

# Triennial Assessment Report: Waxahachie ISD Triennial Assessment (1/2024)

## District: WAXAHACHIE ISD

### Introduction

Required every 3 years after the initial adoption of the Wellness Plan/Policy by the district

- Federal and State mandate that requires Student Nutrition departments that participate in the National School Breakfast &

Lunch Program to complete the assessment

- The triennial assessment is a tool and reference for the district and the SHAC to use if/when updates or changes to the Wellness

Plan/Policy are recommended.

### Strong Policies and Aligned Practices



Our district has made significant progress in meeting and sustaining wellness goals as demonstrated in this assessment. Each item in this section reflects strong policies and aligned practices, showing our commitment to student health, nutrition, and overall well-being.

	Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals?			★
	Is free (i.e., no cost to students) drinking water available to students during meals?			★
	Do all school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements?			★
	Do all competitive foods and beverages sold to students during the school day meet or exceed the USDA's nutrition standards, commonly called Smart Snacks?			★
	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?			★
	Do all foods and beverages sold in school stores during the school day meet Smart Snack standards?			★

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	Are there fundraisers that sell foods or beverages to be consumed during the school day? If yes, do the foods and beverages sold meet Smart Snacks standards?			☆
	Is there food or beverage marketing on the school campus during the school day? If yes, do the marketed items meet Smart Snacks criteria?			☆
	Which groups are represented on the district-level wellness committee?			☆
	Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school?			☆
	How is the wellness policy made available to the public?			☆
	Is wellness policy implementation evaluated every three years?			☆
	What is included in the triennial assessment report to the public?			☆
	Has the wellness policy been revised based on the previous triennial assessment?			☆
	Does the district offer breakfast every day to all students?			☆
	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?			☆
	Do you know where to access the USDA Smart Snacks nutrition standards to check and see if an item can be sold in school during the school day?			☆
	Do students have consistent and easy access to free drinking water throughout the school day?			☆

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	Do all elementary school students receive sequential and comprehensive nutrition education?			☆
	Do all middle school students receive sequential and comprehensive nutrition education?			☆
	Is nutrition education integrated into other subjects beyond health education?			☆
	 Does the district have a written physical education curriculum that is implemented consistently for every grade?			☆
	Does the district have a written physical education curriculum that is aligned with national and/or state standards?			☆
	How does your physical education program promote a physically active lifestyle?			☆
	How many minutes per week of PE does each grade in elementary school receive?			☆
	How many minutes per week of PE does each grade in middle school receive?			☆
	 Are there opportunities for all students to engage in physical activity before and after school?			☆
	Is there daily recess for all grades in elementary school?			☆
	Does the district have "joint-use" or "shared-use" agreements?			☆








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	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?			★
	Is there an active district-level wellness committee?			★

**Create Practice Implementation Plan**

FR11: The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function.

NES9: The exemptions allowed are for foods to be consumed "outside" the school day.

	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?			
	 In your district, is it a priority to procure locally produced foods for school meals?			
	Are you familiar with any state laws allowing exemptions for school-sponsored fundraisers during which foods and beverages do not have to meet Smart Snacks?			
	Are skills-based, behavior-focused, and interactive/ participatory methods used in nutrition education to develop student skills?			
	 Are there opportunities for families and community members to engage in physical activity at school?			









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### Update Policies

This section highlights areas where our district is already demonstrating strong practices but needs to strengthen written policy language to ensure long-term consistency, compliance, and accountability. Several of the items identified are federal requirements, while others represent opportunities for continued growth in our wellness initiatives. Some are written policies for the district, they are just not included in the Wellness Plan.





All updates will include clear, measurable language to ensure practices are consistently implemented across schools.

	Do your National School Lunch Program meals (and, if applicable, School Breakfast Program meals) meet all federal standards for meal patterns, nutrient levels, and calorie requirements for the grade levels served?			
	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?			
	Does your school or district provide information to families about eligibility for free or reduced-price meals?			
	Are marketing strategies used to promote healthy food and beverage choices in school?			
	 Does nutrition education address agriculture and the food system?			
	 Are there strategies used by the school to support employee wellness?			

### Opportunities for Growth

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	Do students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated?			
	Are foods or beverages containing caffeine sold at the high school level?			
	Do all high school students receive sequential and comprehensive nutrition education?			
	How many minutes per week of PE does each grade in high school receive?			

### Conclusion

Our district is committed to creating a healthy learning environment where students can thrive. This assessment shows that we have strong policies and practices in place to support student wellness, including access to nutritious meals, free drinking water, physical education, and opportunities for daily activity. We are also making progress in areas such as nutrition education, staff training, and student privacy.

Looking ahead, we will continue strengthening our wellness policy to fully meet all federal requirements and to expand programs that benefit both students and staff. By working together—families, schools, and community partners—we can ensure that every child has the tools they need to make healthy choices and succeed in school and in life.

### Key



**Strong Policies and Aligned Practices** - District has a strong policy and is fully implementing practices that align with the policy



**Create Practice Implementation Plan** - District has a strong or weak policy, but practice implementation is either absent or limited



**Update Policies Update Policies** - District is fully implementing a practice but there is no or only weak

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language in the written policy, or the district is partially implementing practices and there is no language in the policy



**Opportunities for Growth** - District has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way

For more resources, visit: [wellsat.org/resources](https://wellsat.org/resources)

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