

District Wellness Policy Triennial Assessment Report 2020

School District: Cuero ISD

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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
District Wellness Committee/Coordinated District Health Advisory Council					
Policy Leadership					
1. The designated officer for ensuring district compliance with the wellness policy and oversight is identified. (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
1a. Each school has a designated wellness leader. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
1b. Each school wellness leader monitors implementation of the wellness policy and reports compliance to the district wellness leader. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Public Involvement					
2. 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.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SHAC meetings goals are voted on.	
3. To the extent possible, committee includes representatives of: (PO-3) <ul style="list-style-type: none"> • Parents/Legal Guardians • Students • District Nutrition Services • Physical Education Teachers • School Health Professionals • Local School Board • School Administrators • General Public/Community Members 	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Food and Beverage Availability					
School Meals					
4. Pre-K to fifth graders will be provided a minimum of 20 minutes to consume lunch after they have received their food. (NS-11)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Foods Sold Outside of School Meals Program (Competitive Foods and Beverages)					
5. Foods and beverages sold outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards. (SS-1, SS-2)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

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5a. The following venues currently comply with Smart Snacks requirements during the school day: <ul style="list-style-type: none"> • School Stores • Vending Machines • Concessions 	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
5b. Although the State allows exempt fundraisers, the district does not allow exempt fundraisers. *	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Allowed fundraisers documented	
6. Standards established for foods provided but not sold (e.g., class parties, class snacks), during the school day on school campuses. (SS-4)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All staff has copy of CRSD LWP which states policy.	
Food and Beverage Marketing					
7. Any foods and beverages marketed or promoted to students on school campuses during the school day meet or exceed the USDA Smart Snacks in School nutrition standards. (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
District Goals for Health & Wellness					
Nutrition Education					
8. Schools will provide nutrition education and engage in nutrition promotion that fulfills the criteria identified in the district LWP. (NS-8, NS-12, HPE-11)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
8a. Nutrition education is integrated across the curriculum. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
8b. Nutrition education is linked with the school food environment/cafeteria. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Nutrition Promotion					
9. Nutrition promotion using evidence-based techniques, creating food environments that encourage healthy nutrition choices and participation in school meal programs using a comprehensive and multi-channel approach by school staff, teachers, parents/legal guardians, students, and the community. (NS-5, NS-8, NS-9)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
9a. All schools in the district are Team Nutrition (TN) Schools. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
9b. TN resources are used to promote nutrition throughout the district. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

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10. Promote healthy food and beverage choices and participation in school meal programs through use of marketing and merchandising and through adherence to 100% of foods and beverages promoted to students meeting the USDA Smart Snacks in School nutrition standards. (NS-5, SS-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Physical Activity					
11. Schools promote and ensure varied physical activity opportunities such as before, during, and after school; staff involvement; and family and community engagement, that are in addition to, and not a substitute for, quality physical education. (PO-8, PA-4, PA-3, PA-2)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
12. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be withheld as punishment for any reason. (PA-6, PA-7 ES)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Physical Education					
13. District will provide students with physical education using an age-appropriate, sequential PE curriculum consistent with national and state standards for PE. (HPE-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
13a. Fitness testing of students occurs, at a minimum, in grades 2 (height & weight only), 5, 8, and in high school PE course required for graduation. Individual student fitness reports are shared with parents/caregivers. * Per SC Students Health and Fitness Act of 2005	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
13b. Student fitness data is used by the district and schools for instruction planning, fitness equipment, and professional development. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
14. All students will be provided equal opportunity to participate in physical education classes. Appropriate accommodations allow for equitable participation for all students and physical education classes and equipment are adapted as necessary.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Update/Inform the Public					
15. Annually, the public is notified about the content and implementation of the wellness policy and any updates to the policy. The name and contact information of the designated officer is publicized with information on how the public can become involved with the wellness committee or obtain additional information on the wellness policy. (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	End of year SHAC report	

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15a. The name and contact information of the designated officer is publicized.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
15b. Information is shared on how the public can become involved with the wellness committee or obtain additional information on the wellness policy.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
16. Every three years, the district develops a report that meets the following requirements: ** (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
16a. All schools' compliance with the district wellness policy.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
16b. How the district policy compares with state and/or federal model wellness policies.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
16c. A description of progress towards attaining wellness policy goals.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
16d. This report is made available to the public.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
17. Records will be maintained to document compliance with the requirements of the wellness policy including items 1, 2, 3, 15, and 16 above.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Other School Based Strategies for Wellness					
18. SFAs must include, at a minimum, one goal for Other School-Based Strategies for Wellness in the LWP. SFAs must explore the use of evidenced based strategies when identifying goals. (List and report below)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Optional Goals- School Meals					
19. Schools will not use foods or beverages as rewards for academic performance or good behavior. Additionally, schools will not withhold foods or beverages for punishment. Teachers are provided with a list of alternative ideas for behavior management. (NS-10)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
19a. Schools will not withhold foods or beverages for punishment. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
19b. Teachers are provided with a list of alternative ideas for behavior management. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

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Optional Goals- Water					
20. Free, safe, unflavored, drinking water available throughout the school day, throughout every school campus.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Optional Goals- Staff Wellness					
21. Schools will offer staff wellness programs such as weight management, health assessments. (EW-1, EW-2, EW-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Optional Goals- Community Involvement					
22. School will allow community members access to the district's outdoor physical activity facilities before and after school. (PA-8)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
22a. District has adopted the SC School Boards Association's model Open Community Use of School Recreational Areas (KFA) policy. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
23. School partners with local community organizations, businesses, or local hospitals to engage students and their families in health promotion activities. (PO-9)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Other Optional Goals					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Success/Updates from the Past Three Years: – 					