

## District Wellness Policy Triennial Assessment Report 2025

School District: Robstown Independent School District

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Wellness Policy Components	Fully in Place	Partially in Place	Not in Place	Describe Actions Taken for Implementation (include supports and challenges)	Data Source for Monitoring
<b>District Wellness Committee/Coordinated District Health Advisory Council</b>					
<b>Soliciting Involvement and Input</b>					
The designated officer for ensuring district compliance with the wellness policy and oversight is identified.	√			Mrs. Melissa Chavez BSN RN appointed a wellness leader Committee selected a wellness leader Wellness champion will be identified at each campus	Contact identified in the Local Wellness Policy Located on the district's website Committee meeting minutes Designated leader's name and contact information are in the Local Wellness Policy, website, etc.
Each campus has a designated wellness leader.			√	Principals appointed a wellness leader Wellness committee selected	Committee meeting minutes
Each school wellness leader monitors implementation of the wellness policy and reports compliance to the district wellness leader.			√	Wellness Leader submits school level report to committee	Included in annual meeting minutes and posted on district website for parents and community to review.
<b>Responsibility for Implementation</b>					
Meets at least once per year to establish district wellness goals for, and to oversee, school health and safety policies and programs including development, implementation, and periodic review and update of the wellness policy.			√	Meeting dates established and distributed to committee members and the public	Posted on District website: Committee meeting agenda Committee meeting minutes
To the extent possible, committee includes representatives of: <ul style="list-style-type: none"> <li>• Parents/Legal Guardians</li> <li>• Students</li> <li>• District Nutrition Services</li> <li>• Physical Education Teachers</li> <li>• School Health Professionals</li> <li>• Local School Board</li> <li>• School Administrators</li> <li>• General Public/Community Members</li> </ul>		√		Recommended representatives invited to serve on the committee.	Committee meeting roster Committee meeting minutes Invitation packets sent to individuals Email correspondence Annual meeting minutes
<b>Implementing Goals for Nutrition Promotion</b>					
<b>Child Nutrition promotion</b>					
District Child Nutrition staff, teachers and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms and other appropriate settings. Recognize School Breakfast Program and National School Lunch Week annually. District will share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.		√		Increase knowledge at the campus level on meal programs offered and inform families/community regarding programs and menus offered by the district. Recognize School Breakfast week and National School lunch week annually. Implement Robstown ISD policy for student with life threatening allergies. Child Nutrition department will maintain menu on website monthly with nutritional facts included.	School schedule School website Distribution of school menus monthly Participation impact of CN promotion Implementation of a district policy for students with allergies that are life threatening. Student Health Inventory survey completed at student registration. Menus posted on district website will contain information about nutritional facts. Healthy Pro.

. Child Nutrition Department will maintain menu on website monthly with nutritional facts.					Completion of monthly menus and nutritional information posted for all menus on district website.
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Goals for Nutrition Education	Fully in Place	Partially in Place	Not in Place	Describe Actions Taken for Implementation (include supports and challenges)	Data Source for Monitoring
The district shall provide professional development so that staff responsible for the nutrition education program are adequately prepared to deliver the program.		√		Provide professional development for staff to met USDA required annual hours of professional development.	Professional log of required annual hours and classes for professional hours.

Goals for Implementing Physical Activity					
The District shall provide an environment that fosters safe, enjoyable and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports. The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.			√	Participation in after school physical activity program at the district will increase by at least 10% over participation at the beginning of the year. Increase student participation in physical activities by 5% from beginning of the year.	Review curriculum and fitness assessments, anticipation in the afterschool physical activity programs at the district will increase by at least 5% over participation at the beginning of the year. Sign in sheets, attendance records and data recording of participation.

Goals for Other School-Based Activities					
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Implementing Goals for Other School-Based Activities					
The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. The District shall promote wellness for students and their families at suitable District and campus activities.		√		Build campus master schedules to allow at least 10 to 20 minutes to eat breakfast and 30 minutes to eat lunch, from the time a student receives his or her meal and is seated. Prioritize employee wellness by providing annual flu clinic and immunization clinics to employees.	Monitoring by administrators and support services personnel. Director of Nutrition and Coordinator will monitor campuses to observe of service rendered to students Number of staff who utilize the benefit.

Nutrition Guidelines					
Food and Beverages sold	√			Compliance with federal requirements for reimbursable meals, for foods and beverages sold to students during the school day to include a la carte programs and competitive foods to not be sold during the school day.	Vending contract language and timers if foods are competitive. Smart snack calculators completed on all a la carte items sold in Child Nutrition.6-day exempt meals must be in compliance. Look at local wellness Plan for our District or reference in the ARM's manual in squaremeals.org in Section 22 of the Handbook .under NSLP.
Robstown ISD Nutrition Guidelines	√			Promotion of consumption of nutritious foods by students and limit access to high-fat, high-sugar items during the school day.	Monitoring of all foods sold during the school day to include fundraisers, sports concession stands, incentive stores, field days and school .
				Competitive foods may not be sold on campus during breakfast or lunch meal service times. Child Nutrition office will provide guidance in determining whether or not a fundraiser meet the	Monitoring of all foods sold during the school day to include fundraisers, sports concession stands, incentive stores, field days and school festivals. Reference to Wellness Plan local in our District or in squaremeals.org under NSLP in

				Smart Snack regulations for foods sold during the school day that are not intended for consumption during school.	section 22
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<b>Nutrition Guidelines</b>					
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<b>Definition for Transactions that constitute a sale</b>					
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Transaction will consist of any sales by the Child Nutrition program or fundraiser during the course of a school day			√	Sale of a food and/or beverage includes all direct or indirect sales.	References are found in the squaremeals.org under NSLP Section 22 page 6 When Competitive Food Nutrition Standards Apply.
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<b>Food and/or beverages purchased with tickets or tokens as a Reward</b>					
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Food or beverages given to a student as a reward for good behavior or performance award are not considered a sale to a student	√			Items are not considered subject to the Competitive Food Nutrition Standards.	References are found in squaremeals.org under NSLP section 22. Page 6 When Competitive Food Nutrition Standards Apply
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<b>Food provided by Parents or Guardians</b>					
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Breakfast or Lunches provided by parents or guardians are not subject to the competitive food nutrition standards.	√				References are found in the squaremeals.org under the ARM's Manual Section 22 page 8.  Note: Documentation of Competitive Foods found in the ARM's Manual squaremeals.org Section 22 page 23
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Exceptions for Fund Raisers					
Six (6) school-wide party days	√			Halloween, Last day of 1 <sup>st</sup> Semester, Valentine's Day, Easter and Last day of School May start 30 minutes after the lunch service timeframe.	References are found in squaremeals.org in the ARM's Manual under When Competitive Food Nutrition Standards Apply. Section 22 page 7.
Sell of Smart Snacks	√			Any organization may sell Smart Snacks in addition to the School Nutrition program outside of areas where reimbursable meals are offered/sold.	References is found in squaremeals.org in the ARM's Manual in Section 22 page 6.
Foods of Minimal Nutrition Value	√			Any carbonated beverage that is not 100% fruit juice or sugar free Water ices commonly referred to as popsicles raspas and sno-cones. Chewing gum. Sugar enhanced foods which include hard candies, jellies, and gums, marshmallow candies, fondant, licorice, spun candy, candy-coated popcorn, candy bars, baked goods or bread.	References are found in squaremeals.org in the ARM's Manual under Fundraiser Section 22 page10
Classroom Birthday Recognitions	√			All classroom parties or recognitions that are celebrated with foods donated to the classroom must occur during the last 30 minutes of the school day. Foods provided to students must be purchased	References is found in squaremeals.org in the ARM's Manuals Section 22 page 8.

## **USDA's Local Wellness Policy Triennial Assessment Questions & Answers:**

### **How often must LEAs conduct assessments of schools' compliance with the local school wellness policy?**

At a minimum, assessments must be conducted once every three years as described in 7 CFR 210.31(e); this is referred to as the triennial assessment. This assessment is separate from the Administrative Review conducted by the State agency. The local school wellness policy must be updated and in compliance with the final rule by June 30, 2017. Therefore, the first triennial assessment must be completed by June 30, 2020.

### **Who is responsible for conducting the assessments?**

LEAs must designate at least one LEA or school official(s) as responsible for determining the extent to which each school under their jurisdiction is in compliance with their wellness policies (7 CFR 210.31(e)(1)).

In addition to the official(s) identified, other stakeholders must be permitted to be involved in the review process as described in 7 CFR 210.31(d)(1). However, LEAs have discretion in how they implement this requirement since each LEA is best suited to determine the distinctive needs of the community it serves. LEAs are also encouraged to identify a wellness champion at each school that would assist with the implementation and monitoring of the policy at the school level.

### **What must be included in the triennial assessment?**

The LEA must develop a triennial assessment report that describes the extent to which its schools comply with the local school wellness policy, the extent to which the local policy aligns with model policies, and a description of progress towards attaining policy goals as described in 7 CFR 210.31(e)(2). There is local discretion on the format of the report. This report must be made available to the public (7 CFR 210.31(d)(3)).

### **What tools should LEAs use to assess implementation and compliance with the local school wellness policy?**

The LEA has the flexibility to develop tools that will assess compliance with the specific components of their local school wellness policy. Some State agencies and partner organizations have developed tools that LEAs can adapt to meet their needs. Example tools can be found at the "School Nutrition Environment and Wellness Resources" website at <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/local-school-wellnesspolicy-process/assessment-needs-assessment>. In addition, the LEA must document when and how they evaluated their policy. For example, an agenda or attendance sheet could be used as documentation that the local school wellness policy was evaluated at a stakeholder meeting.

### **How often does the LEA have to update the policy?**

USDA does not specify the frequency of updates to the local school wellness policy, as the need to update will vary based on the content and structure of the policy. However, it is recommended that the policy is updated, at a minimum, after conducting the triennial assessments (7 CFR 210.31(e)(3)). LEAs are also required to annually notify the public about the content of the local school wellness policy and any updates to the policy as stated in 7 CFR 210.31(d)(2).

### **How should LEAs compare their policies to model policies?**

The responsibility for developing a local school wellness policy was placed at the LEA level so that each LEA has the flexibility to customize their own policy based on their own unique circumstances. However, at a minimum, LEAs must compare their policy against model policies during the triennial assessment (7 CFR 210.31(e)(2)(ii)). The Alliance for a Healthier Generation, in conjunction with USDA, developed a model local school wellness policy template that may be used for this comparison: [https://www.healthiergeneration.org/\\_asset/wtqdwu/14-6372\\_ModelWellnessPolicy.doc](https://www.healthiergeneration.org/_asset/wtqdwu/14-6372_ModelWellnessPolicy.doc).

### **Does the LEA need to do a triennial assessment of all the schools under its jurisdiction, or does each school do its own triennial assessment and report back to the LEA?**

The LEA is responsible for ensuring that a triennial assessment of all the schools under its jurisdiction has been conducted. The LEA may conduct the triennial assessment on behalf of each participating school under its jurisdiction or may allow each school to conduct its own assessment.