

Wellness Plan Review 2017-2018

Nutritional Promotion			
Goal	Objective	Goal Met	Considerations for 2018-2019 School Year
Goal: The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	Objective 1: At a minimum, the District will maintain the participation in the federal child nutrition program proportionate to the increase in the student population for each campus.	YES	<ul style="list-style-type: none"> Consider new goal for this objective
	Objective 2: On a monthly basis, the Child Nutrition staff will provide all AISD campuses with the selected theme, which will be used to promote health and nutrition.	YES	<ul style="list-style-type: none"> # Selected theme on AISD or campus twitter account, also # contests so parents and kids can follow-up at home
GOAL: The District shall share education nutrition information with families and the general public to promote health nutrition choices and positively influence the health of students.	Objective 1: The district will seek out opportunities to offer supplemental food and nutrition programs and will regularly inform families	YES	<ul style="list-style-type: none"> AISD work with churches to see if snack pickups can occur at the churches during the summer months Parent University The snack packs are not necessarily nutritious - maybe make a list of suggested products to be placed in snack packs that are nutritious Develop a community Resource webpage Check with Tarrant Area Food Bank. They have an established program that is consistently monitored. They will provide food for all children in the family, even if they are not a student at the school
	Objective 2: Consistently post in an easily accessible location on the District's or each campus's website the monthly school breakfast and lunch menus, along with the nutritional information for each meal.	YES	
GOAL: The District shall ensure that food and beverage advertisements accessible to students during the	Objective 1: One-hundred percent of the exterior displays on vending machines	YES	

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<p>school day depict only products that meet the federal guidelines for meals and competitive foods.</p>	<p>available for student use during the school day will be Smart Snack compliant.</p>		
Nutrition Education			
<p>GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of health eating behaviors.</p>	<p>Objective 1: Maintain one hundred percent of high school students in each four-year cohort will complete one-half credit of health education as a required elective. In grades k-12 nutrition education will be embedded within the health and physical education curriculum where appropriate.</p>	<p>YES</p>	<ul style="list-style-type: none"> Consider other options of delivering information at high school level as students only have 3 semesters of Health/PE at that level
	<p>Objective 2: One-hundred percent of the students will have access to drinking water at all times during the school day.</p>	<p>YES</p>	<ul style="list-style-type: none"> Add filtered water bottle refill stations to all campuses
<p>Goal: The District shall provide professional development to teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.</p>	<p>Objective 1: Curriculum Director will set goals for training physical education and health teachers with nutrition guidelines.</p>	<p>YES</p>	
	<p>Objective 2: All child nutrition job descriptions will be updated to require at least the minimum qualifications as required by law.</p>	<p>YES</p>	

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Physical Activity			
GOAL: The District shall make appropriate before school and after school physical activity programs available and shall encourage students to participate including those who are not participating in physical education or competitive sports.	Objective 1: Provide programs that foster fitness activities outside the normal school schedule.	YES	<ul style="list-style-type: none"> • Maybe add in challenges for HS students, add more stuff like swing dances • Post on community website page
	Objective 2: Provide programs that support physical activity in family events.	YES	
GOAL: The District shall make appropriate training and other activities available to district employees and students in order to promote enjoyable, life-long physical activity for employees and students.	Objective 1: The District will offer free or low-cost shot clinics to staff and students.	YES	<ul style="list-style-type: none"> • Add to a community website page • Texas Health Resources offers a teacher and employee discounts
	Objective 2: The District will offer employee wellness programs which encourage participation in programs that includes healthy lifestyles through	YES	

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	proper nutrition, exercise and use of accountability partners.		
GOAL: 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 for use outside the school day.	Objective 1: Inform the community of the facilities that are available for use outside the school day by including a statement in a least one District or Campus publication or by posting information on the District or campus website, or through use of appropriate signs.	YES	<ul style="list-style-type: none"> • Possibly post information on the following site: • Facebook for City of Aledo • Social Media* • City websites* • Main district page under athletics* • Each campus site • Non-athletic facility requests keep at Business Office Site • Community News • Create a tab for “Community” on the District website which includes information*** • Create an athletics facilities tab or public use of facilities link • THR Willow Park offers a Family Friendly 5K & 10K every January (Help advertise as another opportunity for participation) • Under the “About Us” tab at website we suggest a map to locations available for use
School Based Activities			
GOAL: The District shall allow sufficient time for students to eat meals in the cafeteria that are clean, safe and comfortable.	Objective 1: All campuses will build their master schedule to allow for at least ten minutes to eat breakfast and twenty minutes to eat lunch, from the time a student receives his/her meal and is seated.	YES	<ul style="list-style-type: none"> • Consider moving objective to the nutrition section • Possibly revise how this can better happen at middle school or high school • Consider recess before lunch – will eat and drink more - not rushing because they already played