Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. 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.

LEA/District Name: Alvord ISD

Reviewer: Shelly Laaser

School Name: Alvord Middle

Date: 08/03/2026

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: ☑ Administrators ☑ School Food Service Staff ☑ P.E. Teachers ☑ Parents ☑ School Board Members ☑ School Health Professionals ☑ Students ☑ Public
◉	○	We have a designee in charge of compliance. Name/Title: Andrea Brown
◉	○	We make our policy available to the public. Please describe: Posted on the School District Website
◉	○	We measure the implementation of our policy goals and communicate results to the public. Please describe: We complete a triennial assessment & make all updates available publicly.
◉	○	Our district reviews the wellness policy at least annually.

II. Nutrition Education

Yes	No	
◉	○	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

Yes	No	
◉	○	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 *Smarter Lunchroom* techniques and evaluated our ability to implement some of 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.

(Cont. on page 2)

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

Yes	No	VI. Other School Based Wellness Activities
◉	○	Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
◉	○	We provide training to staff on the importance of modeling healthy behaviors.
◉	○	We provide annual training to all staff on: ☑ Nutrition ☑ Physical Activity
◉	○	We have a staff wellness program.
◉	○	We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff) .
○	◉	We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
○	◉	We have a recycling /environmental stewardship program.
○	◉	We have a recognition /reward program for students who exhibit healthy behaviors.
◉	○	We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report:

Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

We will continue the use of posters, signage, etc. to expand the number of students consuming reimbursable meals. We will reevaluate in May for future changes needed. We will continue to update and evaluate the wellness policy and wellness plan by creating goals and implentation during scheduled Shac meetings throughout the school year. The SHAC committee is dedicated to the nutrition education, healthy food choices, public involvement, and excersise available to the school students, staff, and community. Our goal is to continue to progress in the goals set in the wellness plan and to keep students engaged in all health and wellness opportunities.

VIII. Contact Information:

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

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