

SCHOOL YEAR 2015-2016

CALLISBURG ISD WELLNESS POLICY ASSESSMENT

- Wellness Policy Components
 - Check if completed, included details when applicable

X	<p>The district shall develop nutrition and wellness goals in consultation with the local school health advisory council (SHAC) and with involvement from representatives of the student body, student nutrition, school administration, the Board, parents, and the public.</p> <p><i>Comments: Meeting are scheduled quarterly, and participation is encouraged.</i></p>
X	<p>The district shall ensure nutrition guidelines for reimbursable meals and other foods through the cafeteria meet federal and state nutrition guidelines</p> <p><i>Comments: Cycle menus are planned that meet all federal guidelines. A la carte foods sold are checked with the smart snacks product calculator.</i></p>
X	<p>The District shall ensure education of federal and state guidelines has been provided to campuses regarding the use of foods as rewards and the sale of foods to students.</p> <p><i>Comments: CN director informs all staff of Smart Snacks requirements at all staff training prior to the beginning of the school year. A "Guide to Smart Snacks In School" is also provided to each campus principal. A handout with information about food as rewards is also distributed to all staff.</i></p>
X	<p>The District shall implement a coordinated health program with a nutrition education component.</p> <p><i>Comments: The District has adopted CATCH as a coordinated school health program which includes a nutritional education component. Nutrition messages are also promoted throughout the schools including cafeterias and classrooms.</i></p>
X	<p>The District shall implement a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grade levels.</p> <p><i>Comments: The District has adopted CATCH as their coordinated school health program. It includes a physical education and physical activity component.</i></p>
X	<p>The District shall establish goals to create an environment that supports a consistent wellness message.</p> <p><i>Comments: Sufficient time is allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable. Wellness for students is promoted at suitable school activities (annual blood drives, vision and hearing screening, etc).</i></p>
X	<p>Employee wellness education and involvement will be promoted at suitable school activities.</p> <p><i>Comments: Staff competes in annual biggest loser competition and afterschool exercise program takes place at each campus.</i></p>