

Sterling City ISD  
K-12  
Wellness Policy Assessment Tool  
Triennial Assessment  
2021-2022

**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
- Community Members
- Students
- School Board Members

Yes/ No Person in charge of compliance:  
Name: Michele Guetersloh, Compliance Director/SHAC Member

Yes/ No The policy is made available to the public.  
District's website at [www.sterlingcityisd.net](http://www.sterlingcityisd.net).

Yes/ No Our policy goals are measured and the results are communicated to the public.  
District's website at [www.sterlingcityisd.net](http://www.sterlingcityisd.net)

Yes/ No Our District completes triennial reviews of the Wellness Policy.

### Nutrition Education

- Yes/ No Our district's written Wellness Policy includes measurable goals for nutrition education.
- Yes/ No We offer standards based nutrition education in a variety of subjects (science, health, math, etc.)
- Yes/ No We offer nutrition education to students in:
- Elementary
  - Junior High
  - High School

### Nutrition Promotion

- Yes/ No Our district's written wellness policy includes measurable goals for nutrition promotion
- Yes/ No ~ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
- Yes/ No We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.
- Yes/ No We place fruits and vegetables where they are easy to access.
- Yes/ No We ensure students have access to hand-washing facilities prior to meals.
- Yes/ No We annually evaluate how to market and promote our school meal program(s).
- Yes/ No We regularly share school meal nutrition, calorie, sodium content information with students and families.
- Yes/ No We offer taste testing or menu planning opportunities to students.
- Yes/ No We participate in Farm to School activities and/or have a school garden.

Yes/ No We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including:

- as a La Carte Offerings
- in School Stores
- in Vending Machines
- as Fundraisers

### Physical Activity

Yes/ No Our district's written Wellness Policy includes measurable goals for physical activity.

Yes/ No We provide physical education for elementary students on a weekly basis.

Yes/ No We require physical education classes for middle school during a term or semester.

Yes/ No We require physical education classes for graduation (high school).

Yes/ No We provide recess for elementary students on a daily basis.

Yes/ No We provide opportunities for physical activity integrated throughout the day.

Yes/ No Staff and teachers do not keep students in from recess for punitive reasons.

Yes/ No Teachers are allowed to offer physical activity as a reward for students.

Yes/ No We offer before or after school physical activity:

- Competitive Sports
- Non-Competitive Sports
- Other Clubs

### Other School Based Wellness Activities

Yes/ No Our district's written Wellness Policy includes measurable goals for other student-based activities that promote wellness.

~~Yes~~/No We only advertise and promote nutritious foods and beverages on school grounds.

~~Yes~~/No We price nutritious foods and beverages lower than less nutritious food and beverages.

~~Yes~~/No We offer fruits or non-fried vegetables in

- Vending Machines
- School Store
- Snack Bars
- A La Carte

~~Yes~~/No We have nutritional standards for foods/beverages served at school parties, celebrations, etc.

~~Yes~~/No We provide teachers with samples of alternative reward options other than food or beverages.

~~Yes~~/No We prohibit the use of food and beverages as rewards.

### **Nutrition Guidelines**

~~Yes~~/No Our district's written Wellness Policy addresses nutrition standards for USDA reimbursable meals.

~~Yes~~/No We operate the School Breakfast program:

- Before School
- In the Classroom
- Grab & Go

~~Yes~~/No We follow all nutrition regulations for the National School Lunch Program (NSLP).

~~Yes~~/No We operate an Afterschool Snack Program.

~~Yes~~/No We operate the Fresh Fruit and Vegetable Program.

~~Yes~~/No We have completed all required Professional Standard Trainings.

Yes/~~No~~ We provide training to staff on the importance of modeling healthy behaviors.

Yes/~~No~~ We provide annual training to all staff on:  
 Nutrition  
 Physical Activity

Yes/~~No~~ We have a staff wellness policy.

~~Yes~~/No We have school district staff who are CPR certified.

~~Yes~~/No We actively promote walk or bike to school for students with Safe Routes to School or other related programs.

Yes/~~No~~ We have a recycling/environmental stewardship program.

~~Yes~~/No We have a recognition/reward program for students who exhibit healthy behaviors.

~~Yes~~/No We have community partnerships which support programs, projects, events, or activities.

Last Assessment/Evaluation: Spring 2022

Next Triennial Assessment: Spring 2025