

## Local Wellness Policy Assessment/Evaluation

Date: 8/28/2018

Assessors' name(s): Kristin Andrews, Kim Frank, Steve Smith

Learning Environment/ Other School-Based Activities	Fully in Place	Partly in Place	Not in Place	N/A	List steps that have been taken to implement goal and list challenges of implementation
Age-appropriate instruction is provided to students that teaches lifelong healthy eating habits and healthy level of physical activity.	2	1	0		<b>LWP outlines specific programing, resources required</b>
Healthy eating, physical activity and the school meal program(s) are actively promoted to students, parents, school staff, and the community at school registrations, parent-teacher meetings, open houses, in-services, etc.	2	1	0		<b>CATCH curriculum and messaging is in place in all campuses. Active CATCH committees are required at the elementary and middle school level</b>
Staff is provided with educational opportunities (distribution of educational materials, presentations, workshops, etc.) to learn about nutrition and physical activity, including how to integrate them into the core instruction.	2	1	0		<b>CATCH curriculum and resources are available on every campus and is required at the elementary and middle school level</b>
Advertisements within the school reinforce the goals of healthy education and nutrition standards.	2	1	0		<b>Advertising materials on district facilities are reviewed by the SHAC who will make recommendations if replacements are necessary</b>
Adequate materials and resources are provided for current nutrition education in the classroom.	2	1	0		<b>Resources from the CATCH program as well as TEA education resources are readily available</b>
Nutrition education opportunities are offered to parents and families.	2	1	0		<b>Evening activities for families and students include the Eat the Alphabet program as outlined in the LWP and is usually offered as part of "Family Fitness Themed" campus events</b>
Parents have the opportunity to volunteer for wellness-related activities in the school.	2	1	0		<b>Eat the Alphabet is facilitated by foodservice in collaboration with parent volunteers</b>
School participates in Chef in the Classroom program, teaching students how to cook fresh meals.	2	1	0		<b>Students participate in the Roving Chef hands on cooking program</b>
Breakfast and lunch menus, along with nutrition information is posted on the district website	2	1	0		<b>All foods sold and served in the school meal program are displayed with complete nutrition information through online menus</b>
<b>List next steps that will be taken to fully implement and/or expand on goal in this category:</b>					
<b>The wellness policy was adopted by the school board and is continually assessed and modified.</b>					

Nutritional Guidelines for All Foods Available to Students	Fully in Place	Partly in Place	Not in Place	N/A	List steps that have been taken to implement goal and list challenges of implementation
All students have access to healthful food choices in the school cafeteria.	2	1	0		All district campuses follow USDA child nutrition programs and associated guidelines
Students have adequate time to eat lunch every day.	2	1	0		The district standard lunch time is 30 minutes in length at all grade levels
All foods sold during the "School Day" meet Smart Snack Regulations	2	1	0		All district campuses follow USDA child nutrition programs and associated guidelines
No Competitive Foods are being sold during the serving times of the school meal programs	2	1	0		LWP protects the meal program by prohibiting the selling of competitive foods during or around breakfast and lunch meal times
Nutrition information is accessible to students and their parents/guardians concerning the nutritional content of foods and beverages sold through the school meal programs.	2	1	0		All foods sold and served in the school meal program are displayed with complete nutrition information through online menus
Fundraisers sold outside of the school day are primarily non-food items or healthy food items.	2	1	0	○	This practice is not outlined in the LWP
Food is not used as a reward or punishment.	2	1	0	○	This practice is not outlined in the LWP
The cafeteria atmosphere is clean and inviting and offers a pleasant eating environment (artwork, plants, natural light, health education information, reduced noise).	2	1	0		Cafeteria managers seek to implement Smarter Lunchroom Strategies to continuously improve dining experiences for students
Appropriate portion sizes, per MyPlate recommendations, are promoted whenever foods are available.	2	1	0		All district campuses follow USDA child nutrition programs and associated guidelines
Staff encourages students to take and eat fruits and vegetables in the lunchroom. However, students are not forced to eat or finish their plate.	2	1	0		All district campuses follow USDA child nutrition programs and associated guidelines. Students are free to share appropriate foods on share tables or discard any unwanted food items.
<p><b>List next steps that will be taken to fully implement and/or expand on goal in this category:</b></p> <p><b>The wellness policy was adopted by the school board and is continually assessed and modified.</b></p>					

<b>Physical Activity</b>	<b>Fully in Place</b>	<b>Partly in Place</b>	<b>Not in Place</b>	<b>N/A</b>	<b>List steps that have been taken to implement goal and list challenges of implementation</b>
Fitness-assessments are administered each year to help students determine their own level of fitness and create their own fitness plans.	2	1	0		<b>FitnessGram done yearly in courses that award PE credit</b>
Health-promotion activities are available that encourage physical activity, such as speakers, recreational demonstrations, and walking clubs.	2	1	0		<b>Elementary Schools offer run programs, middle schools some have intramurals. It is per PE teacher/volunteer discretion.</b>
Physical-activity is promoted in after-school programs, such as intramurals, interscholastic athletics, and physical activity clubs.	2	1	0		<b>Athletics 7<sup>th</sup> - 12<sup>th</sup>. Lots of physical activity clubs at all levels</b>
Physical activity opportunities (i.e. recess) are not withheld as a punishment.	2	1	0		<b>District Quality Recess Guidelines are defined as part of the LWP which outline alternative forms of punishment to protect recess activity</b>
Physical activity is never required as a form of punishment.	2	1	0		<b>Included in LWP and board policy</b>
Full-day students are provided with unstructured daily opportunities for physical activity, such as recess.	2	1	0		<b>District Quality Recess Guidelines are defined as part of the LWP which outline alternative forms of punishment to protect recess activity</b>
Students receive adequate recess time every day.	2	1	0		<b>Outlined in Quality Recess Guidelines guaranteeing 30 minutes daily</b>
Teachers incorporate physical activity into other subject areas (i.e. reading, math, science, social studies).	2	1	0		<b>New initiative this year, work in progress. Recommending 10 minutes for every 40 minutes of instructions</b>
The school has adequate physical activity equipment for PE, recess, etc.	2	1	0		<b>Plenty of equipment for PE, recess equipment is lacking. Encourage use of Fuel Up to Play 60 grants in LWP to purchase recess equipment</b>
Indoor and outdoor facilities are safe and adequate so that PE classes are not displaced by other activities.	2	1	0		
Physical activity opportunities are provided and encouraged for students with all levels of physical fitness.	2	1	0		<b>A Variety of opportunities at any given grade level through CATCH curriculum support materials throughout the school day</b>
Physical activity programs motivate students to be more physically active, which can result in improved academic achievement and cognitive skills.	2	1	0		<b>Wellness plan includes an objective to increase before and after school programs available to all students through a range of programs that meet the needs, interests, and abilities of all students.</b>
Campuses will focus on health and wellness for at least one campus event	2	1	0		<b>Campus CATCH teams work to schedule campus events that highlight health, wellness, and physical activity.</b>
<b>List next steps that will be taken to fully implement and/or expand on goal in this category:</b>					
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