

Ector ISD Local Wellness Policy

**Triennial Assessment 2023**

\*The Triennial Assessment Progress Report for Ector ISD is based on the results of the WellSAT 3.0 and WellSAT-1.

Updates will be made to the Ector ISD Wellness Policy based on the results of this assessment.

Ector Independent School District

CE ID# 074905

Grades: PK-12<sup>th</sup>

School Wellness Contact

Brenda Hagerty

[brenda@ectorisdonline.org](mailto:brenda@ectorisdonline.org)

903-961-2355

Wellness Policy Review: April 27, 2023

Pete Slaughter- Elementary Principal

Brynane Payne- School Counselor

Hope Woods-H.S. Science Teacher

Lisa Turner-Math Teacher

Britnee Dederick-Parent

Amber Whitburn-Parent

Emily Ball-Parent

Lydia Essary-Student

Brenda Hagerty-School Nurse

Section 1: Nutrition Education

<p><b>NE1: Includes goals for nutrition education that are designed to promote student wellness.</b></p> <p><i>Federal Rule language states that policies must include "specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness."</i></p> <p><b>NE2: Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.</b></p> <p><b>NE3: All elementary school students receive sequential and comprehensive nutrition education (mark as N/A if district does not have elementary schools).</b></p> <p><b>NE4: All middle school students receive sequential and comprehensive nutrition education (mark as N/A if district does not have middle schools).</b></p> <p><b>NE5: All high school students receive sequential and comprehensive nutrition education (mark as N/A if district does not have high schools).</b></p> <p><b>NE6: Nutrition education is integrated into other subjects beyond health education.</b></p> <p><b>NE7: Links nutrition education with the food environment.</b></p> <p><b>NE8: Nutrition education addresses agriculture and the food system.</b></p>	<p><b>Local Wellness Policy</b> (NE1, NE2) Page 1 Nutrition Education &amp; Promotion</p> <p>1.Student will receive consistent nutrition messages throughout schools, classrooms, cafeteria, and school media: 2.Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes.</p> <p><b>implementing to Wellness Policy on page 1</b> Staff responsible for nutrition education shall be adequately prepared and shall participate in professional development activities to effectively deliver the program as planned. 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.</p> <p><b>(NE3, NE 4, NE 5, NE 6)</b> 1.Student will receive consistent nutrition messages throughout schools, classrooms, cafeteria, and school media:</p> <p><b>implementing on page 1</b> Nutrition education will be integrated into all subjects on all campuses.</p> <p><b>(NE7)</b> Staff will link school meals program, cafeteria nutrition activities, farm to school programs, other school foods and nutrition-related community services.</p> <p><b>implementing on page 1</b> <b>(NE8)</b> Students will have access to enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as farm visits, cooking demonstrations or lessons, agriculture classes or demonstrations.</p> <p><b>Resources</b> <a href="https://www.fns.usda.gov/program/nutrition-education">https://www.fns.usda.gov/program/nutrition-education</a> <a href="https://www.dietaryguidelines.gov/">https://www.dietaryguidelines.gov/</a></p>
---	---

	<a href="https://www.fns.usda.gov/tn">https://www.fns.usda.gov/tn</a> <a href="https://www.myplate.gov/">https://www.myplate.gov/</a> <a href="https://pol.tasb.org/Policy/Download/524?filename=FFA(LOCAL).pdf">https://pol.tasb.org/Policy/Download/524?filename=FFA(LOCAL).pdf</a>
--	---

Section 2: Standard for USDA Child Nutrition Programs and School Meals

<p><b>SM1: Assures compliance with USDA nutrition standards for reimbursable school meals.</b>  <i>Federal Rule language states that local educational agencies must set "standards and nutrition guidelines for all food and beverages sold to students during the school day" that "are consistent with applicable requirements set forth under 210.10." Additionally, the WIC Reauthorization Act of 2004 states that all wellness policies must "provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture."</i></p> <p><b>SM2: Addresses access to the USDA School Breakfast Program.</b></p> <p><b>SM3: District takes steps to protect the privacy of students who qualify for free or reduced priced meals.</b>  <i>The National School Lunch Act puts restrictions on how much information can be shared from participants. The United States Department of Agriculture states "school food authorities must assure that a child's eligibility status is not disclosed at any point in the process of providing free or reduced-price meals, including notification of the availability of free or reduced-price benefits, certification and notification of eligibility, provision of meals in the cafeteria, and the point of service."</i></p> <p><b>SM4: Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.</b></p> <p><b>SM5: Specifies how families are provided information about determining eligibility for free/reduced price meals.</b></p> <p><b>SM6: Specifies strategies to increase participation in school meal programs.</b></p>	<p><b>Local Wellness Policy (SM1) Page2</b>  School meals will include a variety of healthy choices while accommodating special dietary needs and ethic and culture food preferences. All schools will participate in the USDA school breakfast and school lunch programs.</p> <p>All reimbursable meals will meet nutrition standards mandated by the USDA.</p> <p><b>(SM2 &amp; SM6) Page 2 Highlighted area added</b>  Participation in school meal programs will be promoted <b>on all campuses through Ector ISD website, and Ector ISD social media platforms</b>. Parents will be notified of the availability of the breakfast and lunch food programs and will be encouraged to determine eligibility for reduced-price or free meals.</p> <p><b>(SM3, SM 4, or SM5) implementing on page 2</b>  Ector ISD will take steps to ensure the protection of privacy for any student that qualifies for free or reduced priced meals or unpaid meal balances. The free and reduced application will be made available through the Ector ISD website.</p> <p><b>(SM7) Page 2</b>  Students will be provided with at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated.</p>
---	---

**SM7: Addresses the amount of “seat time” students have to eat school meals.**

**SM8: Free drinking water is available during meals.**

*Federal Rule language states that schools "must make potable water available to children at no charge in the place where lunches are served during the meal service, consistent with amendments made by section 203 of the HHFKA, and in the cafeteria during breakfast meal service."*

**SM9: Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.**

*Training requirements include: new and current directors: 12 hours; new and current managers: 10 hours; new and current staff: 6 hours. Requirement information available at: <https://www.gpo.gov/fdsys/pkg/FR-2015-03-02/pdf/2015-04234.pdf>.*

**SM10: Addresses purchasing local foods for the school meals program.**

*Procurement is one of the three components of the farm to school program. Procurement is defined as local foods that are purchased, promoted, and served in the cafeteria or as a snack or taste-test. USDA farm to school program available at: <https://www.fns.usda.gov/farmentoschool/farm-school>*

**(SM8) Page 3 Replaced water fountain with water filling stations**

Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water jugs and cups will be available in the cafeteria if water filling stations are not present. Supervisory staff will facilitate access to water in the cafeteria.

**(SM 9) page 2**

All cafeteria staff will be provided training on USDA meals/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety.

**(SM10) implementing to page 2.**

Ector ISD will purchase local foods that meet the Federal and state requirements when available to the district at a reasonable cost.

RESOURCES

<https://www.fns.usda.gov/nutrition-education>

<https://www.govinfo.gov/content/pkg/FR-2015-03-02/pdf/2015-04234.pdf>

<https://www.fns.usda.gov/cn/professional-standards>

<https://www.fns.usda.gov/cn/nutrition-standards-school-meals>

<https://www.fns.usda.gov/sbp/school-breakfast-program>

**NS1: Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.**

*The school day begins at midnight the night before and goes until 30 minutes after the final bell. Federal Rule language states that policies must contain "standards and nutrition guidelines for all foods and beverages sold to students during the school day on each participating school campus under the jurisdiction of the local educational agency."*

**NS2: USDA Smart Snack standards are easily accessed in the policy.**

**NS3: Regulates food and beverages sold in a la carte.**

**NS4: Regulates food and beverages sold in vending machines.**

**\*NS5: Regulates food and beverages sold in school stores.**

**\*NS6: Addresses fundraising with food to be consumed during the school day.**

*Smart Snacks applies to food and beverages sold as fundraiser during the school day. State agencies may adopt a policy that allows for exemptions to this requirement for infrequent school-sponsored fundraisers.*

**NS7: Exemptions for infrequent school-sponsored fundraisers.**

*Under Smart Snacks, your state may have adopted an exemption policy that allows for a certain number of infrequent school-sponsored fundraisers during which foods and beverages sold do not have to meet Smart Snacks. If your state allows exemptions, it provides the maximum number of exempt fundraisers allowed. However, your school district may have adopted language that limits this number even further, or prohibits exempt fundraisers all together.*

**NS8: Addresses foods and beverages containing caffeine at the high school level.**

*As of 2014, USDA Smart Snacks standards prohibit the sale of foods and beverages containing caffeine in elementary and middle schools. However, high schools are allowed to sell caffeinated beverages. '*

**(NS1, NS2, NS3, NS4, NS5, NS10 & NS11) page 2 and 3**

All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered competitive foods. Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores and for in-school fundraisers. **All** competitive foods must comply with the District's nutrition standards, as well as all applicable state and federal standards. On campus are two scholarship vending machines that operate on a timer. The vending machine's hours of operation are the following 4pm to 7:30am. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

**(NS6) page 3**

Non-food fundraising is promoted. When in-school fundraising involves food, items cannot be sold for immediate consumption. However, if food items are being sold through order forms and arrive frozen or to be consumed at home, fundraising during school hours can occur.

**(NS7) implementing page 3**

Infrequent school sponsored fund raisers will be up to the discretion of the Administration.

**(NS8) page3**

The only beverages allowed to be sold outside of school meals include:

- Plain water
- 100% fruit/vegetable juice
- Milk – 1% White; Fat-free Chocolate

<p><b>*NS9: Regulates food and beverages served at class parties and other school celebrations in elementary schools.</b></p> <p><b>NS10: Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.</b></p> <p><b>NS11: Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.</b></p> <p><b>NS12: Addresses food not being used as a reward.</b></p> <p><b>NS13: Addresses availability of free drinking water throughout the school day.</b></p>	<p><b>(NS9) page3</b>  Celebrations that involve food will be limited to three (3) per year. Other celebrations will be at the school Administrator’s discretion. All food brought to the school must be pre-packaged and are encouraged to meet the Smart Snack guidelines.</p> <p><b>(NS12) implementing page 4</b>  Ector ISD will encourage other items to be used as a reward, as such eagle bucks, jump for George, and stickers or other small items.</p> <p><b>(NS13) page 3</b>  Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water jugs and cups will be available in the cafeteria if water filling stations are not present. Supervisory staff will facilitate access to water in the cafeteria.</p> <p><b>RESOURCES</b>  <a href="https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks">https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks</a></p>
--	---

Section 4: PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

**PEPA1: There is a written physical education curriculum for grades K-12.**

**PEPA2: The written physical education curriculum for each grade is aligned with national and/or state physical education standards.**

**PEPA3: Physical education promotes a physically active lifestyle.**

**PEPA4: Addresses time per week of physical education instruction for all elementary school students.**

**PEPA5: Addresses time per week of physical education instruction for all middle school students.**

**PEPA6: Addresses time per week of physical education instruction for all high school students.**

**PEPA7: Addresses qualifications for physical education teachers for grades K-12.**

**PEPA8: Addresses providing physical education training for physical education teachers.**

**PEPA9: Addresses physical education exemption requirements for all students. An exemption is when students are permitted to not take PE because of enrollment in other courses such as math, science or vocational training. This does not include exemptions due to disability, religious or medical reasons.**

**PEPA10: Addresses physical education substitution for all students. A substitution is when students are permitted to not take PE because they are engaged in another physical activity such as JORTC or other school sports.**

**PEPA11: Addresses family and community engagement in physical activity opportunities at all schools.**

**PEPA12: Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.**

**(PEPA1, PEPA2, PEPA3, PEPA4, PEPA5, & PEPA6) page 3 & 4**

All K-8<sup>th</sup> students will receive daily physical education (150 minutes per week for elementary school students and 200 minutes per week for middle school) for the entire school year. High school students will be required to meet 1 hour credit for physical education. Physical Education will be standards-based, using national and state-developed standards. Physical Education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity. Physical education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through the application of skills. Student involvement in other activities (e.g., interscholastic or intramural sports) will not be substituted for physical education.

**(PEPA7) page 4 added highlighted word**

All Physical Education classes will be taught by a **state** qualified physical education teacher and at least 50% of class time will be spent in moderate to vigorous activity.

**(PEPA8) implementing page 4**

All staff who teach physical education will stay current in state and federal requirements for physical education.

**(PEPA9, PEPA10, PEPA12) page 3 & 4**

Physical education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through the application of skills. Student involvement in other activities (e.g., interscholastic or intramural sports) will not be substituted for physical education.

**(PEPA11 & PEPA15) implementing page 4**

Ector ISD will have opportunities for physical activities for the community with formal joint or shared use agreements of indoor and outdoor physical activity facilities.

<p><b>PEPA13: Addresses recess for all elementary school students.</b></p> <p><b>PEPA14: Addresses physical activity breaks during school.</b></p> <p><b>PEPA15: Joint or shared-use agreements for physical activity participation at all schools.</b></p> <p><b>PEPA16: District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.</b></p>	<p><b>(PEPA13 &amp; PEPA14) Page 4</b></p> <p>Short 3-minute physical breaks will be provided between classes on all campuses. Lower elementary school students will have at least 30 minutes a day of supervised recess and Upper elementary school students will have at least 10 minutes a day of supervised recess during which moderate to vigorous activity will be encouraged. Middle school students and High school students have at least 10 minutes after lunch that is encouraged for physical activity. Outdoor recess will only be withheld in the event of extreme weather, as defined by the school district.</p> <p><b>Challenges (PEPA16)</b></p> <p>Ector ISD is surrounded by Farm to Market roads and a state highway which makes it unsafe for our students to walk or bike to school.</p> <p><b>RESOURCES</b></p> <p><a href="https://cspinet.org/resource/constructive-classroom-rewards-fact-sheet">https://cspinet.org/resource/constructive-classroom-rewards-fact-sheet</a>  <a href="https://www.shapeamerica.org/cspap/what.aspx">https://www.shapeamerica.org/cspap/what.aspx</a>  <a href="https://www.cdc.gov/healthyyouth/wsc/">https://www.cdc.gov/healthyyouth/wsc/</a>  <a href="https://fitnessgram.net/">https://fitnessgram.net/</a></p>
---	--

Section 5: WELLNESS PROMOTION AND MARKETING



**WPM1: Encourages staff to model healthy eating and physical activity behaviors.**

**WPM2: Addresses strategies to support employee wellness.**

**WPM3: Addresses using physical activity as a reward.**

**WPM4: Addresses physical activity not being used as a punishment.**

**WPM5: Addresses physical activity not being withheld as a punishment.**

**WPM6: Specifies marketing to promote healthy food and beverage choices.**

**\*WPM7: Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.**

*School marketing includes food and beverage advertising and other marketing, such as the name or depiction of products, brands, logos, trademarks, or spokespersons or characters, on any property or facility owned or leased by the school district or school (such as school buildings and campus, outside and areas adjacent to school buildings, athletic fields, school buses, parking lots, or other facilities) and used at any time for school-related activities. Federal Rule language states that schools may only "permit marketing on the school campus during the school day of those foods and beverages that meet the nutrition standards under 210.11 and promote student health and reduce childhood obesity."*

**WPM8: Specifically addresses marketing on school property (e.g., signs, scoreboards, sports equipment).**

**WPM9: Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).**

**WPM10: Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers, etc.).**

**WPM11: Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and**

**(WPM1) page 1 & implementing page 4**

Staff are strongly encouraged to model healthy eating habits and are discouraged from eating in front of children and sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.

Ector ISD encourages its staff to model active lifestyles for our students.

**(WPM2)**

The Ector SHAC will develop over 2023-2024 school year

**(WPM3, WPM 4, & WPM 5) implementing to page 4**

Physical activities will not be used for reward or punishment only after all other avenues have been exhausted.

**(WPM6, WPM7) page 2 & 3**

All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered competitive foods. Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores and for in-school fundraisers. **All** competitive foods must comply with the District's nutrition standards, as well as all applicable state and federal standards. On campus are two scholarship vending machines that operate on a timer. The vending machine's hours of operation are the following 4pm to 7:30am. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

The only beverages allowed to be sold outside of school meals include:

- Plain water
- 100% fruit/vegetable juice
- Milk – 1% White; Fat-free Chocolate

**(WPM8, WPM9, WPM10, WPM11 & WPM12) implementing page 4**

Ector ISD will limit marketing to local businesses. The final decisions on marketing will be the decisions of the School Board and the Administration.

**Challenges**

Old (they have been their 6+ years) scoreboards at ballfields and gym have advertisement for a soda company and at this time the district can't afford to replace them.

<p>announcements on the public announcement (PA) system).</p> <p><b>WPM12: Specifically addresses marketing through fundraisers and corporate-sponsored programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education)</b></p>	<p><b>RESOURCES</b></p> <p><a href="https://cspinet.org/resource/constructive-classroom-rewards-fact-sheet">https://cspinet.org/resource/constructive-classroom-rewards-fact-sheet</a> <a href="https://pol.tasb.org/Policy/Download/524?filename=FFA(LEGAL).pdf">https://pol.tasb.org/Policy/Download/524?filename=FFA(LEGAL).pdf</a></p>
---	--

Section 6: IMPLEMENTATION, EVALUATION, & COMMUNICATION

**IEC1: Addresses the establishment of an ongoing district wellness committee.**

**\*IEC2: Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.**

*Federal Rule language states that the policy must include "a description of the manner in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review and update of the local school wellness policy."*

**\*IEC3: Identifies the officials responsible for the implementation and compliance of the local wellness policy.**

*Federal Rule language states that each local educational agency must "designate one or more local educational agency officials or school officials to ensure that each participating school complies with the local school wellness policy."*

**\*IEC4: Addresses making the wellness policy available to the public.**

*Federal Rule language states that local educational agencies must "inform the public about the content and implementation of the local school wellness policy, and make the policy and any updates to the policy available to the public on an annual basis."*

**\*IEC5: Addresses the assessment of district implementation of the local wellness policy at least once every three years.**

*Federal Rule language states that local educational agencies must "at least once every three years, assess schools' compliance with the local school wellness policy, and make assessment results available to the public."*

**\*IEC6: Triennial assessment results will be made available to the public and will include:**

**Implementing all of IEC 1-6  
On Pages 4 & 5**

#### **The School Wellness Committee**

Principal: Pete Slaughter,  
School Counselor: Brynane Payne,  
Math Teacher: Lisa Turner,  
Science Teacher: Hope Woods,  
Food Service Manager: Shelly Abbott,  
School Nurse: Brenda Hagerty,  
brenda@ectorisdonline.org

pete@ectorisdonline.org  
brynane@ectorisdonline.org  
lisa@ectorisdonline.org  
hope@ectorisdonline.org  
shelly@ectorisdonline.org

All SHAC Committee members (includes students, parents, business, and community members)

#### **The School Health Advisory Committee**

The School Health Advisory Committee is a council of teachers, students and parents that makes recommendations to the school in the areas of wellness, mental health, nutrition, and physical education. SHAC is required by the state dealing with the areas of child nutrition, wellness, mental health and physical education.

- The SHAC will meet 2-4 times a year.
- The SHAC meeting will be open to the public.
- The meeting agendas will be available on the Ector ISD website and posted on the Elementary community board as required by the state.
- The SHAC meetings will be recorded and posted on the Ector ISD website.
- The SHAC records will be retained as required by the state.

The SHAC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy. It will update or modify the wellness policy based on the results of the and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.** The position/person responsible for managing the triennial assessment and contact information is Brenda Hagerty, School Nurse 903-961-2355.

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of SHAC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform

**1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy;**

**2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies;**

**3. A description of the progress made in attaining the goals of the local school wellness policy**

parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating other important school information with parents.

**Resources**

**<https://www.ectorisd.net/>**

**<https://www.wellsat.org/>**