

Coleman ISD
Wellness Policy Assessment Tool
2021-2022

Public Involvement

- Yes/ No We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:
- Administrators
 - School Food Service Staff
 - Parents
 - Community Members
 - Students
 - School Board Members
- Yes/ No Person in charge of compliance:
Name: Joy Thompson/Director of Special Programs and School Improvement/SHAC member
- Yes/ No The policy is made available to the public.
District's website at www.colemanisd.net.
- Yes/ No Our policy goals are measured and the results are communicated to the public.
District's website at www.colemanisd.net.
- Yes/ No Our District completes triennial reviews of the Wellness Policy.

Nutrition Education

- Yes/ No Our district's written Wellness Policy includes measurable goals for nutrition education.
- Yes/ No We offer standards based nutrition education in a variety of subjects (Science, health, math, etc.)
- Yes/ No We offer nutrition education to students in:
- Elementary
 - Junior High
 - High School

Nutrition Promotion

- Yes/ No Our district's written wellness policy includes measurable goals for nutrition promotion.
- Yes/ No We promote healthy eating and nutrition education with signage, use of creative Posters, bulletin boards, etc.

Yes/ No

We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.

Yes/ No

We place fruits and vegetables where they are easy to access.

Yes/ No

We ensure students have access to hand-washing facilities prior to meals.

Yes/ No

We annually evaluate how to market and promote our school meal programs.

Yes/ No

We regularly share school meal nutrition, calorie, sodium content information with students and families.

Yes/ No

We offer taste testing or menu planning opportunities to students.

Yes/ No

We participate in Farm to School activities and/or have a school garden.

Yes/ No

We only advertise and promote nutritious foods and beverages on school grounds.

Yes/ No

We price nutritious foods and beverages lower than less nutritious foods and beverages.

Yes/ No

We offer fruits or non-fried vegetables in

- Vending Machines
- School Store
- Snack Bars
- A La Carte

Yes/ No

We have nutritional standards for foods/beverages served at school parties, celebrations, etc.

Yes/ No

We provide teachers with samples of alternative reward options other than food or beverages.

Yes/ No

We prohibit the use of food and beverages as rewards.

Nutrition Guidelines

Yes/ No

Our district's written Wellness Policy addresses nutrition standards for USDA reimbursable meals.

Yes/ No

We operate the School Breakfast program:

- Before School
- In the Classroom
- Grab & Go

Yes/No

We follow all nutrition regulations for the National School Lunch Program (NSLP)

Yes/No

We operate an Afterschool Snack Program.

Yes/No

We operate the Fresh Fruit and Vegetable Program.

Yes/No

We have completed all required Professional Standard Trainings.

Yes/No

We have adopted and implemented Smart Snacks nutrition standards for all items Sold during school hours, including:

- As a La Carte Offerings
- In School Stores
- In Vending Machines
- As Fundraisers

Physical Activity

Yes/No

Our district's written Wellness Policy includes measurable goals for physical activity.

Yes/No

We provide physical education for elementary students on a weekly basis.

Yes/No

We require physical education classes for middle school during a term or semester.

Yes/No

We require physical education classes for graduation (high school).

Yes/No

We provide recess for elementary students on a daily basis.

Yes/No

We provide opportunities for physical activity integrated throughout the day.

Yes/No

Staff and teachers do not keep students in from recess for punitive reasons.

Yes/No

Teachers are allowed to offer physical activity as a reward for students.

Yes/No

We offer before or after school physical activity:

- Competitive Sports
- Non-Competitive Sports
- Other Clubs

Other School Based Wellness Activities

Yes/No

Our district's written Wellness Policy includes measurable goals for other student-based activities that promote wellness.

Yes/No
Yes/No

We provide training to staff on the importance of modeling healthy behaviors.

We provide annual training to all staff on:

- o Nutrition
- o Physical Activity

Yes/No

We have a staff wellness policy.

Yes/No

We have school district staff who are CPR certified.

Yes/No

We actively promote walk or bike to school for students with safe routes to school or other related programs.

Yes/No

We have recycling/environmental stewardship programs.

Yes/No

We have recognition/reward program for students who exhibit healthy behaviors.

Yes/No

We have community partnerships which support programs, projects, events, or activities.

Last Assessment/Evaluation: December 10, 2021

Next Triennial Assessment: Fall 2024