

JIM NED CISD WELLNESS POLICY EVALUATION/ASSESSMENT TOOL

FFA(LOCAL) LDU 2017.01

The local school health advisory council (SHAC), on behalf of the Jim Ned school district, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

Rate each goal according to the scale below:

- | | |
|-------------------|---|
| Exceptional | 1 |
| Acceptable | 2 |
| Needs Improvement | 3 |

Wellness Goals:

- A) Nutrition promotion and education – The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. (See EHAA) The District’s nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.

GOALS	RATING	COMMENTS
<u>Nutrition Promotion:</u> The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeteria, classrooms, and other appropriate settings.	2	<i>Few posters and advertisements for healthy eating are noted at all Cafeteria sites</i>
<u>Nutrition Education:</u> The District shall deliver nutrition education that fosters the adoption and maintenance of health eating behaviors.	2	<i>Nutrition education is not a top concern for most in the school system. It is talked about</i>

- B) Physical Activity – The District 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. (See BDF, EHAA, EHAB, and EHAC)

GOALS	RATING	COMMENTS
<u>Physical Activity:</u> The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participation in physical education classes or competitive sports.	1	Amount of time in PE exceeds state minimums. New dem. facilities/remodels have increased environmental comforts.
<u>Physical Activity:</u> The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.	2	Children are encouraged daily - parent encouragement is lacking
<u>Physical Activity:</u> 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. (See GKD)	2	It is widely known to most about the use of school areas for use by the public. More advertisement would not be harmful.

C) Other School Based Activities – The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school based activities:

GOALS	RATING	COMMENTS
<u>Other School Based Activities:</u> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	3	most meal times include time standing in line. Also - pop rally schedules decrease meal times. Students also cut eating time to have free time outside.
<u>Other School Based Activities:</u> The District shall promote wellness for students and their families at suitable District and campus activities.	3	stare not exactly sure of how this can be improved.
<u>Other School Based Activities:</u> The District shall promote employee wellness activities and involvement at suitable District and campus activities.	3	No incentives are given for employee wellness. It is taken on solely by the individual.

