prevention, safe and supportive environments for all youth.	YES	YES	YES	Justin Gaddis	Prevention & Crisis Response Dept Intervention Services Dept Family & Community Resources Dept HTYPE and INOK (Trainings)
4. No outside food or beverages shall be provided to a student during the lunch period by anyone other than student's guardian.					

5. For birthdays and special occasions, a parent or guardian is allowed to bring on prepackaged store-bought items in the original packaging for the other students. Celebrations shall not occur during lunch time.

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Adjusted or New SMART Goals for 2022-2023 School Year

-Continue to create local wellness program aligned to Wellness Policy and opportunities to improve student health using available data.