

## San Angelo ISD 2024 Wellness Triennial Survey Results

| Campus Name            | Healthful messages are posted in dining areas | Physical educators and classroom teachers post healthful messages in their classrooms | Staff incorporate healthy nutritional-messaging at applicable campus-based events |
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| Alta Loma              | 3                                             | 1                                                                                     | 3                                                                                 |
| Bonham Elementary      | 3                                             | 3                                                                                     | 2                                                                                 |
| Central High School    | 3                                             | 3                                                                                     | 3                                                                                 |
| Fort Concho Elementary | 3                                             | 3                                                                                     | 3                                                                                 |
| Bradford Elementary    | 5                                             | 5                                                                                     | 4                                                                                 |
| Bowie Elementary       | 3                                             | 4                                                                                     | 3                                                                                 |
| Goliad                 | 3                                             | 3                                                                                     | 2                                                                                 |
| Santa Rita             | 3                                             | 1                                                                                     | 3                                                                                 |
| Crockett               | 2                                             | 3                                                                                     | 2                                                                                 |
| Reagan Elementary      | 4                                             | 4                                                                                     | 4                                                                                 |
| Glenn Middle School    | 5                                             | 4                                                                                     | 4                                                                                 |
| Austin                 | 5                                             | 3                                                                                     | 3                                                                                 |
| Lamar Elementary       | 3                                             | 3                                                                                     | 3                                                                                 |
| Fannin                 | 5                                             | 4                                                                                     | 4                                                                                 |
| Lone Star              | 5                                             | 2                                                                                     | 3                                                                                 |
| Carver/PAYS            | 1                                             | 1                                                                                     | N/A                                                                               |
| Lincoln Middle School  | 3                                             | 3                                                                                     | 3                                                                                 |
| Belaire Elementary     | 3                                             | 3                                                                                     | 2                                                                                 |
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| <b>Average Rating</b>  | <b>3</b>                                      | <b>3</b>                                                                              | <b>3</b>                                                                          |

Percent of responses

79.17%

| Cafeteria implement line placement strategies that encourage healthy food selection | Campus utilizes marketing materials that promote healthy nutrition messaging | A monthly menu is available to students and families | Campus administration provides appropriate information to families about birthday celebration guidelines |
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| Cafeteria staff implement nutrition messaging consistent with federal guidelines | Campus promotes and encourages families and community members to attend school-based health fairs or wellness events | Vending machines accessible by students only display marketing messages for foods and beverages identified by the USDA's Smart Snack guidelines | Campus administration requests that any advertisements that do not meet the federal guidelines be transitioned out as appropriate |
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| Campus faculty and staff utilize available resources and events to deliver nutrition education as appropriate | Cafeteria staff only display appropriate nutrition education messages the serving lines | Campus coordinates awareness and focus on importance of healthy eating during National School Breakfast Week, School Lunch Week, and our Farm-to-School Programs | The District Food and Nutrition Services website will provide current evidence-based strategies for healthful eating practices |
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| The District encourages staff development to support the coordination and delivery of nutrition education curriculum, as appropriate. | Physical education staff provides TEKS-guided curriculum for fitness standards | Physical education teachers provide lessons during physical education that are age and developmentally appropriate | Do 90% of students at your campus achieve a 90 in physical education courses? |
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| Physical education teachers are provided the opportunity for professional development through standard-based instruction and administration of CPR/AED | Physical activity is not be given as a form of punishment | Instruction is focused on ensuring that students enjoy physical activity and have the skills and knowledge to make healthy choices | Physical activity curriculum provides for student choice as appropriate |
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| Student self-testing and individualized fitness plans are encouraged | Campus is encouraged to reinforce and advocate the importance of physical activity through ongoing messages to teachers and posted signage in the classrooms | The District provides content to teachers and staff on the evidence-based benefits of incorporating physical activity into the classroom environment | Campus is encouraged to provide various organized physical activities before school and after school, such as running clubs and open gyms |
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| Campus post sand communicates information about upcoming physical activity and sports programs through announcements, flyers, posters, on both school and District websites | Campus informs parents of opportunities for their children to participate in physical activity both within and outside of the school | Meal time schedules are based on enrollment, cafeteria serving, and seating capacity to minimize wait time and allow sufficient time to eat | The minimum eating times after being served are 10 minutes for breakfast and 20 minutes for lunch |
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| Lunch is scheduled as close to midday as possible | Dining room facilities are maintained for safety, cleanliness, comfort, and provide adequate seating | Students are always provided an opportunity to eat, even if meetings or activities are scheduled during meal time | Handwashing is facilitated |
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| Water is available during meals and encouraged throughout the day | Custodial and Food services staff ensure cleaning supplies are not visible during meal service | All ServSafe food safety regulations are followed by food service staff | Campus administration makes information available about the use of recreational facilities to campus community and encourage students and parents to use those facilities |
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| <b>The District advocates the importance of healthy eating and physical activity to overall wellness through a variety of avenues to students, parents, and the community</b> | <b>Campus provides educational resources on nutrition and physical activity during District events when appropriate</b> | <b>Families and community members are invited to all School Health Advisory Council (SHAC) meetings</b> | <b>Employees are provided monthly EAP, Wellness, and Interlink newsletters to disseminate information on topics of physical, nutritional, mental, and emotional wellbeing</b> |
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| Employees will be provided access to an Employee Assistance Program (EAP) that can link them to resources | Employees are encouraged to participate at all School Health Advisory Council (SHAC) meetings | Campus is in compliance with age-appropriate guidelines and recommendations for healthy food and beverage choices | Soft drinks are prohibited from being sold during the school day to any age/grade group |
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| Campus is not dependent on revenue from high-fat, low-nutrient density foods to support school programs | Students are instructed to not share their food or beverages with other students as some students have physician-ordered dietary restrictions | Campus allows only 3 exempt food fundraisers or school-designated events per school year | Events are not held during campus meal times and/or where meals are served |
|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| 5                                                                                                       | 5                                                                                                                                             | 5                                                                                        | 5                                                                          |
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| Foods and beverages sold for fundraisers may not be sold in competition to school meals | All competitive foods and beverages must meet USDA Guidelines | An elementary school campus may not sell competitive foods to students anywhere on the school campus throughout the school day except for those food items made available by the school food and nutrition department | A middle or junior high school campus may not sell competitive foods to students anywhere on the school campus from 30 minutes before to 30 minutes after meal periods except for those food items made available by the school food and nutrition department |
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| 5                                                                                       | 5                                                             | 5                                                                                                                                                                                                                     | N/A                                                                                                                                                                                                                                                           |
| N/A                                                                                     | 3                                                             | 5                                                                                                                                                                                                                     | N/A                                                                                                                                                                                                                                                           |
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| N/A                                                                                     | 5                                                             | 5                                                                                                                                                                                                                     | N/A                                                                                                                                                                                                                                                           |
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| High schools may not sell competitive foods to students during meal periods in areas where reimbursable school meals are served except for those food items made available by the school food and nutrition department | Elementary classroom parties are after the class lunch period unless the lunch meal is provided by the food and nutrition department | Campus will create procedures to define how and when a parent gives “official” authority to another adult to provide food and/or beverages to a student during the school day | School staff does not use food as a reward, incentive or punishment for students |
| N/A                                                                                                                                                                                                                    | 5                                                                                                                                    | 5                                                                                                                                                                             | 4                                                                                |
| N/A                                                                                                                                                                                                                    | 5                                                                                                                                    | 3                                                                                                                                                                             | 3                                                                                |
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|----------------------------------------------------------------------------------------|-------------------------------------|
| Food provided, not sold to students, are recommended to follow smart snack regulations | Will you help promote Care Solace ? |
| 5                                                                                      | yes                                 |
| 5                                                                                      | yes                                 |
| 5                                                                                      | yes                                 |
| 3                                                                                      | yes                                 |
| 4                                                                                      | yes                                 |
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| 4                                                                                      |                                     |

**Why do you feel an option like Care Solace is important?**

It is a safe way to get people connected.

It is accessible to all students who need the support.

It makes mental health services accessible to all families.

Provides an opportunity for families

It provides an outlet for people who may not have options. It connects people with available health services that fit for them.

This type of service is necessary today more than ever.

Many of our families don't know or have access to these services.

N/A

Parents need assistance and don't always know where to turn.

Care Solace is available to students, employees, and families of both. It is important to have a resource available to everyone in times of crisis.

mental health should be a priority

We already do this

**Please share with the SHAC one successful school based activities which incorporate both physical activity and healthy eating that are "one time" big events.**

We did not have one on campus.

More students are eating in the cafeteria on campus.

Our Sock Hop and our Hoe Down dances.

Field day, students get to participate in physical activities and we provide fruits and flavored water for students

N/A

Fall festival- games and invite community partners like HEB to join

N/A