

PORT ARANSAS ISD

WELLNESS PLAN EVALUATION (TRIENNIAL ASSESSMENT) SPRING 2021

Mark an "X" in the appropriate column indicating to which degree each specific wellness plan goal is being implemented/met: Exceptional, Acceptable, or Needs Improvements. Specific written comments should accompany each wellness plan goal.

Wellness Plan Goal- Nutrition Education	Responsibility	Level of implementation	Comments
1) Students will receive nutrition education that fosters the adoption and maintenance of healthy behaviors.	Superintendent, Campus Principal, Food Service Staff, and Teachers	Exceptional _____ Acceptable <u>X</u> Needs Improvement _____	Coaches talk to athletes about the benefits of healthy eating. Art work and posters in the cafeteria promote healthy eating.
2) Nutrition Education will be a district-wide priority and will be integrated into other areas of the curriculum, as appropriate.	Superintendent, Campus Principal, Food Service Staff, and Teachers	Exceptional _____ Acceptable <u>x</u> Needs Improvement _____	Coaches in K-5 PE classes talk about nutrition and health one day per week.
3) Food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.	Superintendent, Campus Principal, Food Service Staff, and Teachers	Exceptional _____ Acceptable _____ Needs Improvement <u>x</u>	Coordination needs improvement; and should be accomplished through the implementation of the CATCH program in 2021-22.
4) Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.	Superintendent, Campus Principal, Food Service Staff, and Teachers	Exceptional _____ Acceptable _____ Needs Improvement <u>x</u>	Should be accomplished through the implementation of the CATCH program in 2021-22.

Wellness Plan Goal-Physical Activity	Responsibility	Level of Implementation	Comments
<p>1) Port Aransas ISD will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.</p>	<p>Superintendent, Campus Principal, Athletic Director, and Teachers</p>	<p>Exceptional <u> x </u> Acceptable _____ Needs Improvement _____</p>	<p>Multiple physical activities are offered for all students through the ACE Program. PAISD offers an “open gym”.</p>
<p>2) Physical education classes will regularly emphasize moderate to vigorous activity.</p>	<p>Superintendent, Campus Principal, Athletic Director, and Teachers</p>	<p>Exceptional <u> x </u> Acceptable _____ Needs Improvement _____</p>	<p>TEKS requirements are followed at all grade levels.</p>
<p>3) Port Aransas ISD will encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.</p>	<p>Superintendent, Campus Principal, Athletic Director, and Teachers</p>	<p>Exceptional _____ Acceptable <u> x </u> Needs Improvement _____</p>	<p>Recently hindered by COVID-19 restrictions and protocols. Dodge ball is a regular community event hosted by PAISD. PAISD is linked with the city parks and recreation department to offer a variety of activities.</p>
<p>4) Port Aransas ISD will encourage students, parents, staff, and community members to use the district’s recreational facilities that are available outside of the school day.</p>	<p>Superintendent, Campus Principal, Athletic Director, and Teachers</p>	<p>Exceptional _____ Acceptable <u> x </u> Needs Improvement _____</p>	<p>PAISD’s track and tennis courts are normally open to the community. COVID restrictions has affected this practice.</p>

Wellness Plan Goal- School Based Activities	Responsibility	Level of Implementation	Comments
1) Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.	Superintendent, Campus Principal, Food Service Staff, and Teachers	Exceptional <input checked="" type="checkbox"/> Acceptable _____ Needs Improvement _____	PAISD schedules 30 minute meal times for students. PAHS has optional eating areas. The facilities are clean and well maintained.
2) Wellness for students and their families will be promoted at suitable school activities.	Superintendent, Campus Principal, Food Service Staff, and Teachers	Exceptional _____ Acceptable <input checked="" type="checkbox"/> Needs Improvement _____	PAISD has followed COVID protocols. Vaccine clinics and an annual Health and Wellness Fair are hosted by PAISD. (Fair was cancelled in 2021 due to COVID.) CATCH Program will be implemented in 2021-22.
3) Employee wellness education and involvement will be promoted at suitable school activities.	Superintendent, Campus Principal, Food Service Staff, and Teachers	Exceptional _____ Acceptable <input checked="" type="checkbox"/> Needs Improvement _____	Vaccine clinics are offered for employees. Mental health counseling is available.

Ideas to consider for the future: The CATCH Program will be implemented as the coordinated health plan beginning the 2021-22 school year.