

# Wellness Policy Assessment Tool

Form 357 Rev 8/17

This template provides information on wellness policy goals and practices within the SFA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school, or at a minimum, each school level. The wellness policy and completed assessment must be available to the public. Triennial assessment is required by USDA, annual assessments are strongly encouraged

District Name Vista Del Futuro

Coordinator Veronica Hernandez

School Name Vista Del Futuro

Date 07/01/2022

Select all grades: PK ☒ K ☒ 1 ☒ 2 ☒ 3 ☒ 4 ☒ 5 ☒ 6 ☒ 7 ☒ 8 ☒ 9 ☐ 10 ☐ 11 ☐ 12 ☐

## I. Public Involvement

☒ Yes ☐ No We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

- |                                                          |                                                      |                                        |                                  |
|----------------------------------------------------------|------------------------------------------------------|----------------------------------------|----------------------------------|
| <input checked="" type="checkbox"/> Administrators       | <input type="checkbox"/> School Food Service Staff   | <input type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents |
| <input checked="" type="checkbox"/> School Board Members | <input type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students      | <input type="checkbox"/> Public  |

☒ Person in charge of compliance:

Name/Title: Veronica Hernandez, Coordinator of Child Nutrition

☐ The policy is made available to the public.

Indicate How: Via website

☐ Our policy goals are measured and the results are communicated to the public.

Please describe: Via website

☒ Our district completes triennial reviews of the wellness policy. If more frequently, please describe:

## II. Nutrition Education

☒ Our district's written wellness policy includes measurable goals for nutrition education.

☒ We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

☒ We offer nutrition education to students in: ☒ Elementary School ☒ Middle School ☒ High School

## III. Nutrition Promotion

☒ Our district's written wellness policy includes measurable goals for nutrition promotion.

☒ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

☒ We have reviewed the NSLP requirements and evaluated our ability to implement them.

☒ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

☒ We ensure students have access to hand-washing facilities prior to meals.

☒ We annually evaluate how to market and promote our school meal program(s).

☒ We regularly share school meal nutrition, calorie, and sodium content information with students and families.

☒ We offer taste testing or menu planning opportunities to our students.

☒ We participate in Farm to School activities and/or have a school garden.

☒ We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

☒ We price nutritious foods and beverages lower than less nutritious foods and beverages.

☒ We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☒ à La Carte

☒ We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

☒ We provide teachers with samples of alternative reward options other than food or beverages.

☒ We prohibit the use of food and beverages as a reward.



Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- ☒ ☐ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- ☒ ☐ We operate the School Breakfast Program: ☒ Before School ☐ In the Classroom ☐ Grab & Go
- ☒ ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- ☒ ☐ We operate an Afterschool Snack Program.
- ☐ ☒ We operate the Fresh Fruit and Vegetable Program.
- ☒ ☐ We have a Certified Food Handler as our Food Service Manager.
- ☒ ☐ We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:  
☒ as à La Carte Offerings ☐ in School Stores ☐ in Vending Machines ☐ as Fundraisers

Yes No **V. Physical Activity**

- ☒ ☐ Our district's written wellness policy includes measurable goals for physical activity.
- ☒ ☐ We provide physical education for elementary students on a weekly basis.
- ☒ ☐ We provide physical education for middle school during a term or semester.
- ☒ ☐ We require physical education classes for graduation (high schools only).
- ☒ ☐ We provide recess for elementary students on a daily basis.
- ☒ ☐ We provide opportunities for physical activity integrated throughout the day.
- ☒ ☐ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- ☒ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☒ ☐ We offer before or after school physical activity: ☒ Competitive sports ☒ Non-competitive sports ☒ Other clubs

**VI. Additional Info:** Indicate any additional wellness practices and/or future goals used to establish a school environment that promotes students' health, well-being, and ability to learn. Describe progress made in attaining these goals.

Participants in the assessment - Veronica Hernandez, Child Nutrition Coordinator; Joe E Gonzales, Superintendent; Kevin Cunningham, Learning Loss Teacher Facilitator ; Chloe Hopkins, Learning Loss Specialists, Grants and Tutoring Management; Melissa Longoria, Principal, Taylor Rucker, Director of Human Resources; Eric Summers, School Board Member & Karlyn Keller, Consultant.

**VII. Contact Information:**

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name

Email

Position/Title

Phone