

Local Wellness Policy: Triennial Assessment

Local Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:

West Oso Independent School District

K thru 12th

Month and year of current assessment: October 2021

Date of last Local Wellness Policy revision: 08/2017

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

www.westosoid.net Meal Information 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 (2021)

Name	Job Title	Email Address
RJ Alvarado	Executive Director	rj.alvarado@westosoid.net
Ray Williams	Cafeteria Director	ray.williams@westosoid.net

School Wellness Committee Members (2021-Present)

Name	Job Title	Email Address
Melissa Mondragon	WOHS Assistant Principal	melissa.mondragon@westosoid.net
Grace Arriaga	WOHS Nurse	grace.arriaga@westosoid.net
Michelle Powell	WOHS Counselor	michelle.powell@westosoid.net

Guimel Flores	WOHS Teacher	guimel.flores@westosoisd.net
Cinda Alvarado	WOHS Teacher	cinda.alvarado@westosoisd.net
Leesa Johnson	WOHS Parent	charmain0408@gmail.com
Bertha Lopez	WOHS Parent	Lopbela@hotmail.com
Anthanette Trimble	WOHS Parent	anthanette.trimble@westosoisd.net
Priscilla Arce	WOHS Parent	priscilla.arce@westosoisd.net
Margaret Evans	WOJH Principal	margaret.evans@westosoisd.net
Tanya Whitehead	WOJH Nurse	tanya.whitehead@westosoisd.net
Patricia Herrera	WOJH Teacher	patricia.herrera@westosoisd.net
LeeAnn Canas	WOJH CIS	leeann.canas@westosoisd.net
Martha Morales	WOJH Parent	mrangel1964@yahoo.com
Malarie Garza	WOJH Parent	Maag2126@gmail.com
Winona Anthony	WOJH Parent	Yungmoney1924@gmail.com
Cortney Thomas	WOJH Parent	Cqthomas84@outlook.com
Dana Moore	WOE Principal	dana.moore@westosoisd.net
Joann Garcia	WOE Nurse	joann.garcia@westosoisd.net
Jaime Barrera	WOE Teacher	jaime.barrera@westosoisd.net
Diane Salinas	WOE Teacher	diane.salinas@westosoisd.net
Laura Speck	WOE Teacher	laura.speck@westosoisd.net
Andrew Wilburn	WOE Teacher	andrew.wilburn@westosoisd.net
Jackie Millington	WOE Parent	jackiem@cbwellness.org
Erica Almaguer	WOE Parent	Erica.vas.031488@gmail.com
Isabel Garza	WOE Parent	lgarza6408@gmail.com

Stephanie Hernandez	WOE Parent	h.stephanie57@gmail.com
Chelsea Herrera	WOE Parent	Laurel.herrera62@gmail.com
Yvonne Torres	WOE Parent	Yvonnejaneizy6@yahoo.com
Marcy Davis	JFK Principal	marcy.davis@westosoisd.net
Bunny Fira	JFK Nurse	bunny.fira@westosoisd.net
Delilah Pacheco	JFK Teacher	deliah.pacheco@westosoisd.net
Michael Perez	JFK Teacher	michael.perez@westosoisd.net
Mayra Arellano	JFK CIS	mayra.arellano@westosoisd.net
Julian Barboza	JFK Parent	julian.barboza@westosoisd.net
Krystle Barboza	JFK Parent	krystle.barboza@westosoisd.net
Sarah Colunga	JFK Parent	sarah.colunga@westosoisd.net
Davon Fox	JFK Parent	davon.fox@westosoisd.net
Amy Padia	JFK Parent	amy.padia@westosoisd.net
Kammie Starry	JFK Parent	kammie.starry@westosoisd.net
Gabriella Thompson	JFK Parent	gabriella.thompson@westosoisd.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
- WellSAT 3.0 example policy language**

Other (please specify): _____

Describe how your wellness policy compares to model wellness policies.

West Oso ISD Wellness policy is very 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-I 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
<p>The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.</p>	<p>YES</p>			<p>The district will continue to provide and promote nutrition education through the health curriculum taught in physical education classes, clubs based on healthy nutrition and physical activity, and through educational nutrition posters hung throughout campuses.</p>
<p>The District will make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.</p>	<p>YES</p>			<p>The district will continue to integrate nutrition education into the physical education curriculum. In addition, community partners, Texas A&M AgriLife Extension and Coastal Bend Food Bank, provide both student and parent nutrition education covering all district campuses.</p>
<p>The District will share educational nutrition information with families and the public to promote healthy nutrition choices and positively influence the health of students.</p>		<p>Partially Meeting Goal</p>		<p>The district will continue to provide and promote educational nutrition information with families and to the public to promote healthy nutrition choices.</p>

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
The District promotes and provides meaningful physical activity in addition to physical education that connects to students' lives.	YES			The district will continue to promote and provide meaningful physical activity and education that connects to students' lives.
The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	YES			The district will continue to encourage campuses to make appropriate before-school and after-school physical activity programs available and to encourage students to participate. The district will continually monitor the availability of before-school and after-school programs and offer campuses guidance in setting up new programs to reach this physical activity goal.
The District shall encourage parents to support their children's participation, be active role models, and include physical activity in family events.	YES			The district will continue to encourage parents to support their children's participation in physical activity events by sending communication via email, text, phone call, Canvas notification, campus newsletter, health fairs, social media posts, and monthly health and wellness newsletters sent by the district to the employees.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Child Nutrition programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.	YES			Every school building in the district has school-based activities that promote wellness and meet all requirements.
The school district will promote and participate in the National School Breakfast Program and National School Lunch Program.	YES			Every school building in the district promote and participate in the National School Breakfast and lunch programs.

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's nutrition guidelines are to ensure all foods and beverages sold or marketed to students during the school day adhere to all USDA's regulations and guidance and are designed to promote student health and reduce childhood obesity.	YES			Every school building in the district implement and follow the Smart Snack guidelines for meal and snacks.

Guidelines for other foods and beverages available on the school campus, but not sold	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
If rewards and incentives are given, healthy choices are required for rewards and incentives. When snacks are provided in classrooms healthy snacks are expected for all grade levels.	YES			Every school building in the district provide healthy choices for rewards, incentives, and snacks.

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
All Foods and beverages made available on campus during the school day are consistent with USDA Healthy Hunger Free Kids Act of 2010 and specifically the Smart Snacks Standards implemented in July 2014.	YES			Only foods and beverages meeting the Smart Snack guidelines are sold. There is no marketing or advertising of items not meeting these regulations.

The West Oso Independent School District Student Wellness Policy is posted on the School District webpage. The triennial progress report will be posted on the District website as of October 2021.

RJ Alvarado, Executive Director, and Ray Williams, Cafeteria, shall ensure compliance with the established district wide wellness policy.

A District Wellness committee will meet 4 times a year, to coincide with the districts SHAC's meetings, to review the Wellness policy.

-A letter will be posted in a central area of the school building inviting members of the community to join a Wellness subcommittee/SHAC member. Parents, students, representatives of school food authority, PE

teachers, school health professionals, the school board, school administrators, and the general public are invited to join the school wellness committee.

-The Wellness subcommittee members assist in the development, implementation, review and update of the Wellness Policy.

-The Wellness committee shall conduct a quantitative assessment of policy implementation every three years using the WellSTAT 3.0 tool.

The next triennial progress report will be posted on the District web site in October 2021.

School Wellness Policy Assessment (2021-2022)

1. Section 1 (Nutrition Education)
 - a. 88
2. Section 2 (Standards for USDA Child Nutrition Programs and School Meals)
 - a. 100
3. Section 3 (Nutrition for Competitive and other Food and Beverages)
 - a. 92
4. Section 4 (Physical Education Physical Activity)
 - a. 81
5. Section 5 (Wellness Promotion and Marketing)
 - a. 75
6. Section 6 (Implementation Evaluation, and Communication)
 - a. 88

District Score = 89.1%