



**Texarkana**  
Independent School District

**2018-19 LOCAL WELLNESS POLICY REPORT CARD**

OVERALL RATING	
Rating are based on a four-point scale to measure success in meeting/complying with each objective  0 = objective not met/no activities completed 1 = objective partially met/some activities completed 2 = objective mostly met/multiple activities completed 3 = objective met/all activities completed	In 2010, the Healthy, Hunger Free Kids Act was passed, which expanded upon previous requirements and included new provisions that place a greater emphasis on the implementation, evaluation, and transparency of local wellness policies. Below you will find a summary of the policy objectives and the results of the most recent evaluation (4/25/2019). The school wellness committee completed the evaluation by scoring the adherence to policy objectives on a four-point scale. For questions regarding the results or for information on joining the wellness committee, contact Jamie Friday at <a href="mailto:Jamie.Friday@txkisd.net">Jamie.Friday@txkisd.net</a>
<b>The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.</b>	
	<b>Rating</b>
The District will participate in federal child nutrition programs each school year.	3
<b>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.</b>	
80% of the parents will have access to nutrition education through the publishing of monthly newsletters approved by a Registered Dietitian.	3
Consistently post in an easily accessible location on the District’s or each campus’s website the monthly school breakfast and lunch menus, along with the nutritional information of each meal.	3
By April of each school year, score at least at the bronze level on the Smarter Lunchroom scorecard ( <a href="http://www.smarterlunchrooms.org/resource/lunchroomself-assessment-score-card">www.smarterlunchrooms.org/resource/lunchroomself-assessment-score-card</a> ) at each campus.	3
<b>The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</b>	
Continue to offer health as an elective in middle and high school.	3
At least 90 percent of students enrolled in physical education courses throughout the District will achieve at least a semester grade average of 80 on a scale of 100.	3
<b>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.</b>	
Consistently employ crossing guards at 100 percent of the District identified areas where students can be encouraged to safely walk or bike to school.	3
At least 60 percent of campuses will have secure storage facilities for bicycles to encourage biking to school.	3
Continue to grow the district intramural sports program.	3
<b>The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.</b>	
After receiving appropriate staff development, at least 60 percent of PK-5 teachers who respond to a survey will report that physical activity breaks were regularly incorporated into their lessons.	3
<b>The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for District employees and students.</b>	
The District will offer a free workout facility to employees.	3
The District will offer participation opportunities in a fitness challenge each year.	3
<b>The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</b>	
All campuses will build their master schedules to allow for at least 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.	3
<b>The District shall promote employee wellness activities and involvement at suitable District and campus activities.</b>	
The District will utilize its health insurance provider to encourage wellness by communicating the preventative services covered at 100 percent during each open enrollment period.	3
The District will provide a flu shot and vaccine clinic for all employees.	3