

Elgin ISD Wellness Plan Assessment

School Year: 2017-2018

Completed By: R. Vasquez, E. Guajardo, G. Martin

Date: 9/25/17

GOAL: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.					
Objective 1: Share educational nutrition information with families and the community via the Elgin ISD website, parent meetings, social media, and other programs and venues as appropriate.					
Action Steps		Completed	In Progress	Not Started	Not Assessed
Place links for educational nutrition information on the Child Nutrition Department's and campus webpages, and campus Facebook pages.			X		
Comments: Ongoing; new additional activity includes Nutrition Nuggets newsletter distributed to each elementary student.					
GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.					
Objective 1: Food Service staff, teachers or other school personnel will display nutrition messages in the hallways and cafeterias.					
Action Steps		Completed	In Progress	Not Started	Not Assessed
Place posters containing nutritional facts in school cafeterias and hallways.			X		
Distribute Vegetable/Fruit of the Month campus-wide.			X		
Objective 2: Food Service staff and campus administration will coordinate professional development opportunities related to nutrition education.					
Action Steps		Completed	In Progress	Not Started	Not Assessed
Coordinate field trip opportunities for students to local farms.		X			
Objective 3: Campuses and Food Service staff will establish and maintain school gardens and/or farm-to-school programs.					
Action Steps		Completed	In Progress	Not Started	Not Assessed
Plan and execute development & maintenance of gardens for student use.			X		
Comments: Posters are in place in kitchen serving areas Additional posters have been ordered for dining areas. Monitors are operating in campus dining areas that display nutritional information (EHS has the monitor in the hallway). Field trips have been supplemented with Farm-to-School grants. School gardens are in place at elementary campuses.					
GOAL: The District shall provide 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.					
Objective 1: Meet requirements for physical activity as mandated by Education Code 28.002(I)-(I-1).					
Action Steps		Completed	In Progress	Not Started	Not Assessed
Elementary schools will ensure the scheduling of 135 minutes of physical activity each week: 90 minutes of PE per week; 10 minutes of structured activity per day.			X		
Middle school will ensure the scheduling of 135 minutes of physical activity per week will be available to students two of three years.			X		
Comments: Time is designated in daily schedule.					
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 of the school day.					
Objective 1: Maintain designated outdoor recreational facilities that are clean, safe, and accessible to families and the community in order to promote usage outside the school day.					
Action Steps		Completed	In Progress	Not Started	Not Assessed
Ensure open playscapes and tracks are maintained for usage outside the school day.			X		

Elgin ISD Wellness Plan Assessment

School Year: 2017-2018

Completed By: R. Vasquez, E. Guajardo, G. Martin

Date: 9/25/17

Comments: Elementary campus playscapes are available for use outside the school day, as are the tracks at each elementary school campus.				
GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.				
Objective 1: Provide clean and safe dining areas with sufficient seating for all students during their lunch time.				
Action Steps	Completed	In Progress	Not Started	Not Assessed
Monitor cafeterias during meal times to maintain cleanliness and enhance safety.		X		
Objective 2: Provide adequate time for students to eat breakfast and lunch.				
Action Steps	Completed	In Progress	Not Started	Not Assessed
Provide adequate time for students to receive and consume meals as outlined within the <u>Texas Public School Nutrition Policy (2010)</u> .		X		
Comments: Students have at least 20 minutes to eat breakfast (Breakfast in classrooms), and at least 30 minutes for lunch on all campuses.				