

# O'Donnell ISD

O'Donnell, Texas

## Campus Evaluation of Wellness Plan, Policy Goals and Implementation

Campus: O'Donnell Elementary or Secondary Campus

School year 2021-2022

Yes	No	Check Yes or No
<b>Wellness</b>		
✓		The Board has seen the District wellness plan and understands its components
✓		The District supports the general wellness of all students by implementing measurable goals to promote sound nutrition and student health to reduce childhood obesity
<b>Development Implementation and Review</b>		
✓		The local SHAC/Wellness committees, on behalf of the District, has reviewed and considered evidence-based strategies and techniques and developed nutritional guidelines and wellness goals as required by law. The committee has revised the wellness policy/plan when necessary.
✓		The above Committees allow participation by parents, students, representatives of the District food service providers, physical education teachers, school health professionals, members of the Board, school administrators and members of the public.
✓		Have developed strategies for soliciting involvement by and input from persons interested in the wellness plan
✓		Set objectives and strategies for implementing the wellness goals
✓		Address the District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus
✓		Have developed a manner of communicating to the public applicable information about the District's wellness plan
<b>Nutrition Guidelines</b>		
✓		Students on the campuses have access to healthy food during the school day – both through reimbursable school meals and other foods available throughout the school campuses in accordance to Federal and State nutrition standards (Includes United States Department of Agriculture's child nutrition programs (USDA's), National School Lunch Program (NSLP) & School Breakfast Program (SBP)

✓		District allows an exemption for fundraising activities as authorized by state and federal rules
✓		The district has established standards for all foods and beverages provided, not sold, to students during the school day.
<b>Nutrition Promotion &amp; Education</b>		
✓		The District's has coordinated a school health program with a nutrition education component that fosters the adoption and maintenance of healthy eating behaviors
✓		The district's nutrition promotion activities encourage participation in the School Lunch Program, School Breakfast Program, and any other supplemental food and nutrition programs offered by the District
✓		Food service staff, teachers and other District personnel promote healthy nutrition messages in cafeterias, classrooms and other appropriate settings.
✓		The community is encouraged and engaged in supporting the work of the District in creating continuity between school and other settings for practicing good health (Health fairs, Community runs, blood pressure checks, etc.)
✓		The District allows sufficient time for students to eat meals in cafeteria facilities that are clean, safe and comfortable.
<b>Physical Activity</b>		
✓		The District has provided 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. 135 mins/wk elementary – Grades 6,7 & 8, unless ill/disabled, are enrolled in PE at least 4 out 6 semesters
✓		The District encourages 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.
<b>Public Notification</b>		
✓		The District has annually informed and updated the community about the content, implementation and changes (if any) of the wellness/SHAC policy by posting it on the District website.
✓		Parents have been informed of any school meal improvements and compliance with school meal standards.
✓		Parents have been notified of availability of child nutrition programs.
✓		Public notification encouraged using District recreational facilities (track & playgrounds) posted on website

✓		District adopted policies ensuring students are engaging in at least the amount and level of required physical activity
✓		Parents have been notified that they can request in writing their child's physical fitness assessment results
✓		Penalties for E-cigarettes and tobacco use by students and others on school campuses or at school sponsored or related activities has been posted or other form of notification to parents
<b>Evaluation</b>		
✓		The District has complied with Federal requirements for evaluating the policy and wellness plan
✓		The Superintendent oversees the development and implementation of this of the wellness policy and plan and uses appropriate administrative procedures.
<b>Record Retention</b>		
✓		The District has retained all required records associated with the wellness policy, in accordance with law and the District's records management program.

**List activities/opportunities that promote nutrition on your campus:**

**Posters, campus/district wellness participation, follow state and federal nutrition programs, healthy snacks & education and counseling provided by PE teachers, school nurse, counselors, and remaining staff through classroom instruction.**

**List activities/Opportunities that promote physical activities on your campus:**

**PE, athletic programs, fitness gram and participation in school related events involving exercise (end of year water sports, track meets (elementary, mile runs in PE when weather permits)**

**List activities/Opportunities to promote family/community involvement in wellness on your campus:**

**Campus/district wellness participation, athletic events, UIL activities, pep rallies, Color run, annual health fairs**

**List activities/Opportunities to promote learning and information distribution regarding wellness on your campus**

Hearing, vision & spinal evaluations, well and sick visits to school nurse, classroom education regarding overall good health choices along with the negative effects of vaping, drug use, alcohol abuse, etc.

**Date of Evaluation:** \_\_\_\_\_

**Superintendent Signature:** \_\_\_\_\_

**High School Principal Signature:** \_\_\_\_\_

**Elementary Principal Signature:** \_\_\_\_\_

**Health Services Supervisor Signature & Title:** \_\_\_\_\_