

**La Feria Independent School District
Local Wellness Policy Triennial Assessment Report**

A local wellness policy is a written plan that includes methods to promote student health and wellness. This assessment form is used to complete the assessment of the La Feria ISD local wellness policy, which must be completed at least once every three years. The required components of the assessment include:

1. Compliance with the local school wellness policy;
2. How the local school wellness policy compares to model local school wellness policies; and
3. Progress made in attaining the goals of the local school wellness policy.

General Information
District Name: La Feria Independent School District
Names of schools included in this assessment: All La Feria ISD Schools <div style="display: flex; justify-content: space-around; font-size: small;"> PK <input type="checkbox"/> K <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> </div>
Reviewer(s): La Feria ISD
Mission Statement: La Feria ISD is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

	Fully in place 2	Partially in Place 1	Not in Place 0
Goals on Public Involvement, notification and Assessment The district invites stakeholders to participate in the SHAC annually. An annual assessment will be completed. A triennial assessment report will be completed every 3 years.			
We have district official(s)/designee(s) in charge of wellness policy compliance. Name(s) Title(s):	X		
We complete an assessment of the local school wellness policy at least every three years (“triennial assessment”)		X	
Triennial assessment results are made available to the public in an easily accessible manner.	X		
At least every three years we use the results of the triennial assessment to update or modify the wellness policy as needed.	X		
The district informs and updates the public about the contents, updates, and implementation of the wellness policy at least annually and the policy is accessible to the public. Website address for policy and/or description of how to access copy:	X		
The district utilizes a wellness committee that includes these community stakeholders in the development, implementation, review and update of the wellness policy: <input type="checkbox"/> Administrators <input type="checkbox"/> Food service staff <input type="checkbox"/> School health professionals <input type="checkbox"/> Parents <input type="checkbox"/> School board members <input type="checkbox"/> PE teachers <input type="checkbox"/> Students <input type="checkbox"/> Public <input type="checkbox"/> Other stakeholders(describe): see attached SHAC member list	X		

Total Score: 11/12= 92%

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Goals for Nutrition Guidelines for All Foods and Beverages at School:	Fully in place 2	Partially in Place 1	Not in Place 0
TDA will be used as the Standard for guidelines pertaining to foods and beverages made available on school campuses. The foods and beverages sold outside of the school and programs(competitive food and beverages) Will meet the USDA Smart Snacks in School Nutrition Standards.			
We consider promoting student health and reducing obesity when offering foods and beverages to students at school.	X		
Foods and beverages provided through the National School Lunch, School Breakfast and other programs comply with federal meal standards.	X		
We offer and encourage healthy food and beverage options at school-sponsored events, such as dances and sporting events.	X		
Foods and beverages outside of the school meal, which are sold to students at school during the school day (from the midnight prior to 30 minutes after the end of the official school day), meet or exceed the established federal competitive food standards (USDA Smart Snacks in School). Venues include vending machines, school stores, non-exempt fundraisers and a la carte items.	X		
We limit the number of food fundraisers at school and have procedures in place for requesting a fundraiser exemption (i.e., selling foods that do not meet Smart Snacks) in accordance with limits set by TDA La Feria High School and La Feria Academy- 6 per year Elementary and Junior High Schools- 3 per year	X		
We have local standards in our policy for foods and beverages offered for free to students at school, including food rewards, items offered at classroom parties and celebrations, and foods/beverages provided to the class as shared classroom snacks. We encourage Smart Snack compliant foods and beverages.	X		
We provide a list of nonfood ideas and healthy food/non-food beverage alternatives to staff and parents/guardians.		X	

Total Score: 13/14= 93%

Goals for Foods and Beverage Marketing:	Fully in place 2	Partially in Place 1	Not in Place 0
Continue to educate schools and the community about USDA food and beverage marketing requirements.			
Only foods and beverages that meet or exceed federal nutrition standards (USDA Smart Snacks in School) are permitted to be marketed or promoted to students during the school day. Examples: posters, vending machines, menu boards, cups for dispensing, coolers, trash cans.		X	
The District Child Nutrition Director, Athletic Director and SHAC chairperson review contacts and review new RFP contracts to make decisions that reflect applicable marketing guidelines established by the LWP.		X	

Total Score: 2/4= 50%

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Goals for Nutrition Promotion: The district CNP department staff, campus teachers and other district personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms and other appropriate school settings. Influence health by sharing nutritional information with families, staff and the general public. The district will make available nutritional materials to support cafeteria promotions in the classroom and provide locations to research other nutrition-related topics.	Fully in place 2	Partially in Place 1	Not in Place 0
The CNP department will order signage as necessary. Healthy nutrition messages will be displayed in the cafeteria throughout the school year. The CNP department will determine whether or not healthy nutrition message is visible at each campus cafeteria and make recommendations.	X		
Teachers will be encouraged to display healthy nutrition messages in their classrooms.	X		
Provide nutrition information material at district-wide events.	X		
Promote district nutrition initiatives throughout various forms of media.	X		
Provide nutrition facts of the district's menus and other information on the district's CNP website.	X		
Nutrition education material will be available on the district's CNP website. Teachers will be encouraged to use resources in the classroom. Nutrition education will also be disseminated via alternative media platforms.	X		
Teachers will be encouraged to use resources in the classroom.	X		
Nutrition education will also be disseminated via alternative media platforms.	X		

Total Score: 16/16 = 100%

Goals for Nutrition Standards: La Feria schools will comply with the current guidelines. 1a. A la carte offerings will be determined by the Food Service Department. 1b. All future food and beverage contracts shall consider the nutritional value of products and product decision making will be in collaboration with the Food Service Department.	Fully in place 2	Partially in Place 1	Not in Place 0
Students participate in food surveys and taste testing.	X		
A la carte offering will be determined by the Food Service Department.	X		
All reimbursable meals served by the Food Service Department meet required standards set by the Texas Department of Agriculture.	X		
Menus are planned by administration from the Food Service Department. Menus include locally grown whenever possible and these foods are promoted in the cafeteria.	X		
All schools will provide breakfast either in kiosks or in the cafeteria.	X		
The District participated in the CEP program providing free meals to all students. Public media released annually.	X		

Total Score: 12/12= 100%

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Goals for Nutrition Education: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors. The district shall make nutrition education a district wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	Fully in place 2	Partially in Place 1	Not in Place 0
Teachers will be encouraged to provide nutrition education on healthy plants and foods.	X		
Nutrition education will be provided to students, parents, staff and community.	X		
District wide we will incorporate nutrition education as school events.	X		
Identify appropriate events at which nutrition education could be promoted	X		
Nutrition education will be provided during National School Lunch and Breakfast Week.	X		
Determine staff involved in nutrition education programs and the appropriate professional development necessary.	X		

Total Score: 12/12= 100%

Goals for Physical Activity/Education: 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 programs or competitive sports. The district shall make developmentally appropriate before school and afterschool physical activity programs available and shall encourage students to participate. The district shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events. The district shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	Fully in place 2	Partially in Place 1	Not in Place 0
Optimal time allotments for moderate to vigorous physical activity (MVPA)	X		
Elementary 30, 135, 225 minutes	X		
Junior high six semesters of physical education	X		
High school 1 credit (2 semesters) physical education	X		
Summer sport camps, weight room, sport specific training and extracurricular activities	X		
Yearly coaches meetings	X		
Teachers are encouraged to include physical activity: Take a Stand, Dance party, embrace nature campus celebrations	X		

Total Score: 14/14= 100%

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Goals for Other School- Based Wellness Activities:	Fully in place 2	Partially in Place 1	Not in Place 0
The district shall sustain a culture that is committed to promoting the optimum mental health of students and staff as outlined in The Texas Model for Comprehensive Counseling Programs (5th edition) The district shall foster an environment that is committed to promoting the optimum health of students and staff through preventive care, emergency care, care coordination and chronic disease management. The district shall validate parents' effort to provide a healthy lifestyle for their children through education, encouragement and support. The district shall ensure a safe and secure environment through a multi-hazard approach to prevent, prepare for, respond to and recover from all emergencies that might affect the safety and security of students, staff and visitors.			
Guidance curriculum, Responsive services, Individual planning and System support	X		
Student screening vision, hearing, abnormal spinal curvature, at risk for type 2 diabetes. The district enforces immunizations.	X		
The district shall provide monthly health education.		X	
The district shall collaborate with internal and public health partners to ensure students and staff are healthy and prepared to make healthy lifelong choices.	X		
Health fairs	X		
The district enforces immunization requirements required by Texas	X		
Parent education programs, communication outreach, parent workshops, nutrition classes, resource sharing, feedback and evaluation.	X		
Controlled access to buildings, reporting system, staff training, safety audits, security cameras to monitor, mandatory school drills.	X		

Total Score: 15/16= 94%

Overall District Policy Score	Score
Comprehensive Score: Add the percentage scores for each of the eight sections above and divide this number by 8.	91%

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Model Policy Comparison- Well SAT 3.0 Scores

A required component of the triennial assessment is to utilize a model policy, such as the Wellness School Assessment Tool (WellSAT 3.0) for comparison of the Local Wellness Policy.

Comprehensive score 91%

Strength score 90%

Local Wellness Policy Strengths:

Overall, our LWP compared favorably to the model policies as measured by the WellSAT 3.0. Our district complies with all of the federal requirements that regulate school meals. We comply with Smart Snacks in school nutrition standards for all foods and beverages sold at schools during the school day. Our policies also are strong in the area of nutrition education.

Areas for Local Wellness Policy Improvement:

While all schools are following the wellness guidelines observed above, there were some needed improvement areas identified. These are the goals for improvement:

1. We will continue to complete the triennial assessment report.
2. We will provide information to parents on healthy snacks.
3. Will continue to educate staff regarding food and beverage marketing in schools during the school day.
4. We will continue to encourage healthy foods and beverages offered free to students at schools and at school based sponsored events.

An annual local wellness policy assessment report will be provided to the school board.

Next LWP Triennial Assessment is due August 2026

The SHAC will update or modify the wellness plan based on the results of the triennial assessments and/or prioritize change; community needs change; wellness goals are met; information and new federal or state guidelines standards are met.

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