

# SHAC

Tomball ISD

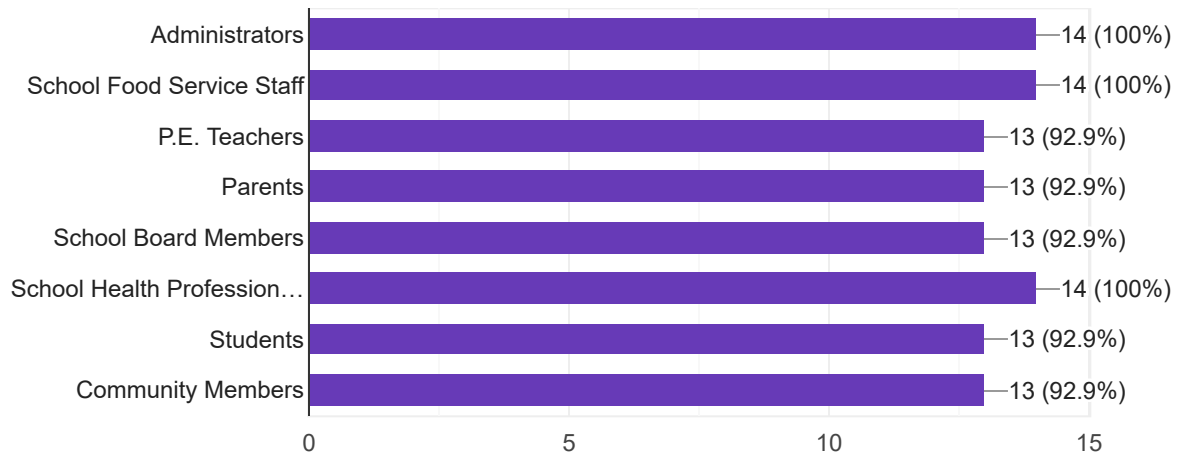
Wellness Policy Assessment Tool

June 2021

## Wellness Policy Assessment Tool June 2021

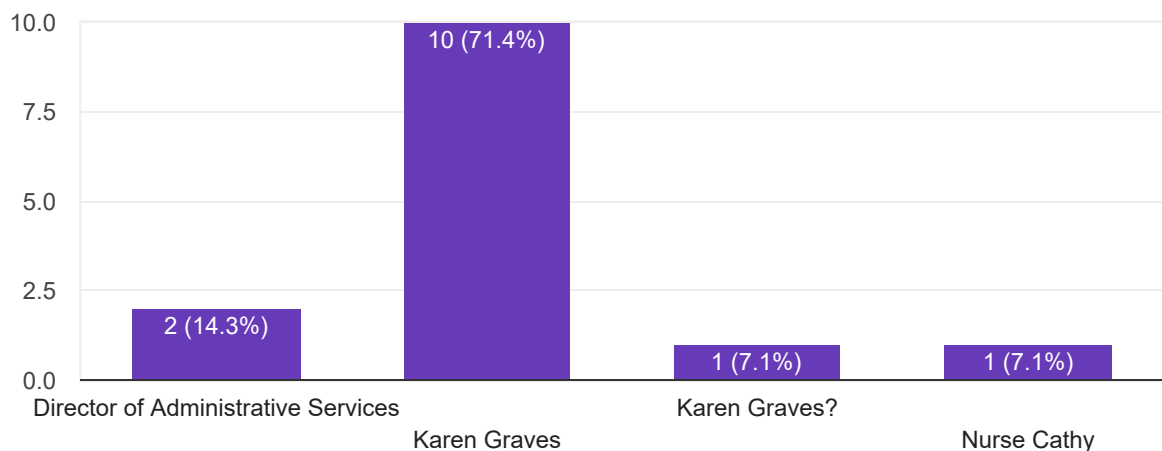
The district encourages the following to participate in the development, implementation, and evaluation of its Wellness Plan (check all that apply):

14 responses



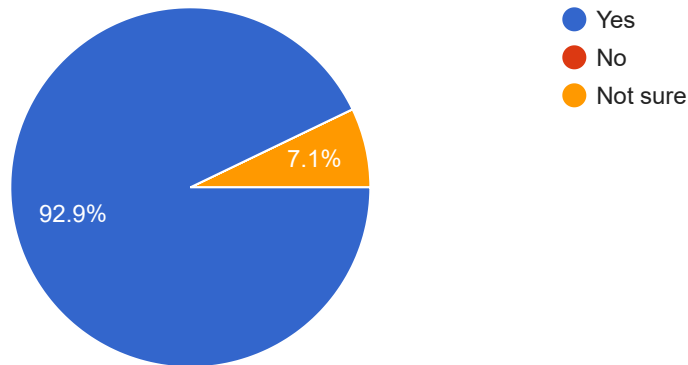
Who is the district's designee in charge of Wellness Plan compliance?

14 responses



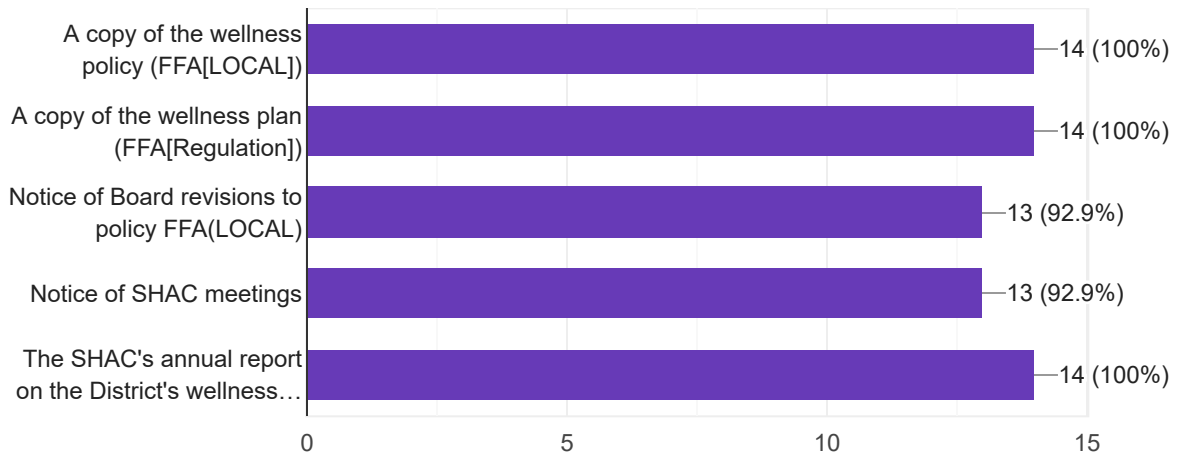
Our district has a wellness page (SHAC) on its website to document information and activity related to the school wellness policy.

14 responses



The wellness page on the district website (SHAC) includes the following (check all that apply):

14 responses



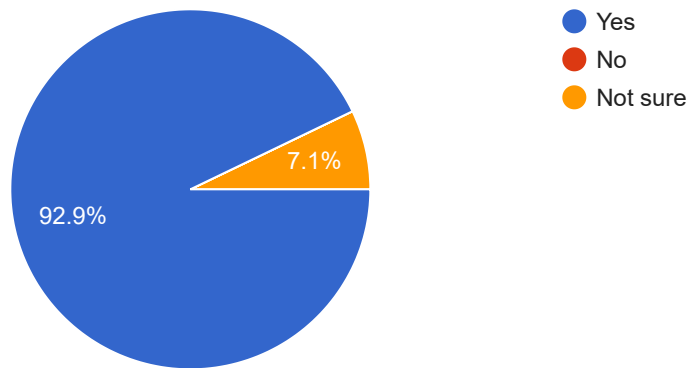
As a district, we measure implementation of our policy goals and communicate results to the public by (check all that apply)

14 responses



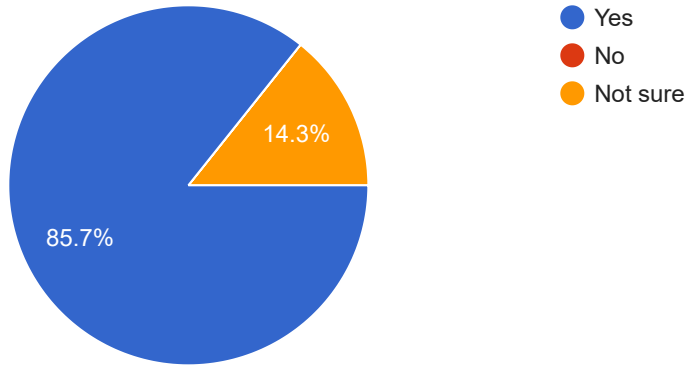
Does your district review the wellness policy at least annually?

14 responses



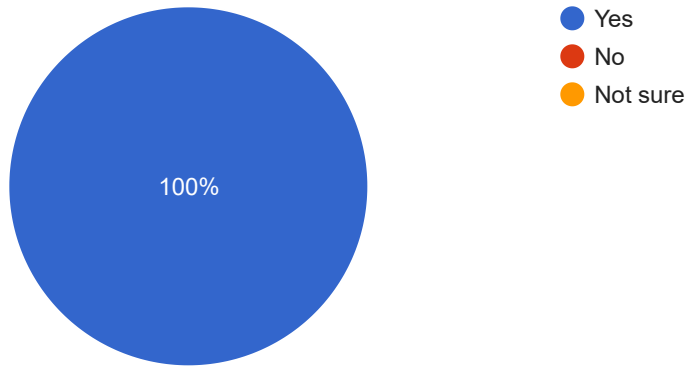
### Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals

14 responses



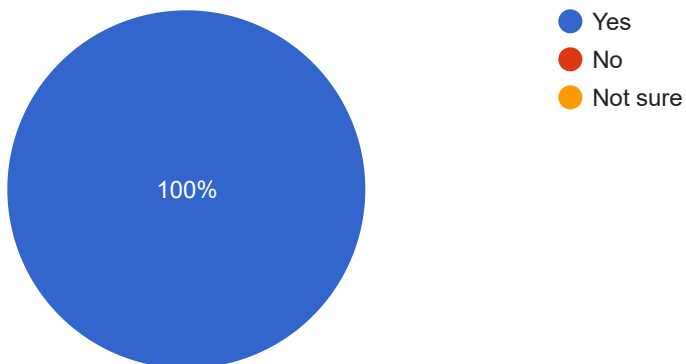
### We operate a school breakfast program

14 responses



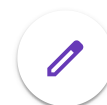
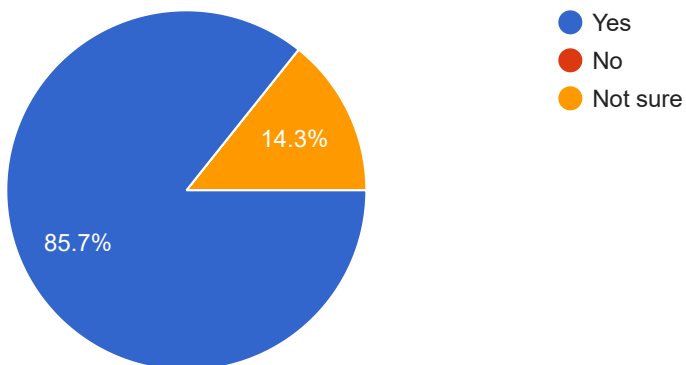
### We follow all nutrition regulations for the National School Lunch Program (NSLP)

14 responses



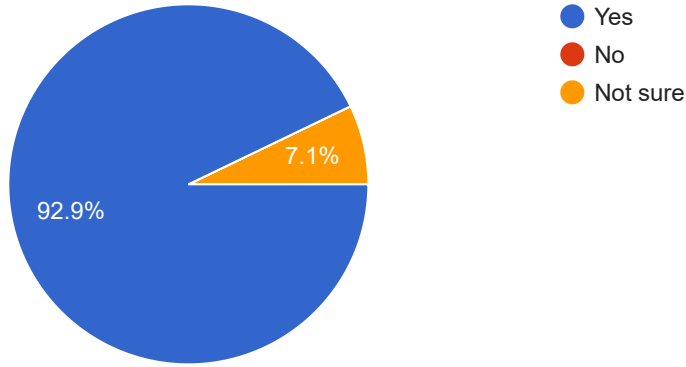
### Child Nutrition employees have completed all required Professional Standard Trainings

14 responses



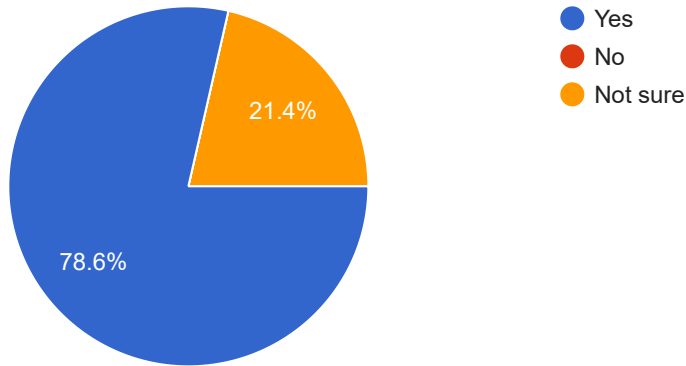
We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including a la carte offerings and vending machines

14 responses



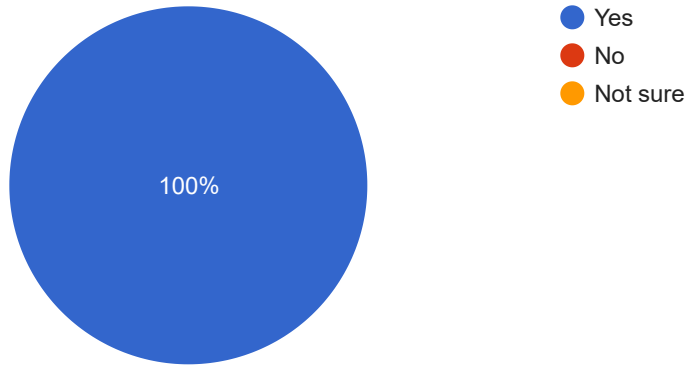
Our district's written wellness policy includes measurable goals for nutrition promotion

14 responses



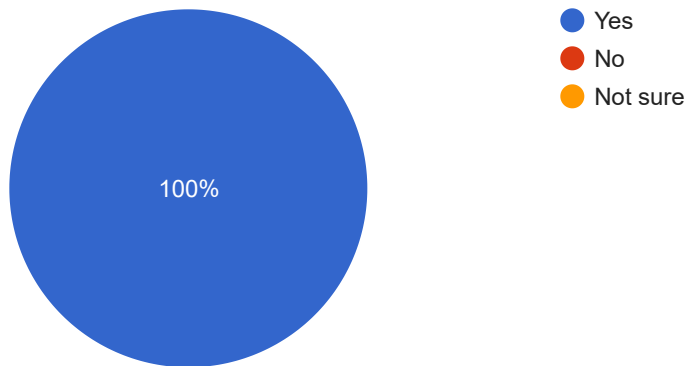
We promote healthy eating and nutrition education by ensuring that all food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.

14 responses



We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

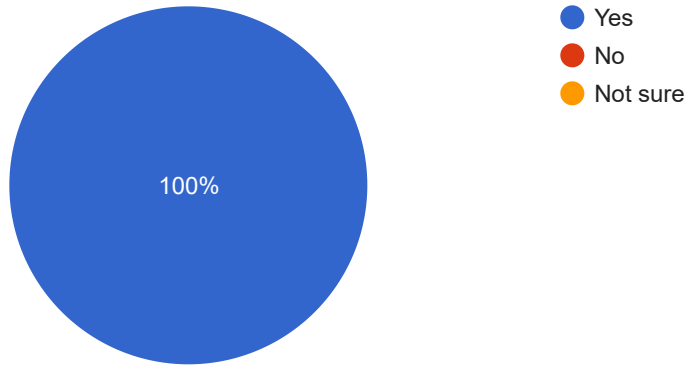
14 responses





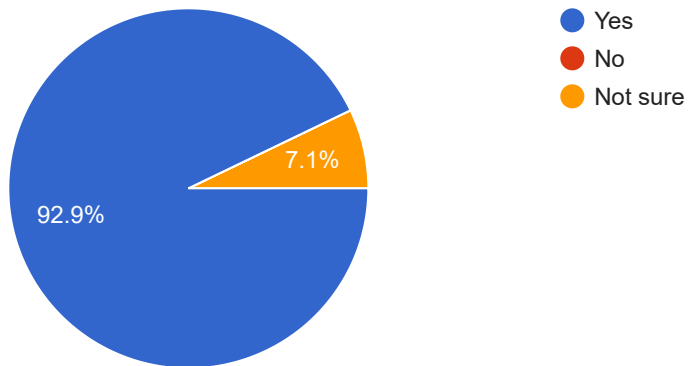
We ensure students have access to hand-washing facilities prior to meals

14 responses



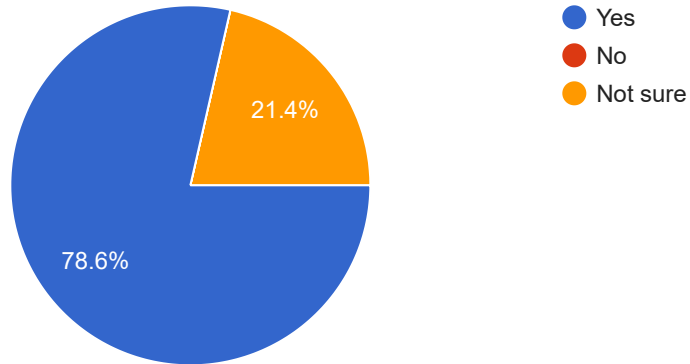
We annually evaluate how to market and promote our school meal program(s) and share menu information with students and parents

14 responses



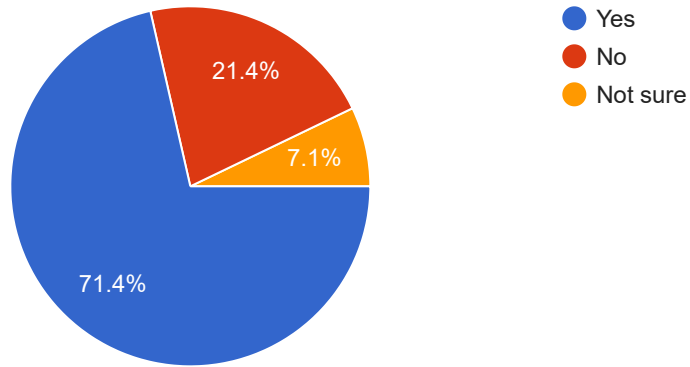
We regularly share school meal nutrition, calorie, and sodium content information with students and families

14 responses



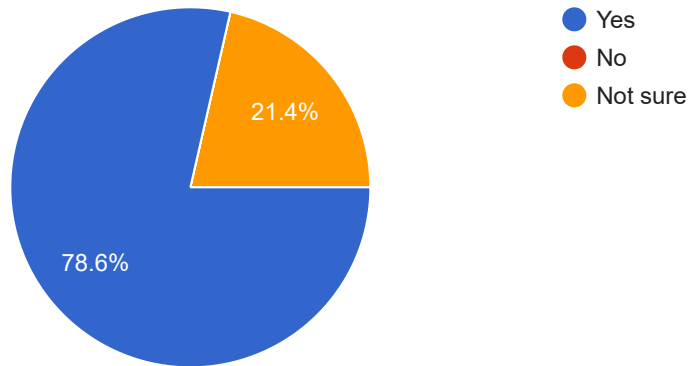
We offer taste testing opportunities to our students

14 responses



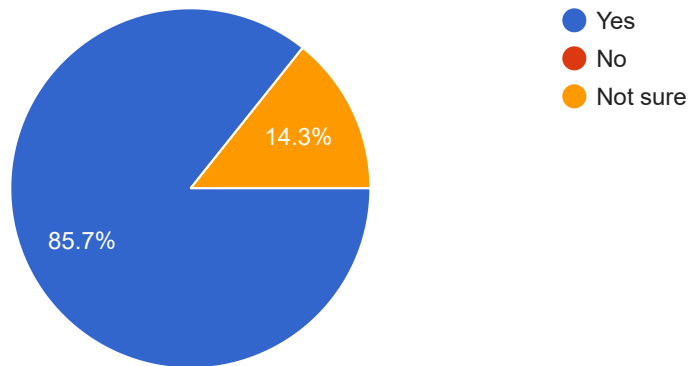
### Our district has developed a brochure regarding school food programs

14 responses



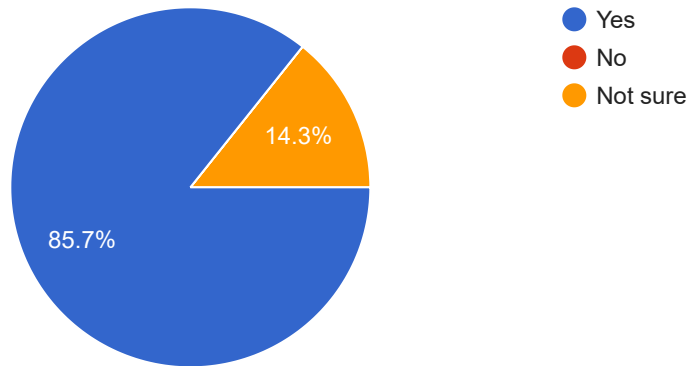
### Cafeteria managers meet annually to keep campus menus evolving with regulations and customer expectations.

14 responses



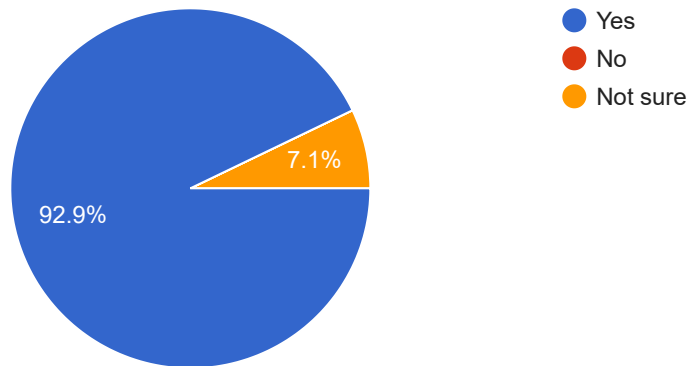
### The district's written wellness policy includes measurable goals for nutrition education

14 responses



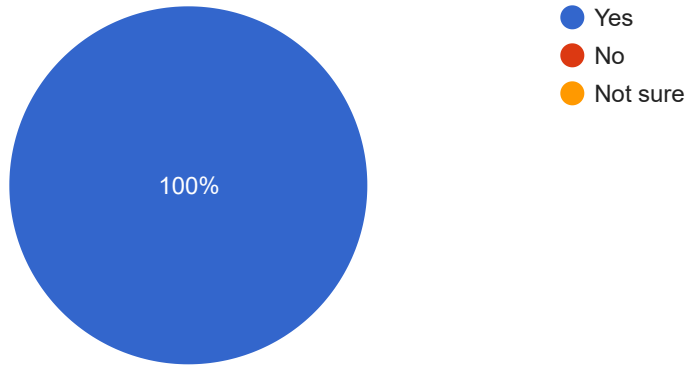
### We offer standards-based nutrition education

14 responses



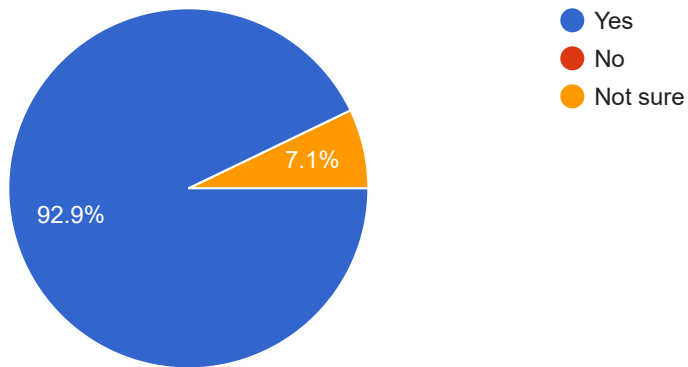
One-hundred percent of students have access to drinking water at all times during the school day

14 responses



Child nutrition job descriptions are updated to require at least the minimum qualifications as required by federal law

14 responses



Please list any other ways that your campus promotes nutrition education

Eating healthy is discussed in PE classes.

PE curriculum

Discussing choices and healthy habits in the daily Call to Excellence

Lessons during PE class

Our campus requires all freshman take Dual Credit Health which promotes nutrition education and even includes a project where students reflect on their current nutrition habits and come up with new ways to either maintain healthy habits or increase healthy habits into their daily routine.

Jump Rope for Heart- Heart Healthy Living through PE

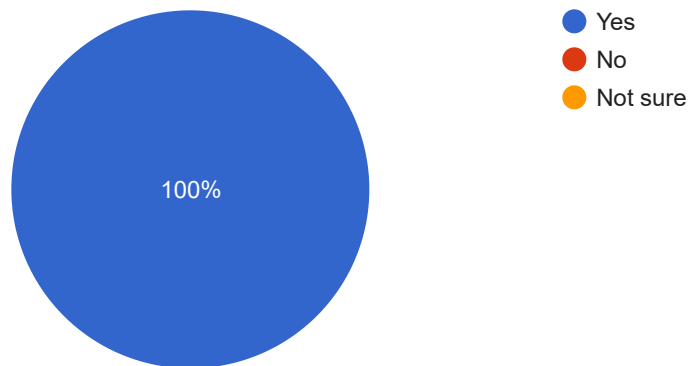
Health classes

None



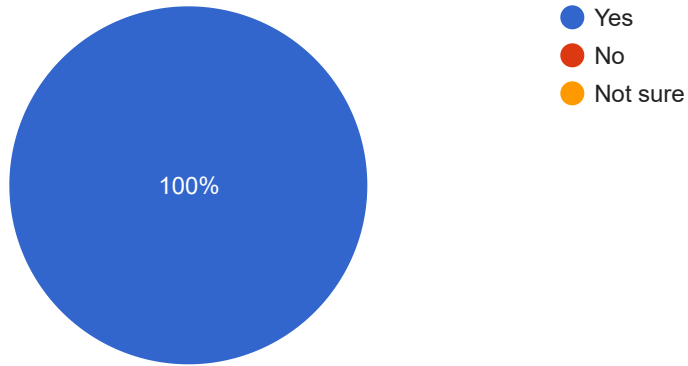
Our district's wellness policy includes measurable goals for physical activity

14 responses



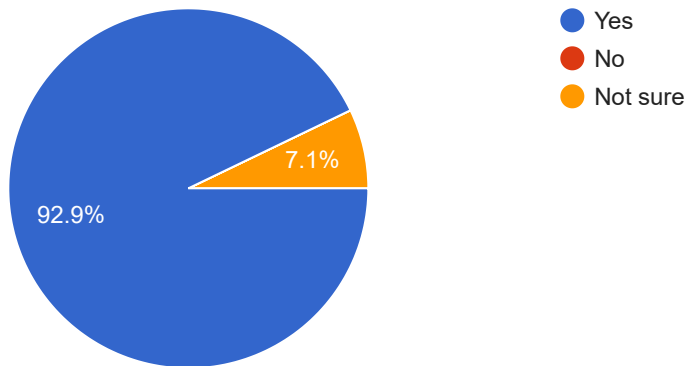
We provide physical education for elementary students on a weekly basis

14 responses



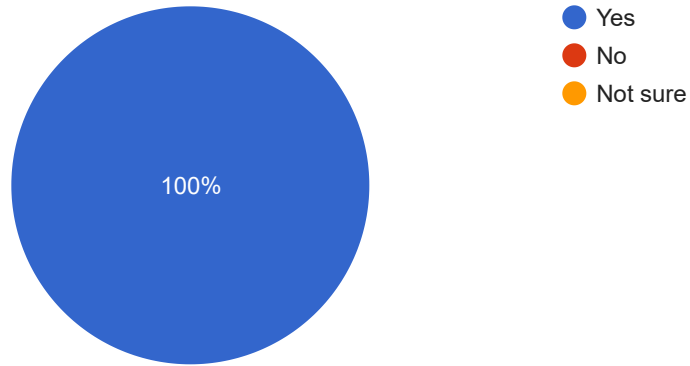
We provide physical education for middle school during a term or semester

14 responses



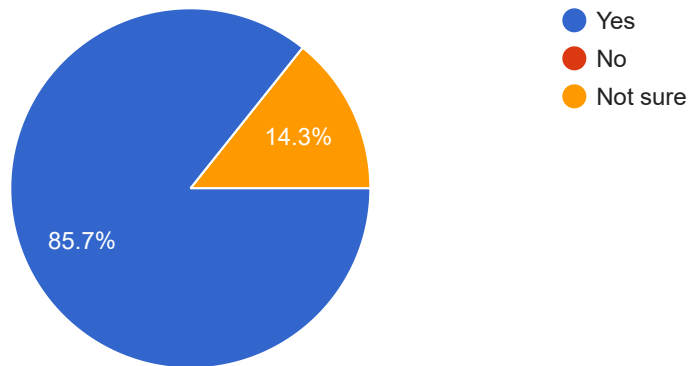
### High schools require physical education classes for graduation

14 responses



### We provide recess for elementary students on a daily basis

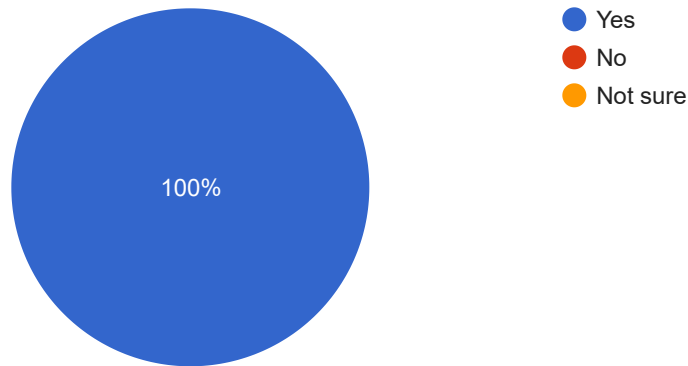
14 responses





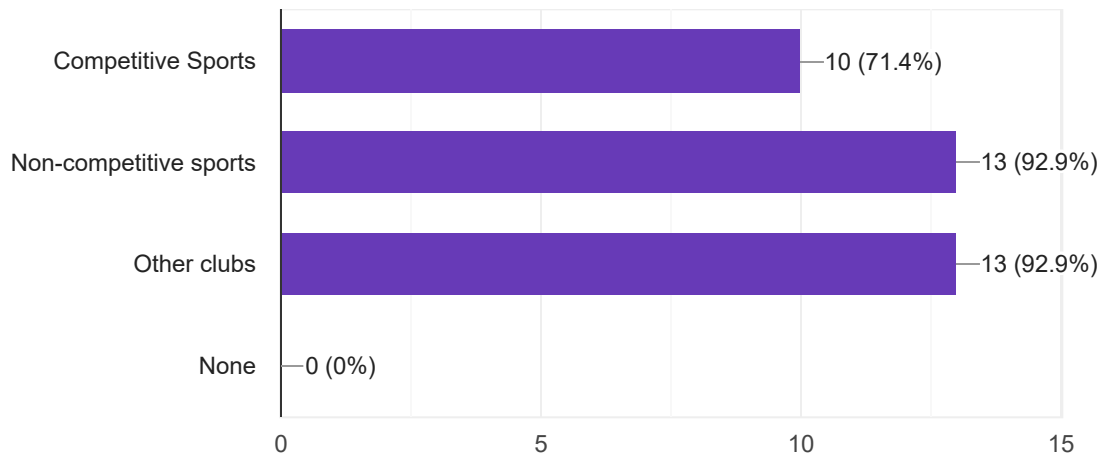
We provide opportunities for physical activity integrated throughout the day (such as brain breaks or class changes)

14 responses



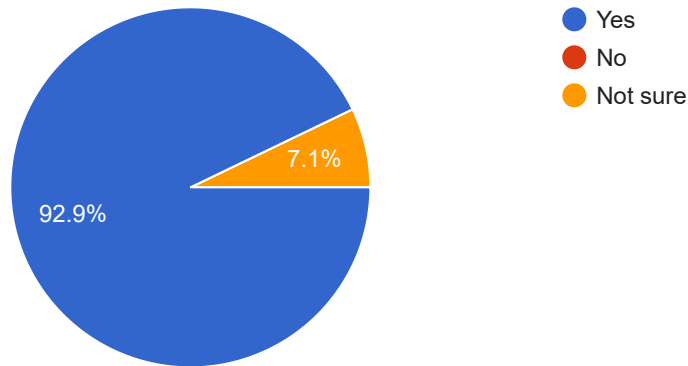
We offer before or after school physical activity for students in the form of (check all that apply)

14 responses



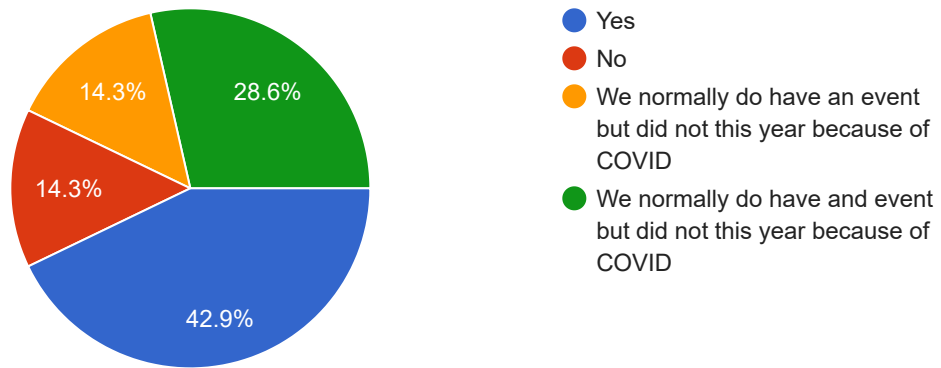
The district offers free or low-cost health assessment to employees through its benefits package

14 responses



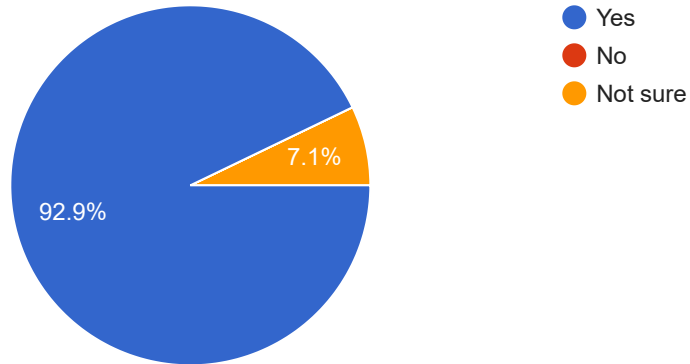
My campus offered at least one event this year either during or outside of normal school hours that involved physical activity and included both parents and students in the event

14 responses



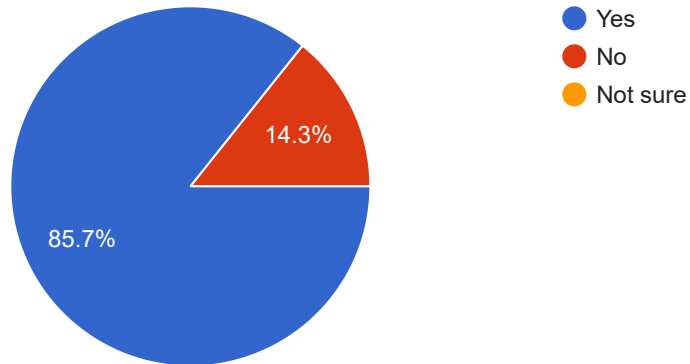
Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness

14 responses



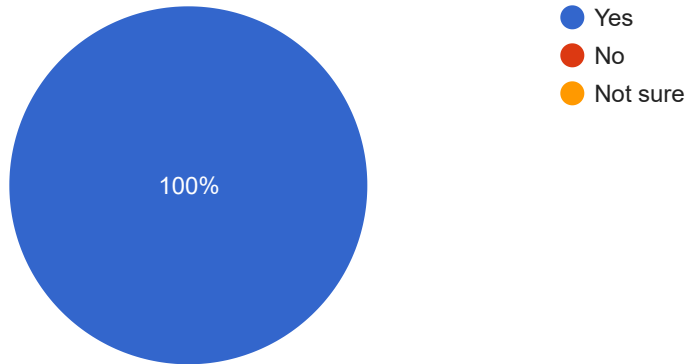
We have a staff wellness program

14 responses



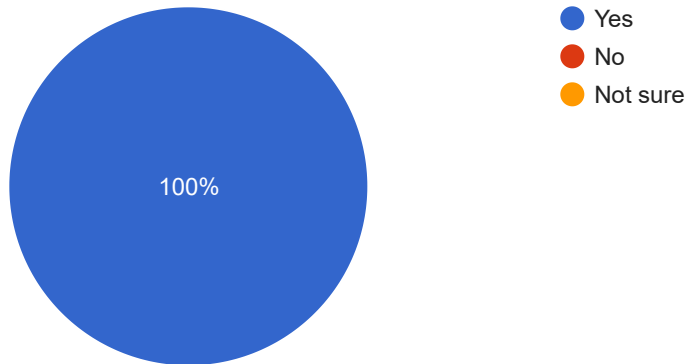
We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).

14 responses



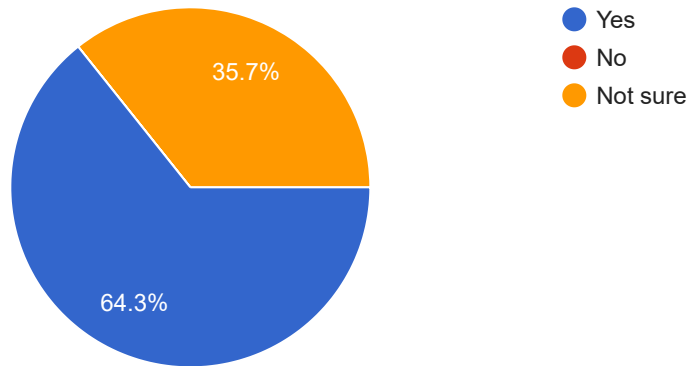
My campus has at least ten minutes built into the master schedule for students to eat breakfast and ten minutes to eat lunch, from the time the student received his or her meal and is seated

14 responses



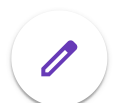
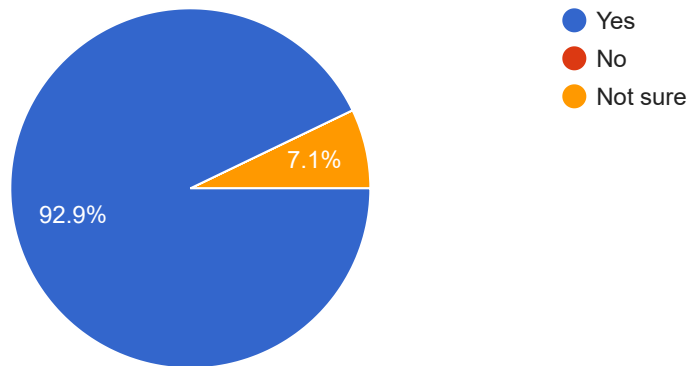
At least one food and one beverage meeting Smart Snacks standards is sold at each athletic event sponsored by the district

14 responses



During the annual health insurance open enrollment period, the district encourages wellness by communicating preventative services covered at 100 percent by its health insurance provider

14 responses



Please indicate any additional wellness practices and/or future goals and describe any progress you feel has been made on your campus in attaining the goals of the local wellness policy

All students K-4 walk and/or run weekly. Students keep track of their mileage and set individual goals.

not sure -

We have ensured that outdoor recess/lunch has been offered every day that weather permits.

Our Running club

TSA, even though we do not have a gym or a track, has successfully implemented experiences where all students engage in activities to attain the goals of the local wellness policy.

AHA Jump rope of heart program

Team weightloss challenges

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