

## Alvarado ISD School Wellness Plan Assessment

May 7, 2024

### Implementing Goals for Nutrition Promotion:

Goal 1- The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

| Objective                                                                                               | Person Responsible | Measurement  | Evidence                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| We will provide an environment that encourages scholars to make informed and healthy nutrition choices. | CN Director        | Walkthroughs | The child nutrition department promoted healthy foods by displaying pictures on electronic menu boards in the cafeterias daily along with daily menu options. Posters were hung on each campus displaying healthy food in a fun way, ex. NSLW used a gaming theme tying video games to making healthy food choices, and NSBW used a beach theme to get scholars excited about healthy breakfast options. The CN department provided educational worksheets to all campuses during these two events to encourage and educate scholars about the food they eat. All cafeterias have signage educating scholars and visitors about what makes a complete meal by USDA standards. |

Goal 2- 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                                                                                                                                | Person Responsible | Measurement                | Evidence                                                                                                                                                                                                                                                                     |
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| Nutrition information shall be provided on school menus to help provide parents and scholars with opportunities to make healthy choices. | CN Director        | Online Posting of the Menu | The CN Director checked Nutrislice weekly to ensure advisory board approved menus were posted accurately and carb counts were provided for each menu by campus for breakfast and lunch. Corrective action was taken as necessary when menus were not properly posted online. |

Goal 3- The District shall ensure that food and beverage advertisements accessible to students during the school day on a school campus contain only products that meet the federal-guidelines for competitive foods.

| Objective                                                                                                              | Person Responsible                                            | Measurement | Evidence                                                                                                                                                                                                                                    |
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| Only products that are Smart Snack Compliant will be advertised in areas accessible to students during the school day. | Principal, CN Director, Director of Institutional Advancement | Walkthrough | The only vending machines accessible to scholars are at AHS and AJH. Both machines advertised SmartWater and Powerade Zero (Both are Smart Snack Compliant). All products visible in the beverage machines were also Smart Snack compliant. |

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### Goals for Nutrition Education:

Goal 1- The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

| Objective                                                                                                                                                                   | Person Responsible                                       | Measurement                   | Evidence                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| The District shall implement, in accordance with law, a coordinated health program with a nutrition education component that emphasizes the importance of proper nutrition. | Teachers,<br>Campus Principal,<br>Chief Academic Officer | Lesson Plans and Walkthroughs | <p>Sept 27th<br/>Health Ed - Unit 2: Nutrition and Physical Activity</p> <p>Objective: I can recognize healthy and unhealthy foods.</p> <p>Introduction / Warm Up:<br/>Hit the track - Complete the 4 corner warmup.</p> <p>Explicit Instruction (I Do):<br/>Wellness Wednesday: Unit 2 Lesson 1<br/>- "Gobble, Gobble, GO!"</p> <p>Practice (We Do and They Do):<br/>Activity 1: Gobble, Gobble, GO!<br/>- Students walk around the room as the facilitator calls out foods. If it is a GO food they walk at a normal/safe pace, if it's a WHOA food, they stop and stand still until another go food is named.</p> <p>Closing Reflection:<br/>Cool down stretches</p> <p>Mindful Minute</p> <p>Oct 4th<br/>Health Ed - Unit 2: Nutrition and Physical Activity</p> <p>Objective: I can recognize healthy and unhealthy foods.</p> <p>Introduction / Warm Up:<br/>Hit the track - Complete the 4 corner warmup.</p> <p>Explicit Instruction (I Do):<br/>Wellness Wednesday: Unit 2 Lesson 2<br/>- "Eat the Rainbow"</p> <p>Practice (We Do and They Do):<br/>Activity 1: Vitamin &amp; Mineral Alphabet Shapes</p> <p>Students learn some foods that are high in vitamins A, B12, C &amp; D and</p> |

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|  |  |  | <p>make their body into letter shapes: A, B, C, D. Then, students learn about some foods that are high in iron, calcium, magnesium and potassium and make their body into I, C, M and P shapes.</p> <p>Closing Reflection:<br/>Cool down stretches</p> <p>Mindful Minute</p> |
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Goal 2- The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

| Objective                                                                                                                                     | Person Responsible                         | Measurement                          | Evidence                                                                                                                                                                                                                                                                                                            |
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| Nutrition education will be integrated into the curriculum, by identifying appropriate events at which nutrition education could be promoted. | Principals,<br>CN<br>Director,<br>SHAC     | Materials and<br>Dates<br>Documented | Back to School Bash<br>School Garden @ LES<br>SHAC Night<br>AIS Physical Education coaches integrated nutrition education as observed during walkthroughs (S. Stephens)                                                                                                                                             |
| Nutritional materials will be used to support cafeteria promotions such as National School Lunch Week and School Breakfast Week.              | CN<br>Director,<br>Principals,<br>Teachers | Materials and<br>Dates<br>Documented | NSLW- Oct 9-13, 2023<br>SBW- March 2-8, 2024<br>AIS cafeteria signage promoted National School Lunch Week and School Breakfast Week. Scholars also colored pages with nutritional information and thank you messages for cafeteria staff to hang out in the cafeteria for National School Lunch Week. (S. Stephens) |

Goal 3- The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

| Objective                                                        | Person Responsible                           | Measurement         | Evidence    |
|------------------------------------------------------------------|----------------------------------------------|---------------------|-------------|
| Professional development will be offered on nutrition education. | CN Director,<br>Chief<br>Academic<br>Officer | PD<br>Documentation | No evidence |

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### Goals for Physical Activity:

Goal 1- 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                                                                              | Person Responsible | Measurement    | Evidence                                                                                                    |
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| The District will offer other fitness activities within and outside of the school day. | Principals         | Campus Reports | Turkey Trot- AES<br>Jingle Jog- LES<br>Color Run- AEN<br>Running Club- AIS<br>Field day- AES, AEN, LES, AIS |

Goal 2- The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

| Objective                                                                                                                           | Person Responsible     | Measurement   | Evidence                                                                                                                                                                                                                                                                                                                                                                   |
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| Teachers are encouraged to use Go Noodle, Engagement Structures, and Kagan strategies to allow students a brain break during class. | Chief Academic Officer | Training Logs | AIS utilizes extra time in the cafeteria to allow scholars to participate in brain break activities before going back to class. Instructional videos are played at least once a week. AES uses Go Noodle at the end of lunch to give scholars a chance to be active in their place at the table.                                                                           |
| Grades K-3 shall utilize the Reading Horizon phonics program that integrates learning with physical activity                        | Chief Academic Officer | Training Logs | Practice (We Do and They Do):<br>Activity 1: Vitamin & Mineral Alphabet Shapes<br><br>Students learn some foods that are high in vitamins A, B12, C & D and make their body into letter shapes: A, B, C, D. Then, students learn about some foods that are high in iron, calcium, magnesium and potassium and make their body into I, C, M and P shapes. (Phys Ed Classes) |

Goal 3- The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

| Objective | Person Responsible | Measurement | Evidence |
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| Before and after school physical activity programs will be offered at the secondary level. | Principals,<br>Coaches,<br>Athletic<br>Director | Track &<br>Monitor<br>Programs | Before school activities.<br>Weight lifting for men's<br>athletics 7-8am.<br>After school. Practices for in<br>all season sports (Football,<br>Volleyball, Cheer, Cross<br>Country, Men and Women's<br>Soccer, Basketball, Power<br>Lifting, Tennis, and Track,<br>Baseball, and Softball.<br>We also have make up<br>weights after school as well. |
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Goal 4- The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

| Objective                                                                                                         | Person Responsible           | Measurement | Evidence                                                                                                                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------|------------------------------|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| The District shall provide the staff with information on discounts offered by Texas Health Huguley Fitness center | Chief Human Resource Officer | HR Report   | The Huguley Fitness center flyers are a part of our Employee Handbook so all employees have the information when they go through orientation with HR and when they access the handbook online. (Source: Mary Ann Wood) |

Goal 5- The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

| Objective                                                                                                                                                                | Person Responsible   | Measurement | Evidence                                                                                                                                                                                         |
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| The District will host events and involve community partners to educate and create opportunities to promote healthy physical, mental, and emotional lifestyles annually. | Administration, SHAC | Event Log   | Meet the Indians @ Charles Head Stadium- 8/23/23<br>Trunk or Treat @ AJH 10/30/223<br>Grand Friend Breakfast and Lunches (PK-5)<br>SHAC Family Night, March 28,2024<br>Dia De Los Niños- 4/30/24 |

**Goals for Other School- Based Activities:**

## Alvarado ISD School Wellness Plan Assessment

**May 7, 2024**

Goal 1- The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

| Objective                                                                       | Person Responsible               | Measurement             | Evidence                                                                                                                                                                                                                                           |
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| Lunch schedules will be developed to allow sufficient time for students to eat. | Principals,<br>CN Director       | Meetings & Walkthroughs | All campus Principals sent the CN Director a copy of the master schedule with lunch times included prior to the school year beginning. Lunch periods were added at AHS and AIS. There were no concerns for scholars not having enough time to eat. |
| Cafeteria tables shall be cleaned and sanitized after each lunch period.        | Campus principals,<br>AISD Staff | Walkthroughs            | Custodial staff were observed during weekly walkthroughs on each campus by the CN director. After scholars get up from the cafeteria tables, they immediately sanitize and clean the tables before the next group comes in.                        |

Goal 2- The District shall promote wellness for students and their families at suitable District and campus activities.

| Objective                                   | Person Responsible  | Measurement     | Evidence                                                                                                                                                                                                                                                                                                                                                                                                             |
|---------------------------------------------|---------------------|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SHAC shall host a Family Night each spring. | AISD Staff,<br>SHAC | Event<br>Agenda | SHAC Family Night took place on Thursday, March 28, 2024 at Charles Head Stadium. There were 500 meals served within the first 45 minutes of the event. Next year we should plan for at least 650 attendees. All vendors donated their time and services to ensure this was a free community event (Country Critters, CareFlite, REACH Johnson Co, Alvarado FD, HH4J, United Way, Alvarado Lions Club, Mesa Springs) |
| SHAC shall organize the Back to School      | AISD Staff,         | Event           | The Back to School Bash                                                                                                                                                                                                                                                                                                                                                                                              |

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| Bash in the fall before school starts | SHAC | Agenda | took place on Thursday, Aug 3, 2024 at Alvarado JH from 4-6 PM. Tarrant County Food Bank delivered 2 full truck-loads of food. Administration staff and volunteers loaded vehicles until the food ran out (around 9pm). |
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Goal 3- The District shall promote employee wellness activities and involvement at suitable District and campus activities.

| Objective                                                                                                                 | Person Responsible           | Measurement    | Evidence                                                                                                                                                                          |
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| Staff will be encouraged to participate in campus/district activities such as: fun runs, festivals, field day events etc. | AISD Staff, SHAC             | Document Event | Hispanic Heritage Night- 10/3/23<br>Fall Festival (AEN,AES,LES) 10/31/23<br>Winter Wonderland STEM (AJH) 12/19/23<br>Field Day (LES 5/3/24,AEN 5/10/24, AES 5/21/24, AIS 5/17/24) |
| Onsite shot clinics will be offered to employees to promote employee wellness.                                            | Chief Human Resource Officer | Document Event | This year, the shot clinic was the last week of September, 2023.<br>AES, AJH, AHS Sept: 28<br>LES, AIS, AEN,Admin: Sept 29                                                        |