

Columbus ISD Wellness Plan  
2018-2019  
Goals and Objectives

**Goal:** 1 CISC shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education.

**Objective:** 1 CISC shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

Activity/Strategy (Goal 1 / Objective 1)	Person Responsible	Timeline	Resources Needed	Cost Estimate	Resources used for Formative Evaluation	Resources used for Summative Evaluation	Outcome
Nutritionally informative print media/presentations will be provided by the food service department on all 3 campuses	Food Service Director	8-2018 to 5-2019	Curriculum materials	0	Food Service Staff, Cafeteria Duty Staff, Campus Administration	Food Service Staff, Cafeteria Duty Staff, Campus Administration	
Nutrition units and topic discussions will be taught during the year in a variety of classes, i.e. health and science.	Campus Health/PE Faculty and Campus Administration	8-2018 to 5-2019	Lesson Plans	0	Teacher feedback	Lesson Plans	

**Goal:** 2 CISC shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through physical activity.

**Objective:** 1 CISC shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.

Activity/Strategy (Goal 2 / Objective 1)	Person Responsible	Timeline	Resources Needed	Cost Estimate	Resources used for Formative Evaluation	Resources used for Summative Evaluation	Outcome
CISC will continue to offer PE classes that are in compliance with the required amount of time established for all grades.	PE Teachers	8-2018 to 5-2019	n/a	0	Campus Schedules	Campus Schedules	
Campus Physical Education Faculty will analyze FITNESSGRAM data from their campus and present findings to faculty and staff	PE Teachers	8-2018 to 5-2019	FITNESS-GRAM data	n/a	Staff development agendas	Staff development agendas	

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**Goal:** 2 CISD shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through physical activity.

**Objective:** 2 CISD shall provide an environment that fosters safe fitness activities for all students, including those who are not participating in competitive sports.

Activity/Strategy (Goal 2 / Objective 2)	Person Responsible	Timeline	Resources Needed	Cost Estimate	Resources used for Formative Evaluation	Resources used for Summative Evaluation	Outcome
PE and Health classes will provide information to students regarding the benefits of life long fitness and physical activity and incorporate those principles into student assessments and or projects.	PE and Health Teachers	8-2018 to 5-2019	PE and Health Curriculum and Equipment	250.00	Teacher feedback	Teacher feedback and student survey	

**Goal:** 2 CISD shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through physical activity.

**Objective:** 3 CISD's physical education classes shall regularly emphasize moderate to vigorous activity.

Activity/Strategy (Goal 2 / Objective 3)	Person Responsible	Timeline	Resources Needed	Cost Estimate	Resources used for Formative Evaluation	Resources used for Summative Evaluation	Outcome
PE classes will provide opportunities for varying levels of physical activity within the course to all students.	PE Teachers Campus Admin	8-2018 to 5-2019	Lesson Plans	0	Teacher feedback	Teacher feedback	
PE classes will be monitored to detect the need for adjustments in the level of rigor of student activities.	PE Teachers Campus Admin	8-2018 to 5-2019	Lesson Plans	0	Teacher feedback	Teacher feedback	

**Goal:** 2 CISD shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through physical activity.

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**Objective: 4** CISD will offer before school and after school physical activity programs and students will be encouraged to participate.

Activity/Strategy (Goal 2 / Objective 4)	Person Responsible	Timeline	Resources Needed	Cost Estimate	Resources used for Formative Evaluation	Resources used for Summative Evaluation	Outcome
CJH and CHS will continue to have before and or after school practice for competitive athletics.	Athletic Department	8-2018 to 5-2019	Athletic Department equipment and personnel	n/a	Athletic Rosters	Athletic Rosters	
Students will receive information on the athletic program during course registration.	Campus Counselors/Athletic Dept	Spring Semester	Course Offering Books	n/a	Printed Athletic Information	Course Offering Books	

**Goal: 3** CISD shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through school-based activities.

**Objective: 1** CISD will allow sufficient time for students to eat meals in lunchroom facilities that are clean, safe and comfortable.

Activity/Strategy (Goal 3 / Objective 1)	Person Responsible	Timeline	Resources Needed	Cost Estimate	Resources used for Formative Evaluation	Resources used for Summative Evaluation	Outcome
Lunch periods will be monitored to assure lunch schedules remain appropriate.	Campus Administration	8-2018 to 5-2019	Campus Schedules	n/a	Campus Schedules	Campus Schedules	
Food Service Staff and Campus Administration will monitor cafeteria areas to assure that the facility remains clean, safe and comfortable.	Food Service Staff and Campus Administration	8-2018 to 5-2019	Campus schedules and lunch duty assignments	n/a	Campus schedules and lunch duty assignments	Campus schedules and lunch duty assignments	

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**Objective: 2** CUSD will designate six days where food that does NOT meet the “Smart Snacks in Schools” policy will be allowed provided that they are given to students, not sold.

Activity/Strategy (Goal 3 / Objective 2)	Person Responsible	Timeline	Resources Needed	Cost Estimate	Resources used for Formative Evaluation	Resources used for Summative Evaluation	Outcome
STAAR testing days are exempt from any restrictions on foods that are provided as snacks to students.	Campus Administration	8-2018 to 5-2019	Campus Schedules	n/a	Campus Schedules	Campus Schedules	
CES designated days will include Christmas and Valentine celebrations, and Field Day.	Staff and Campus Administration	8-2018 to 5-2019	Campus schedules	n/a	Campus schedules	Campus schedules	
CJHS designated days will include Field Day and incentive days.	Staff and Campus Administration	8-2018 to 5-2019	Campus schedules	n/a	Campus schedules	Campus schedules	
CHS designated days will include FFA show, Welding competition, and tournaments.	Staff and Campus Administration	8-2018 to 5-2019	Campus schedules	n/a	Campus schedules	Campus schedules	