

**SCHOOL DISTRICT
WELLNESS POLICY Measurement PLAN
CAMPUS IMPLEMENTATION REVIEW**

Campus: _____ Date: _____

SEC. 204 LOCAL WELLNESS POLICY

Establishes a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy. Total each column, multiply total “Exceptional” by 3, total “Acceptable” by 2, and total “Needs Improvement” by 1. Tally scores to get grand total.

Component 1: Nutrition Education Goals:
 1. Schools will promote nutrition education to all students.

 2. Schools will educate, encourage, and support healthy eating by all students.

Guidelines	Exceptional	Acceptable	Needs Improvement	Comments:
Guidelines for Nutrition Education Goal 1: A. Nutrition Education promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.				
B. The school cafeteria will display				

<p>posters to promote healthy eating and display other nutrition education materials.</p> <p>Guidelines for Nutrition Education</p> <p>Goal 2:</p> <p>A. Students will be educated on the importance of starting each day with a healthy breakfast and encouraged to do so everyday.</p> <p>B. School district(s) will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.</p> <p>C. Nutrition Education includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.</p> <p>D. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.</p>				
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Component 2: Physical Activity Goals:

1. Schools will provide opportunities for students to regularly participate in maintain physical activity.
 2. Schools will provide opportunities for every student, faculty and staff member to develop the knowledge and skills for specific physical activities.
 3. Schools will help students understand the short- and long-term benefits of a physically active and healthy lifestyle.
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Guidelines	Exceptional	Acceptable	Needs Improvement	Comments:
Guidelines for Physical Activity Goal 1: Time allotted for physical activity will be consistent with research, and state standards. 30 minutes of structure daily physical activity or 135 minutes a week in grades K-6 .				
Guidelines for Physical Activity Goal 2: Policies ensure that state-certified physical education instructors teach all physical education courses and are supported and encouraged to participate in professional development opportunities.				

Guidelines for Physical Activity Goal 3:				
Component 3: Nutrition Standard Goals: The <i>Texas School Nutrition Policy</i> (TSNP), has already provided a very solid base to setting the nutrition standards. 1. In addition to the TSNP, the local Child Nutrition Program will make determinations on what food items will be sold that meet the nutritional standards set by the United States Department of Agriculture (USDA) and Texas Department of Agriculture (TDA).				
Guidelines	Exceptional	Acceptable	Needs Improvement	Comments:
Guidelines for Nutrition Standards Goal 1: Ensure that all sections of the <i>Texas School Nutrition Policy</i> are being met (Texas Department of Agriculture <i>Coordinated Review Effort</i> Checklist – CRE - Section 20, will be used to evaluate the guidelines of this goal).				

Component 4: Other School Based Activities:

1. Schools will create a total school environment that is conducive to healthy eating.
2. All school and community members will be encouraged to participate in all health related activities.
3. The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
4. All school based activities are consistent with the local wellness policy goals.
5. Parent involvement meetings will focus on creating healthy habits.

Guidelines	Exceptional	Acceptable	Needs Improvement	Comments:
<p>Guidelines for Other School Based Activities Goal 1:</p> <ul style="list-style-type: none"> A. The school district encourages all students to participate in school meals programs, i.e. the National School Lunch, including snacks for After School Program, and School Breakfast programs. B. Students attending after-school tutorials are provided with healthy snacks. C. The school district will ensure an adequate time for students to enjoy eating healthy foods with 				

<p>friends in schools.</p> <p>D. The school district encourages all students to participate in school meals programs and protect the identity of students who eat free and reduced price meals.</p> <p>E. Buses will be available to transport student home at the end of health related activities and practices.</p> <p>F. Each school weekly newsletter will have information about healthy eating and the benefits of physical activity.</p>				
<p>Guidelines for Other School Based Activities Goal 2:</p> <p>A. Schools will encourage students to wear appropriate attire during any physical related activity.</p> <p>B. Schools will educate students on the importance of grooming and proper hygiene.</p> <p>The school district will provide opportunities for on-going professional training and development for food</p>				

<p>service staff and teachers in the areas of nutrition and physical education.</p>				
<p>Guidelines for Other School Based Activities Goal 3:</p> <p>A. The school district will provide information and outreach materials information and outreach materials about FNS programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents.</p>				
<p>Guidelines for Other School Based Activities Goal 4:</p> <p>A. The local wellness committee will plan, implement and improve nutrition and physical activity in the school environment.</p> <p>B. Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances and assemblies).</p>				
<p>Guidelines for Other School Based Activities Goal 5:</p> <p>A. The school district encourages and provides opportunities for</p>				

<p>students, teachers, and community volunteers to practice health eating and serve as role models in school dining areas.</p> <p>B. School organized local wellness committees, will be comprised of families, teachers, administrators and students.</p>				
Total Score	__ X 3 =	__ X 2 =	__ X 1 =	Grand Total Score:

Signatures:

Principal: _____ Date: _____

Staff Member: _____ Parent: _____

Parent: _____ Parent: _____