

POTTSBORO INDEPENDENT SCHOOL DISTRICT

LOCAL WELLNESS PLAN TRIENNIAL ASSESSMENT

Assessment Period: 2023-2026 | Assessment Date: September 2026

PURPOSE

This triennial assessment evaluates implementation of the District's Local Wellness Plan, progress toward wellness goals, and opportunities to strengthen measurable outcomes for the next three-year cycle. It is intended to document compliance, assess progress, compare District practices with model or evidence-based wellness policy expectations, identify areas for improvement, and establish measurable goals for 2026-2029.

I. NUTRITION EDUCATION

Assessment Status: Partially Met / Ongoing. Nutrition education is addressed through required curriculum and coordinated school health programming. The District will strengthen annual documentation by using consistent campus verification rather than relying primarily on individual lesson plans, newspaper publications, and photographs.

Goal	Area	Measurable Target	Evidence / Measurement
1	Nutrition Education	By the end of each school year, 100% of campuses will document implementation of age-appropriate nutrition education through coordinated health curriculum, health/PE curriculum, or other TEKS-aligned instruction.	Annual campus administrator/teacher verification or curriculum documentation.
2	Nutrition Promotion	Each campus will provide at least two documented nutrition or healthy-eating promotions per school year through instruction, cafeteria signage, announcements, newsletters, family communication, or campus wellness activities.	Annual campus wellness checklist.
3	Food Service Communication	The District will make 100% of monthly school meal menus readily available to parents and students through the District website, parent communication system, or another electronic method.	Annual review of menu publication.

II. NUTRITION STANDARDS AND SCHOOL FOOD ENVIRONMENT

Assessment Status: Met / Ongoing Monitoring Needed. The existing plan addresses competitive foods, beverages, school meals, celebrations, birthday recognitions, and nutritious snack choices. Terminology and practices should continue to be reviewed for alignment with current requirements.

Goal	Area	Measurable Target	Evidence / Measurement
4	Nutrition Standards	Maintain 100% compliance with applicable school nutrition and competitive food requirements on participating campuses.	Child Nutrition records, administrative review results, and annual wellness review.
5	Campus Food Practices	By May of each school year, 100% of campuses will complete an annual wellness compliance checklist addressing competitive foods, celebrations, food/beverage practices, and applicable nutrition requirements.	Annual campus checklist reviewed by the SHAC Coordinator/designee.

III. PHYSICAL ACTIVITY

Assessment Status: Met / Ongoing. The District provides physical education and additional opportunities for student physical activity. The next cycle will emphasize clearer annual documentation of compliance and participation.

Goal	Area	Measurable Target	Evidence / Measurement
6	Required Physical Activity	Each year, 100% of campuses will meet applicable state requirements for physical education and/or physical activity for the grade levels served.	Master schedules, PE schedules, course enrollment, and administrator verification.
7	Moderate-to-Vigorous Activity	Physical education teachers will incorporate opportunities for moderate-to-vigorous physical activity during PE instruction on a regular basis, with implementation reviewed at least annually.	PE curriculum documentation, lesson plans, walkthroughs, or teacher verification.
8	Activity Beyond PE	By the end of 2028-2029, 100% of campuses will document at least one additional strategy each year that promotes physical activity outside required PE.	Annual campus wellness checklist.

IV. SCHOOL-BASED WELLNESS ACTIVITIES

Assessment Status: Partially Met / Ongoing. The current plan addresses adequate time for meals, clean and safe cafeteria environments, student and family wellness activities, and employee wellness. Annual measurable indicators will strengthen monitoring.

Goal	Area	Measurable Target	Evidence / Measurement
9	Meal Environment	100% of campuses will provide students adequate scheduled time for breakfast and lunch consistent with the District's adopted wellness plan and operational needs.	Annual review of campus schedules.
10	Student/Family Wellness	Each campus will conduct or participate in at least one wellness-focused activity annually that promotes physical activity, nutrition, health, or overall student wellness.	Calendars, flyers, newsletters, photographs, or activity records.
11	Employee Wellness	The District will provide or communicate at least two employee wellness opportunities or resources each school year.	District communications, professional development records, wellness activities, or benefits communications.

V. STAKEHOLDER AND SHAC INVOLVEMENT

The SHAC will provide ongoing review of implementation and progress toward the measurable wellness goals.

Goal	Area	Measurable Target	Evidence / Measurement
12	SHAC Review	The SHAC will review implementation of the Local Wellness Plan at least annually and review progress toward measurable wellness goals.	SHAC agendas, minutes, annual wellness checklist, or meeting documentation.

VI. COMPARISON WITH MODEL WELLNESS POLICIES

The District's plan addresses nutrition education and promotion, physical activity, the school nutrition environment, school-based wellness activities, stakeholder participation, implementation, and monitoring. The 2026 assessment identified opportunities to strengthen the plan through specific measurable targets, consistent annual monitoring, updated terminology where needed, stronger campus documentation, and annual SHAC review.

VII. OVERALL TRIENNIAL ASSESSMENT

Overall Compliance Rating: Substantially Compliant / Improvement Recommended. Pottsboro ISD has implemented the major components of its Local Wellness Plan. The primary area identified for improvement is measurement and documentation. For 2026-2029, the District will use measurable goals and an annual campus wellness review process to support consistent monitoring and documentation.

ANNUAL MONITORING AND PUBLIC NOTIFICATION

Beginning with the 2026-2027 school year, the SHAC Coordinator/designee will collect an annual wellness compliance checklist from each campus. Results will be reviewed by SHAC and used to evaluate progress. The

District will make the triennial assessment results available to the public through the District website and/or other appropriate means.

ANNUAL CAMPUS WELLNESS COMPLIANCE CHECKLIST

District: Pottsgordo 185 School Year: 2023-2024

District evidence is prefilled below. Use the remaining space in each Notes / Evidence box to add campus-specific documentation, examples, dates, or follow-up notes.

Indicator	Status	Notes / Evidence
Nutrition education documented	Yes	Nutrition education is incorporated through TEKS-aligned health, PE, science, and coordinated school health curriculum. Campus instructional documentation and curriculum resources such as TEKS Resource System YAG provide evidence of implementation.
At least two nutrition/healthy-eating promotions completed	Yes	Healthy eating and nutrition messages are promoted through cafeteria materials, classroom instruction, campus and district communications, and/or student wellness activities during the school year.
Monthly menus readily available to families	Yes	Monthly breakfast and lunch menus are made available electronically to students and families through District/campus communication platform, such as monthly district newsletters and they are posted on the district website.
Applicable nutrition/competitive food requirements followed	Yes	Child Nutrition operations follow applicable school meal and competitive food requirements. Compliance is supported through the SHAC Committee, Child Nutrition procedures, records, and applicable program reviews.
Required PE/physical activity requirements met	Yes	Campus master schedules and student course schedules document required physical education and physical activity opportunities for the grade levels served. All students complete the Fitness Gram.
Additional physical activity strategy documented	Yes	Students have additional opportunities for physical activity through recess, athletics, extracurricular activities, classroom movement opportunities, campus activities, field days (Water Day), field trips, and/or other wellness-related events, as appropriate by grade level.
Adequate scheduled meal time provided	Yes	Campus schedules provide designated breakfast and lunch periods and allow students appropriate time to obtain and consume meals in a safe and supervised cafeteria environment.
At least one student/family wellness activity completed	Yes	Campuses provide wellness-related opportunities through physical activity events, health/wellness instruction, family engagement activities, athletics, field days, and other campus wellness initiatives, such as Read-a-thons, Water Day, and Field Trips
Wellness evidence/documentation retained	Yes	Supporting evidence is maintained through campus schedules, curriculum records, Child Nutrition documentation, District/campus communications, SHAC records, and wellness-related activity documentation.

SHAC / DISTRICT REVIEW

Date: 9/15/24

District Administrator/Designee: Danielle Powell - Assistant Superintendent

Signature: Danielle Powell