

WELLNESS POLICY ASSESSMENT

The Texas Association of School Boards (TASB) Policy Review allows a district to choose a goal or goals for the following areas of FFA(LOCAL) Board Policy.

- Nutritional Promotion
- Nutrition Education
- Physical Activity
- School Based Activities

For the 2016-2017 school year, West ISD has one goal per area; except the “physical activity” section. Other districts have additional goals for each area. Some examples are listed below. The current West ISD goal(s) is/are in bold lettering.

Nutritional Promotion	Nutrition Education	Physical Activity	School Based Activities
<p>1.1 The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.</p> <p>1.2 The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.</p>	<p>2.1 The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p> <p>2.2 The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.</p> <p>2.3 The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.</p>	<p>3.1 The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.</p> <p>3.2 The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.</p> <p>3.3 The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.</p> <p>3.4 The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.</p>	<p>4.1 The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p> <p>4.2 The District shall promote wellness for students and their families at suitable District and campus activities.</p> <p>4.3 The District shall promote employee wellness activities and involvement at suitable District and campus activities.</p>

		<p>3.5 The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.</p> <p>3.6 The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as tracks, playgrounds, and the like, that are available outside of the school day.</p>	
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For the 2017-2018 school year, the following rating system was applied via an online survey to gauge the implementation status of each goal.

1 = Implemented and Measurable 2 = In the Process of being Implemented 3 = Not Implemented

1.1 = 1

1.2 = 3; Still discussing the best medium for sharing this information

2.1 = 2

2.2 = 2; Science and advisory are still the preferred course areas

2.3 = 3

3.1 = 1

3.2 = 3; Still implementing the different CATCH components

3.3 = 2; Still looking for partnerships other than the West local leagues

3.4 = 1

3.5 = 1

3.6 = 1

4.1 = 1

4.2 = 1; Implemented the Color Run and Health Fair

4.3 = 2; Committee still developing goals and plan to present to the Board