

Colmesneil Independent School District Wellness Policy Evaluation/Assessment Tool

SEC.204 Local Wellness Policy

The Colmesneil Student Health Advisory Council (SHAC) will assess the Colmesneil Wellness Plan to ensure that the school meets the policy guidelines found in FFA Local.

Rate each Goal According to the scale below:

- Exceptional 3
- Acceptable 2
- Needs Improvement 1

I. NUTRITION GUIDELINES

The district shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Nutrition/Wellness Policy.

Goals	Exceptional	Acceptable	Needs Improvement	Comments
Establish age-appropriate guidelines for food and beverages at classroom parties or school				
Provide teachers with education and guidelines on the use of food as a reward in the classroom				
Establish guidelines for school-sponsored fundraising activities that involve serving or selling food				

Goals for Improvement

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II. WELLNESS GOALS: NUTRITION EDUCATION

The district shall implement, in accordance with law, a coordinated health program with a nutrition education component (EHAB, EHAC) and shall use health course curriculum that emphasizes the importance of proper nutrition (EHAA).

Goals	Exceptional	Acceptable	Needs Improvement	Comments
Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.				
Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.				
The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.				
Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.				

Goals for Improvement

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PHYSICAL EDUCATION / ACTIVITY COMPONENT

I. WELLNESS GOALS: PHYSICAL ACTIVITY

The district shall implement, in accordance with law, a coordinated health program with a physical education and physical activity components and shall offer at least the required amount of physical activity for all grades (EHAB, EHAC).

Goals	Exceptional	Acceptable	Needs Improvement	Comments
The district will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.				
Physical education classes will regularly emphasize moderate to vigorous activity.				
Before school and after school activity programs will be offered and students will be encouraged to participate.				
Teachers and other school staff will receive training to promote enjoyable, life long physical activity for themselves and students.				
The district will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.				
The district will encourage students, parents, staff, and community members to use the district's recreational facilities that are available outside of the school day.				

Goals for Improvement

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II. WELLNESS GOALS: SCHOOL BASED ACTIVITIES

The district establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school based activities.

Goals	Exceptional	Acceptable	Needs Improvement	Comments
Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.				
Wellness for students and their families will be promoted at suitable school activities.				
Employee Wellness education and involvement will be promoted at suitable school activities.				

Goals for Improvement

EVALUATION COMPLETED BY:

Name / Stakeholder **Date**

Name / Stakeholder **Date**