

**Snook ISD
Elementary &
Secondary
School Wellness Policy
Annual Report Checklist**

Contact Name Emily Vacha

Date of Evaluation September 16, 2016

School Wellness Advisory Group

Does the district have a school wellness advisory group?

Yes No

If not, please explain:

Has your work group helped maintain, revise, implement, assess, and monitor the policy?

Yes No

If not, please explain:

Attach a list of participants of your school wellness advisory group with a description of their roles as an appendix to this report:

Attach your latest minutes as an appendix to this report

Participation in wellness advisory group is promoted to:

- Students Parents Food Service Personnel Board Members School Administrators School health professionals Physical education teachers Local SNAP-Ed coordinators Other interested community members
- Others, please specify:

Communication medium(s) used to promote/encourage participation:

- Newsletters Public announcements
 Web-postings Parent communication
- Others, please specify:

Presenting Goals

When was the wellness policy (aka Student Nutrition and Physical Activity policy) passed?

- Less than 6 months ago 6 months-1 year ago
 More than 1 year ago

Specific date: 4-25-16

When was the last time your goals were presented to the Board?

- Less than 6 months ago 6 months-1 year ago
 More than 1 year ago

Specific date: 5-23-16

Nutrition

School Meal Programs

Schools in the district participate in all available federal school meal programs Yes In Progress No

Notes:

Schools in the district participate in all available federal school meal programs.

- School Lunch Program School Breakfast Program
- Fresh Fruit and Vegetables Program
- Summer Food Service Program Supper Program
- Special Milk Program Afterschool snack program
- Others, please specify:

Notes:

The District participates in the following supplemental initiatives:

- Breakfast in the Classroom Mobile Breakfast Carts
- Grab 'n' Go Breakfast Farm or Fish to School Programs
- School Gardens Others, please specify

Back Pack Program through Brazos Valley Food Bank

There is a school nutrition coordinator in place in our school district. Yes In progress No

Notes:

Nutrition Education and Promotion

All foods and beverages sold during school between 12 am and 30 min after the conclusion of the school day comply with Smart Snack requirements. If not, please explain: Yes In progress No

Please check the venues that currently comply with Smart Snack requirements. Vending School Stores Fundraisers Concessions A la carte

If 'in progress', 'no', or not applicable, please explain:

All foods and beverages provided through the National School Lunch/School Breakfast Programs meet nutritional requirements of the National School Lunch Act. If not, please explain: Yes In progress No

Food and beverage advertising is limited to foods that meet the National School Lunch Act, Nutritional Guidelines for all foods sold in schools. Notes: Yes In progress No

Free, potable water is made available for all students throughout the entire school day. Yes In progress No

Notes: Water Fountains

Students are encouraged to participate in federal school meal programs. Yes In progress No

Notes:

Students who participate in federal school meal programs have their identities protected. Yes In progress No

Notes:

Students are involved in menu planning to encourage promotion of healthy and nutritious meals. Yes In progress No

Notes:

Smarter Lunchroom techniques are utilized to encourage consumption of fruits and vegetables and discourage waste. Notes: Offer vs. Serve Yes In progress No

School lunch is scheduled as close to the middle of the school day as possible. Notes: Yes In progress No

Students are encouraged to take healthy snack breaks. Notes: Yes In progress No

Students have access to a variety of affordable, nutritious, and appealing foods in a clean environment. Notes: Yes In Progress No

Food and beverages sold after school hours that do not meet the Smart Snacks criteria have higher sales prices than those that do meet the Smart Snacks criteria. Notes: Yes In progress No

Food and beverages made available at classroom parties meet the Smart Snacks criteria. Notes: Yes In progress No

Foods and beverages are not offered as a reward for students' performance or behavior. Notes: Yes In progress No

Students receive nutrition education that teaches the skills needed to adopt healthy eating behaviors. Yes In progress No
If not, please explain:

Classroom nutrition information is reinforced in the school cafeteria setting as well as in the classroom. Notes: Yes In progress No

Nutrition education is taught by a certified/licensed health education teacher. Notes: Yes In progress No

Schools strive to establish and/or support an instructional garden with nutrition education (planting, harvesting, preparing, serving, tasting). Notes: Yes In progress No

All foods available during the school day are offered to students with consideration for promoting health and reducing childhood obesity. Notes: Yes In progress No

Taking into account the items above, describe your overall goals/priorities for nutrition education and promotion:
Promote more nutrition education in classrooms

Describe your progress towards district nutrition education (e.g. classroom instruction, parent education) goals/priorities:
Nutrition information on monthly menus, Bulletin Boards, Posters

Describe your progress towards district nutrition promotion (e.g. Smarter Lunchroom techniques, increasing school lunch or breakfast participation, advertising healthy foods) goals/priorities:
Plans to introduce new nutritious choices

Physical Education

Physical Education- Elementary Schools

Our district meets the National Association for Sport and Physical Education recommendation of 150 minutes of physical education per week, throughout the entire school year. If below requirements, please explain:

Below Meets Exceeds

Our district meets the 135 minutes requirement of physical education per week noted in our wellness policy, which is determined by district capacity.

Below Meets Exceeds N/A

All students are required to participate in physical education for all years of enrollment of elementary school.

Yes In progress No

Notes:

We currently provide 135 minutes of physical education each week for elementary school students

Physical Education- Middle Schools

Our district meets the National Association for Sport and Physical Education recommendation of 225 minutes of physical education per week, throughout the entire school year. If below requirements, please explain:

Below Meets Exceeds

Our district meets the 150 minutes requirement of physical education per week noted in our wellness policy, which is determined by district capacity. If below requirements, please explain:

Below Meets Exceeds N/A

All students are required to participate in physical education for all years of enrollment of middle school.

Yes In progress No

Notes:

We currently provide 225 minutes of physical education each week for middle school students

Physical Education- High Schools

Our district meets the National Association for Sport and Physical Education recommendation of 225 minutes of physical education per week, throughout the entire school year. If below requirements, please explain:

Below Meets Exceeds

Our district meets the 150 minutes requirement of physical education per week noted in our wellness policy, which is determined by district capacity. If below requirements,

Below Meets Exceeds

All high school students are required to participate in physical education for one full year. Notes:

Yes In progress No

All high school students have physical education classes available all four years. Notes:

Yes In progress No

We currently provide 225 minutes of physical education each week for high school students

All Schools Physical Education

At least 50% of Physical Education classes are spent in moderate to vigorous physical activity.

Yes In progress No

Notes: _____

Physical Education curriculum aligns with the Texas State Standards for Physical Education for grades K-12, with grade-level benchmarks.

Yes In progress No

Notes: _____

Student achievement is assessed based on Physical Education standards.

Yes In progress No

Notes: Fitness Gram

A written Physical Education grade is reported for students according to the grading schedule of our district.

Yes In progress No

Notes: Fitness Gram

An assessment is performed using a valid and reliable tool and is used to track student progress.

Yes In progress No

Notes: _____

The student-teacher ratio in Physical Education classes is comparable to that in core classes.

Yes In progress No

Notes: _____

Waivers, exemptions, substitutions, and/or pass-fail options are prohibited, unless there are medical, cultural, or religious concerns.

Yes In progress No

Notes: _____

Physical Education is taught by a certified/endorsed physical education teacher.

Yes In progress No

Notes: _____

The Physical Education teacher receives annual professional development.

Yes In progress No

Notes: _____

Physical Education equipment is inspected regularly for safety and replaced when needed.

Yes In progress No

Notes: _____

Describe your progress towards current district Physical Education goals/priorities:

Meets the standard plus the health curriculum that was adopted

Physical Activity

Physical Activity-Elementary Schools

Our district provides at least 45 minutes of physical activity each day (may include before/after school programs and recess, but not physical education).

Yes In progress No

Notes: 30 minutes each day (15 min twice a day)

Our district provides at least 20 minutes each day of recess.

Notes: yes

We currently provide 30 minutes of recess each day and 80 total minutes of physical activity ~~each day~~ for Elementary school students, *two days a week.*

Physical Activity-Middle Schools

Our district provides at least 45 minutes of physical activity each day (not including time spent in physical education) Yes In progress No

Notes: _____

We currently provide 50 minutes of physical activity each day for middle school students

All Schools Physical Activity

All students are given opportunities for physical activity through a range of programs, including: Intramural Interscholastic athletics Physical activity clubs Classroom-based physical activity Recess Others, please specify _____

We promote strategies/events that are designed to generate interest in and support active transport to school, such as: Walking school buses Bicycle trains Walk/Bike to School Safe Routes to School Program Others, please specify _____

Recess is held outdoors, when practical. Yes In progress No

Notes: _____

Recess is held before lunch periods, when practical. Yes In progress No

Notes: _____

Indoor and outdoor facilities are made available so that physical activity is safe not dependent on the weather. Yes In progress No

Notes: _____

Equipment is inspected, at least weekly, for safety and replaced when needed. Yes In progress No

Notes: _____

We do not use physical activity as punishment or withhold physical activity for behavior management. Yes In progress No

Notes: _____

We keep school spaces and facilities available to students, staff, and community members open before, during, and after the school day. Yes In progress No

Notes: _____

Taking into account the items above, describe your overall goals/priorities for physical activity.

To improve all students overall health & Improve Fitness Gram Scores

Describe your progress towards current district physical activity goals/priorities:

Daily Standards are being met

Communication with Parents

We regularly, at least annually, inform and update the public about the content, implementation of, and progress towards goals in our wellness policy. If not, please explain: Yes In progress No

Our last update was on 4-25-16 (specific date)

We provide parents and the public with information on healthy foods that meet the USDA Smart Snacks requirements. Yes In progress No

Notes: _____

Our program makes the caloric, sodium, and other nutritional content of foods and beverages at school available to families. Yes In progress No

Notes: _____

We provide information about physical education and other school-based physical activity opportunities before and after school.

Yes In progress No

Notes:

We provide information via:

- Our school website
- Newsletters
- Take-home materials
- Special events
- Physical Education materials
- Others, please specify

Monitoring, Compliance, and Evaluation

Our superintendent or designee (name: Brenda Kochnak) ensures compliance with established district-wide nutrition and physical activity wellness policies.

Yes In progress No

If not, please explain:

along with SHAC chair person Emily Vacha, RN

Our superintendent or designee (name: Kochnak) designated one or more persons to be responsible for ensuring that each school within the district complies with this policy at:

- School activities
- Fundraisers
- Celebrations
- Daily calendar schedule
- PE/PA minutes
- Others, please specify

If applicable, please attach a list of the person(s) in charge of these items as an appendix to this report.

We send an annual summary report on district-wide compliance with the established nutrition and physical activity policies to the School Board. Our latest summary was sent on 5-23-16 (specific date)

Yes In progress No

A time line for implementation of the wellness policy has been established.

Yes In progress No

Notes:

When new standards, rules, or regulations for nutrition and wellness are created, the wellness policy will be updated to follow those standards.

Yes In progress No

Notes:

Describe progress towards district goals/priorities in other school based activities that promote student nutrition and physical activity:

Bulletin Boards and Posters up throughout the school

Please provide any other information/comments: