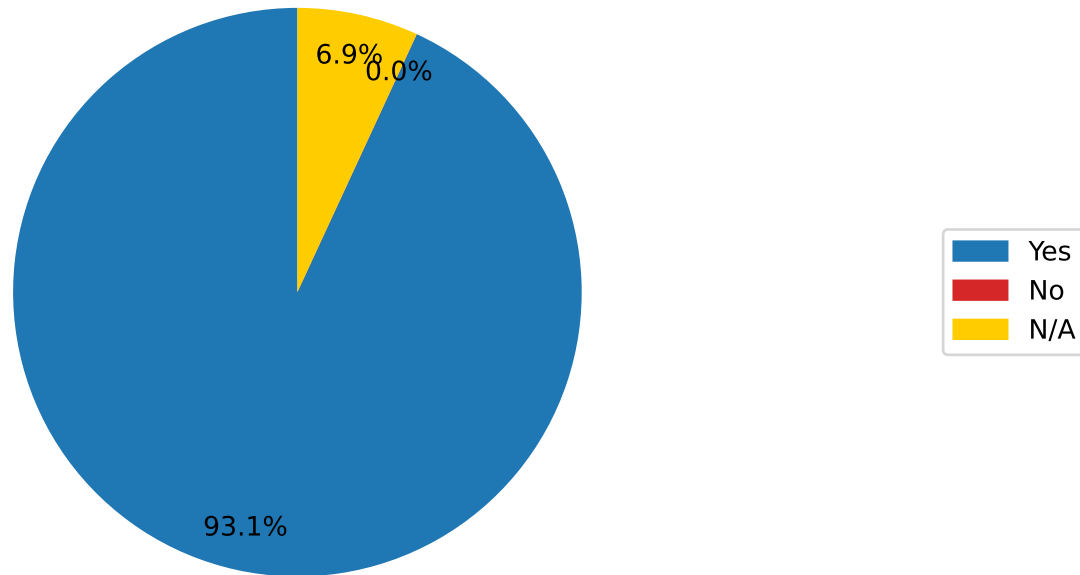


Plano ISD 2024-2025 Triennial Wellness Assessment

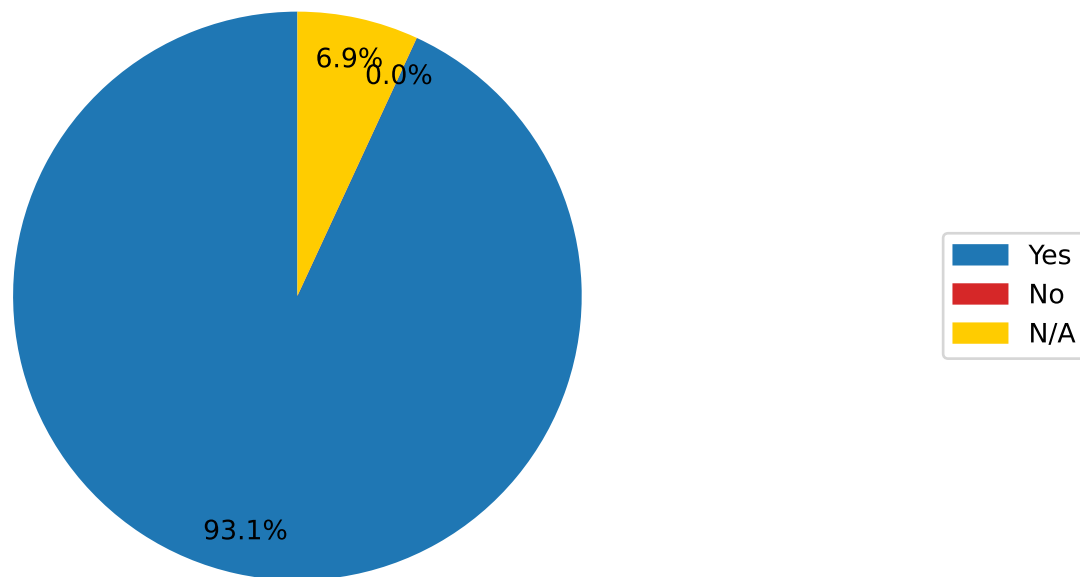
This institution is an equal opportunity provider.

Nutrition Guidelines

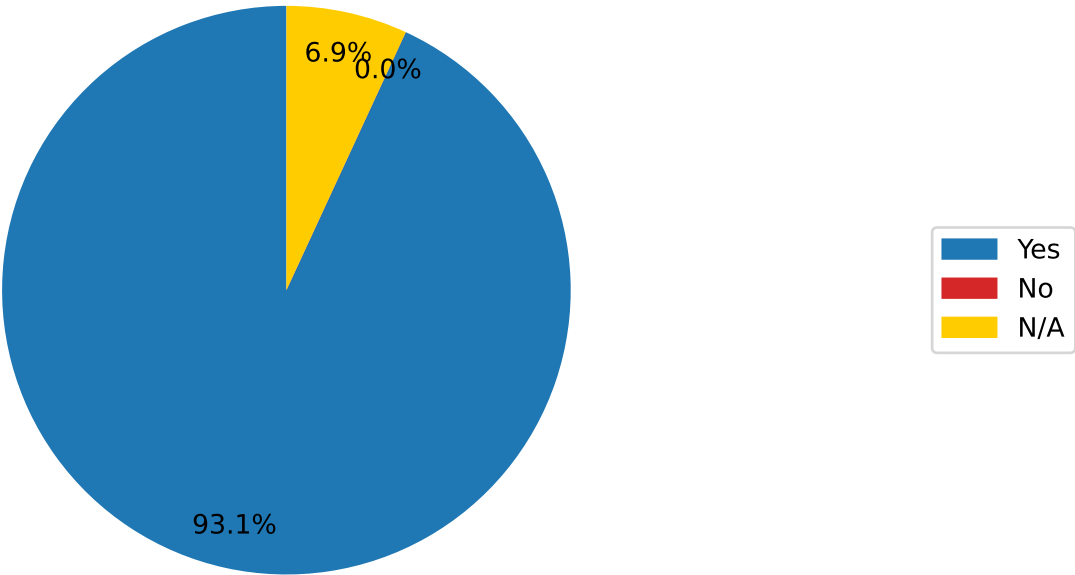
Our district's written wellness policy includes measurable goals for nutrition education.



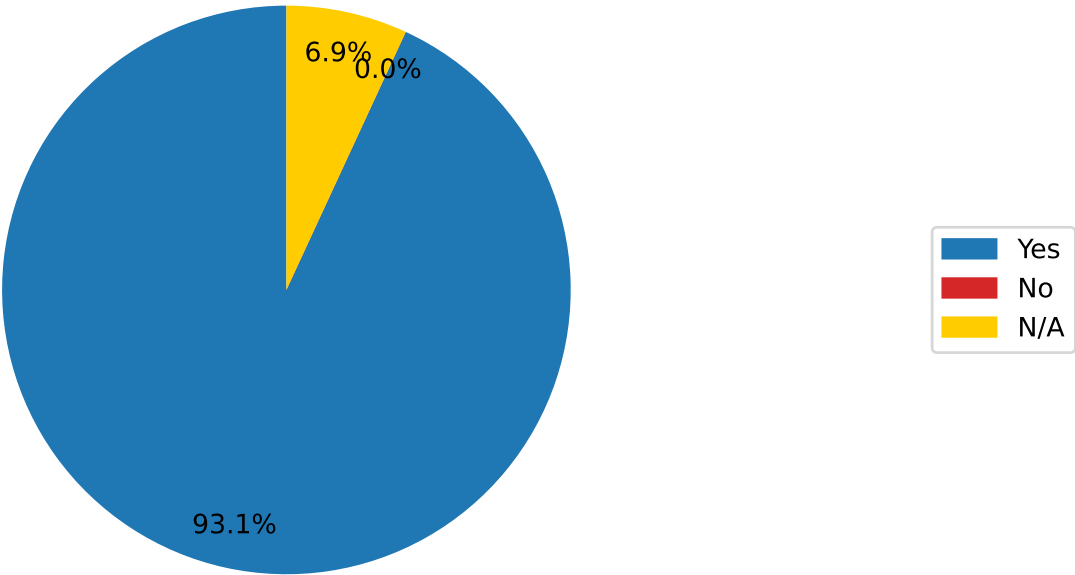
Our district promotes healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.



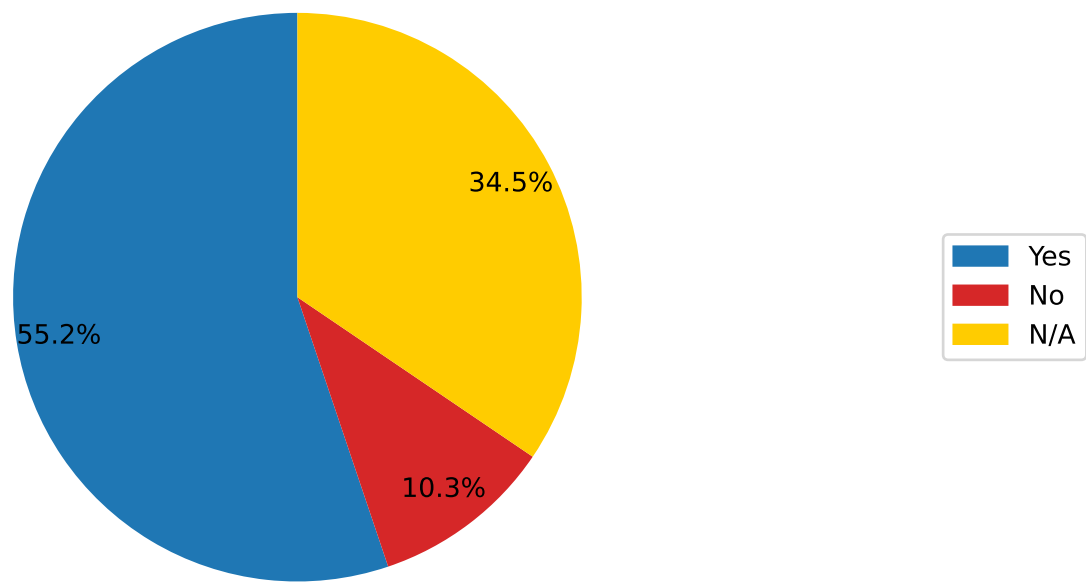
Students have access to fruits and vegetables during meal service.



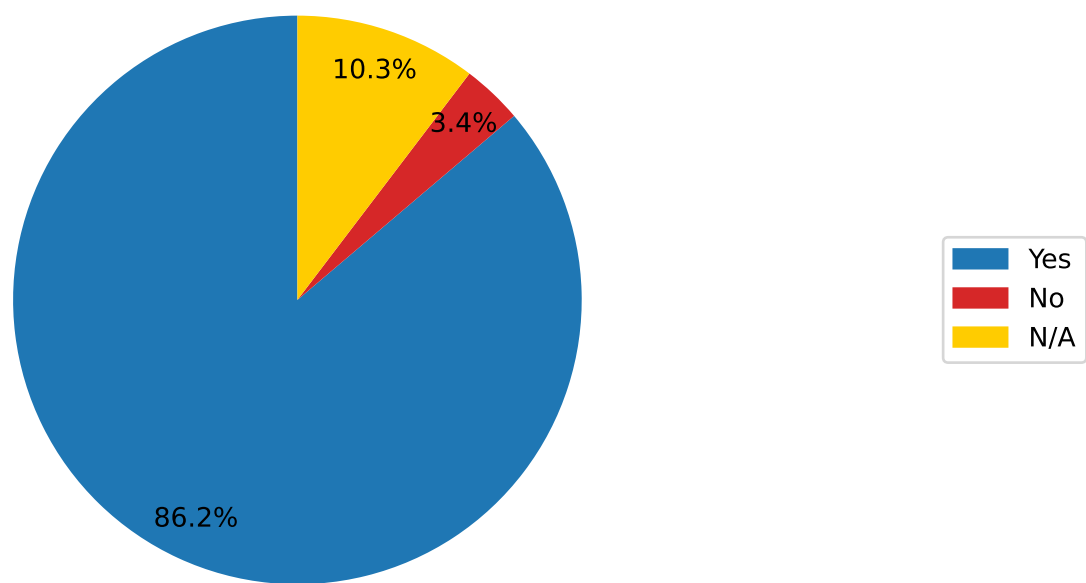
Breakfast and lunch menus, along with nutrition information, are posted on the school district's website.



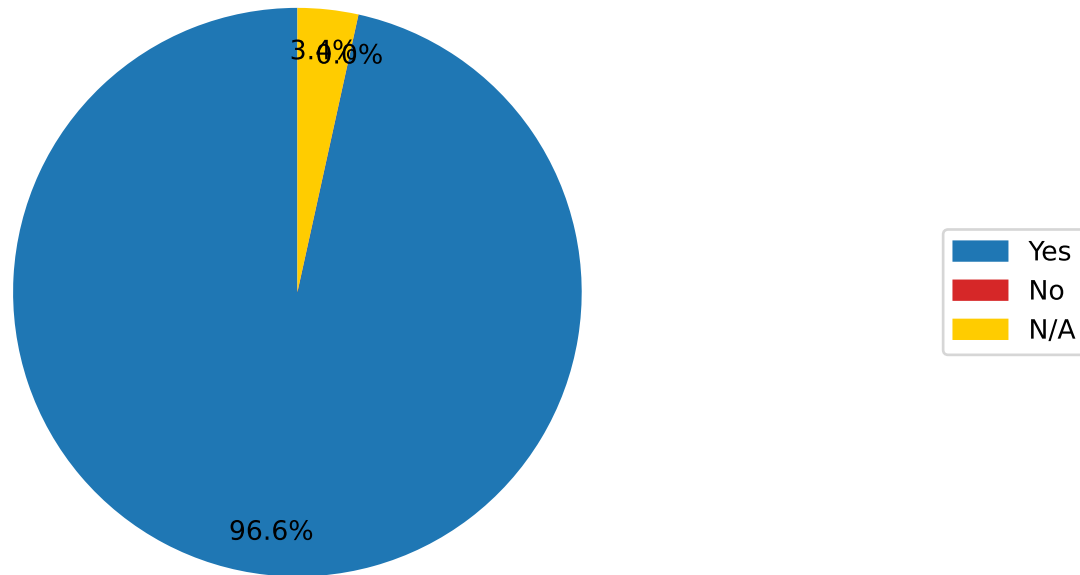
Our district has adopted and implemented Smart Snacks nutrition standards for all food items sold during the school day.



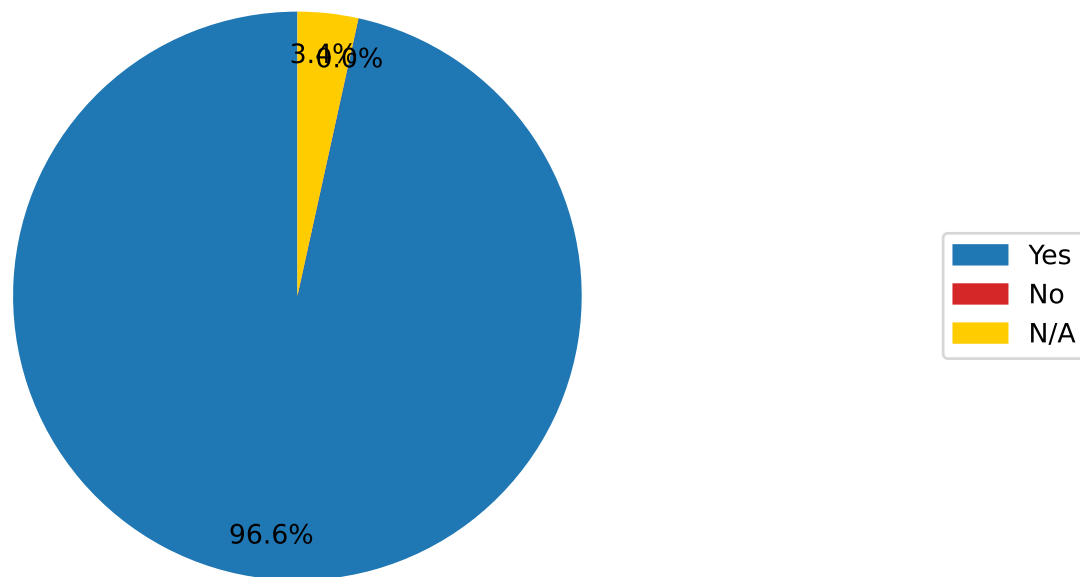
Students have adequate time to eat school meals.



Complimentary water is available and accessible to students during meal serving times.

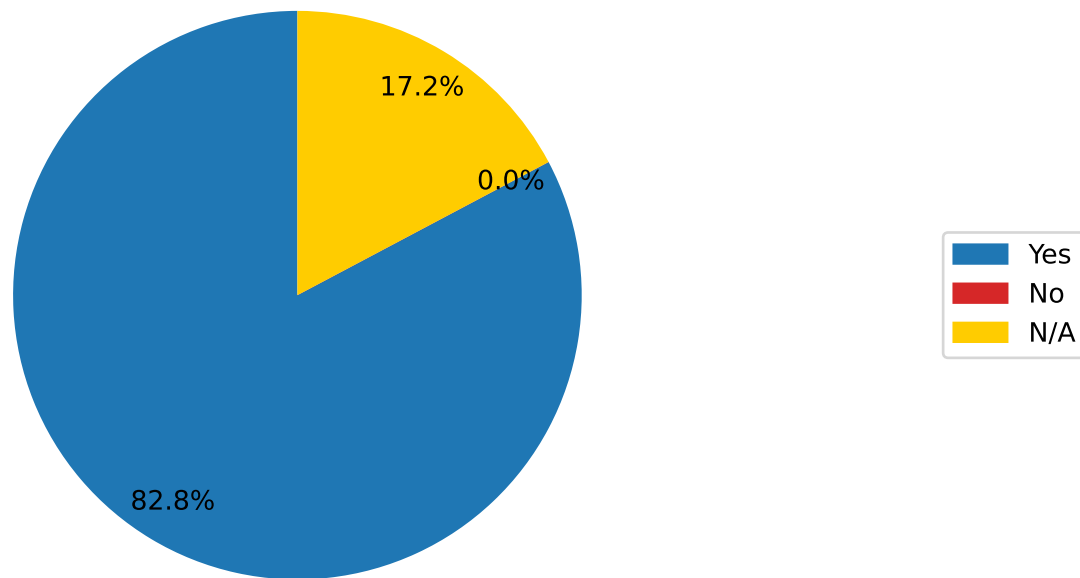


Students are provided a safe and clean environment to consume school meals.

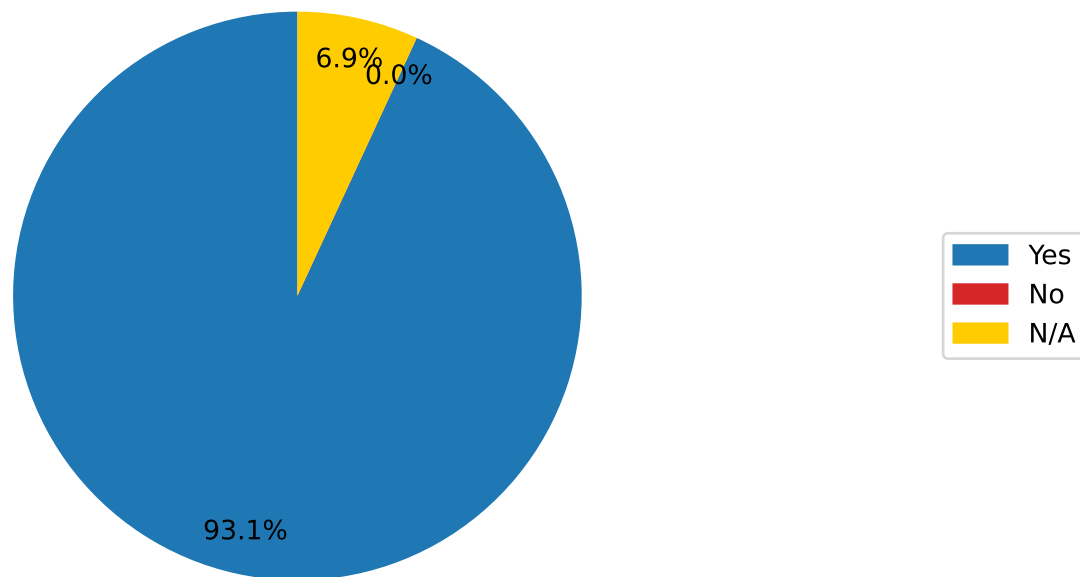


Nutrition Education

Our district offers standard based nutrition education in a variety of subjects (e.g. science, health, math, etc).

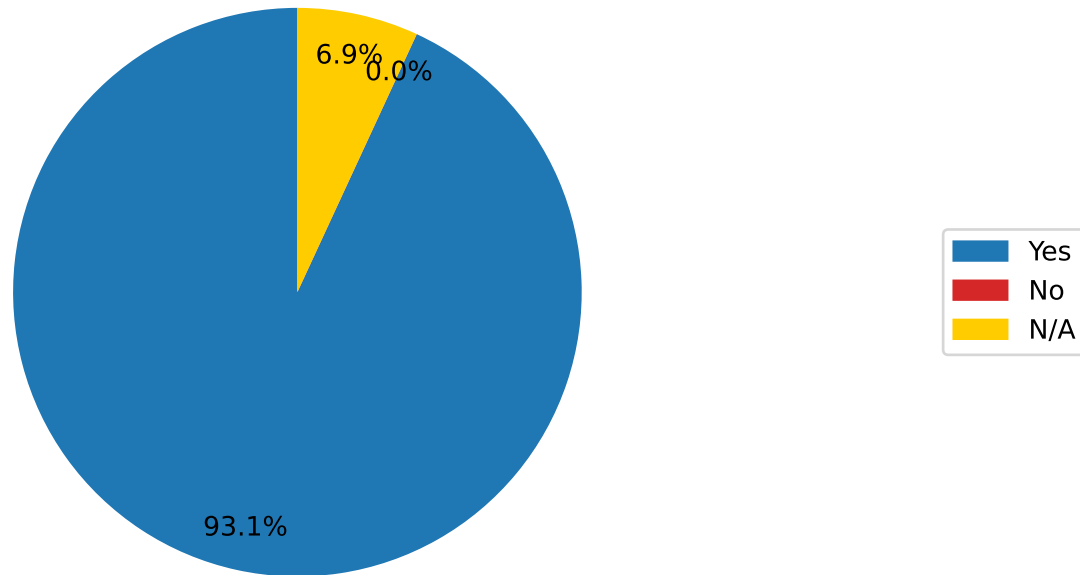


Our district offers nutrition education to students in: Elementary School, Middle School, and/or High School.

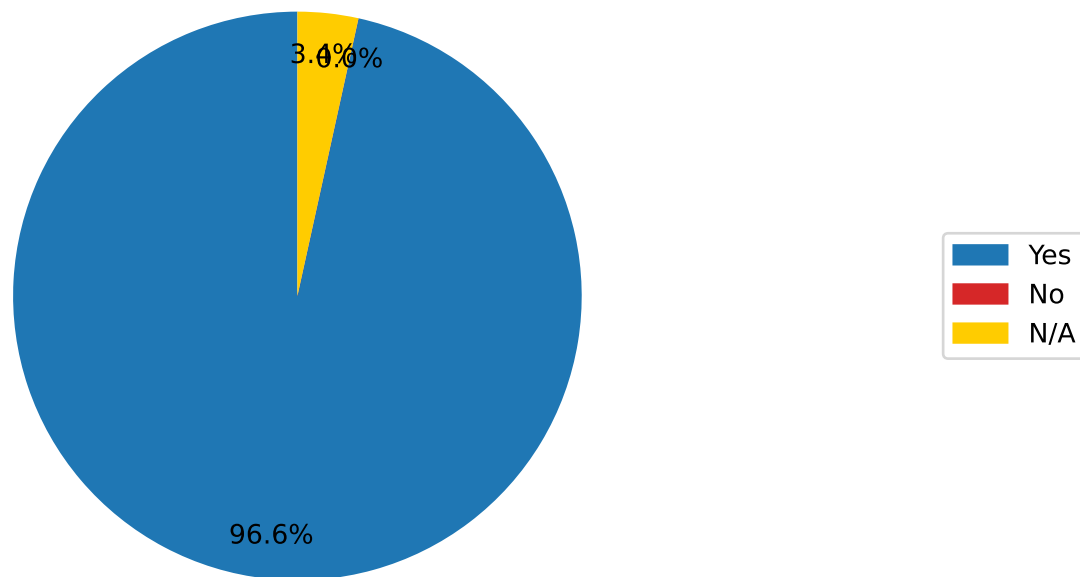


Physical Activity

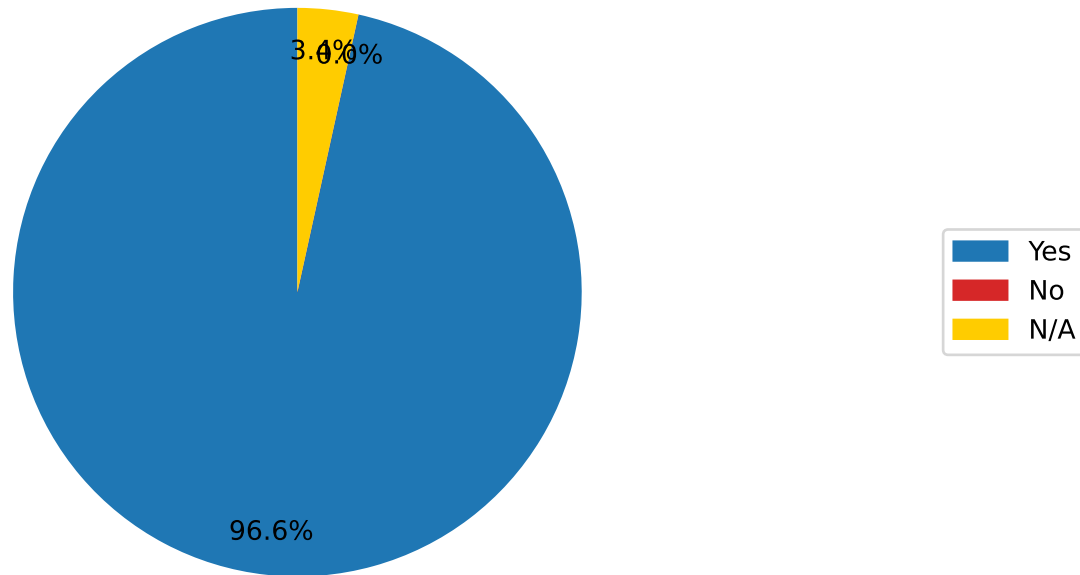
Our district's written wellness policy includes measurable goals for physical activity.



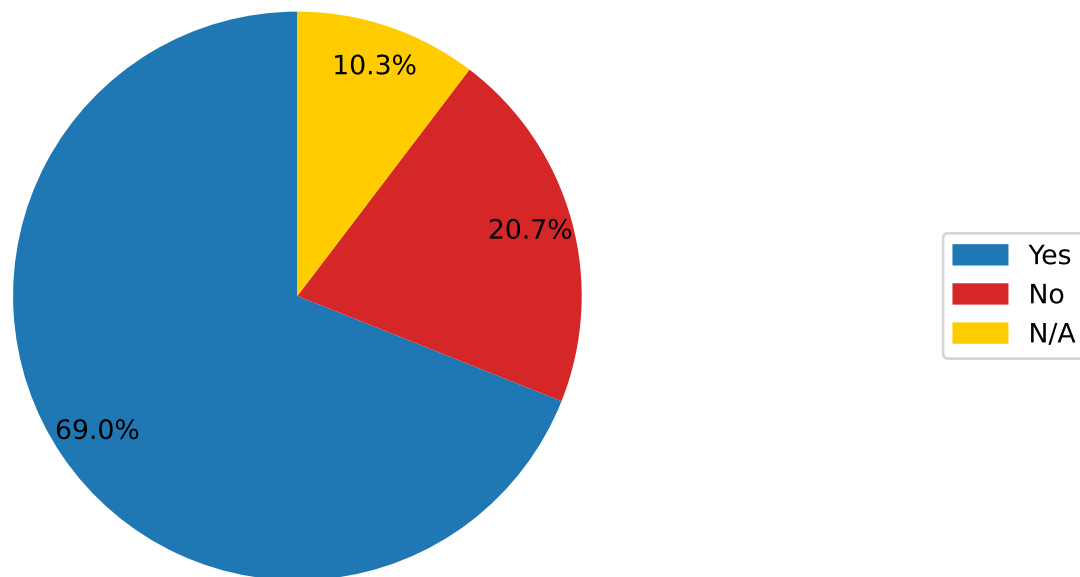
Our district provides physical education for elementary, middle school and high school students.



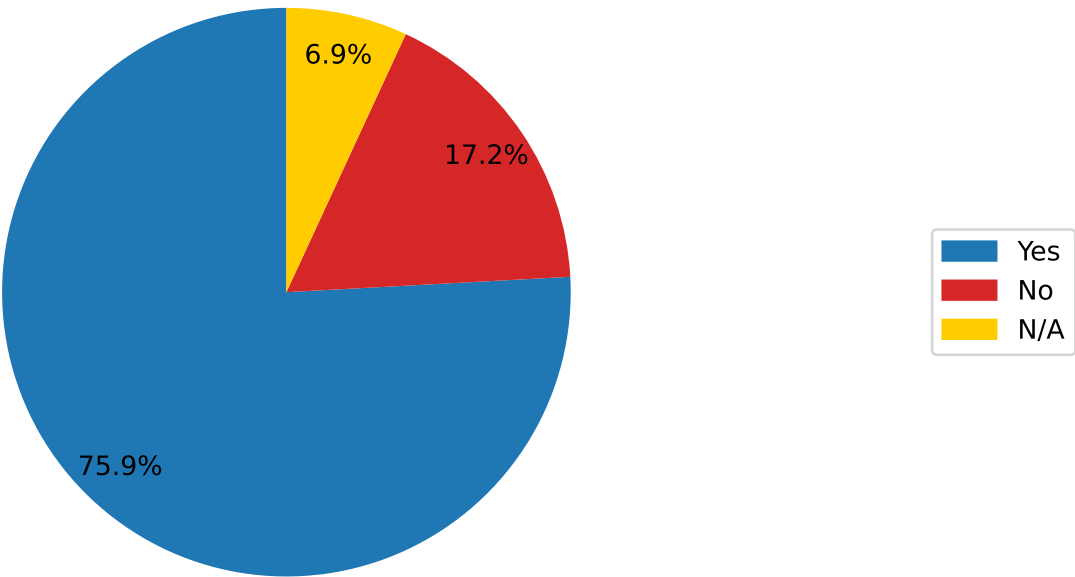
Our district provides recess for elementary students on a daily basis.



Staff and teachers do not keep students in from recess for punitive reasons.

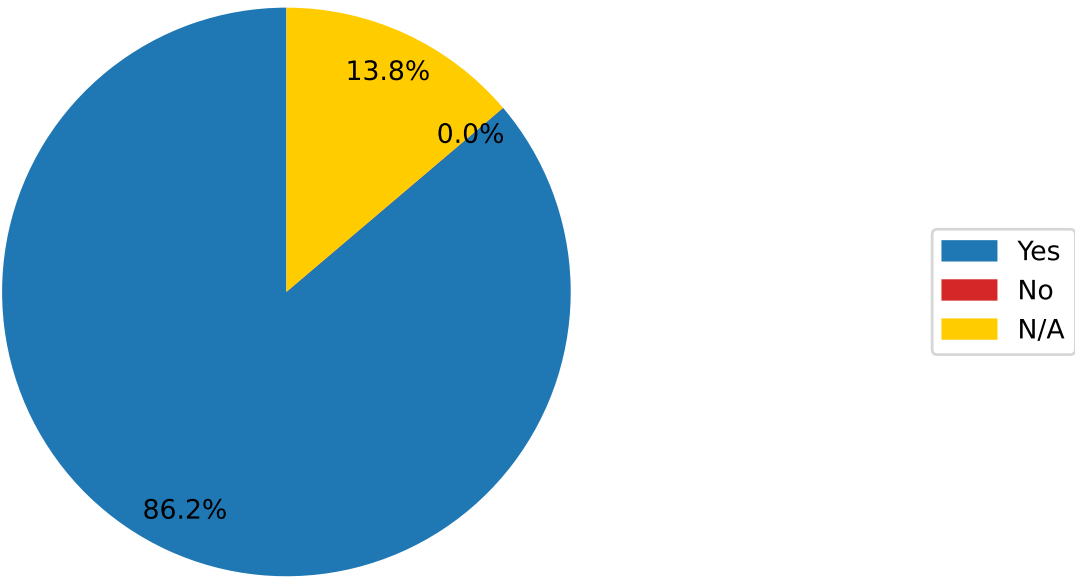


We offer before or after school physical activity: competitive sports, non-competitive sports, or other clubs.

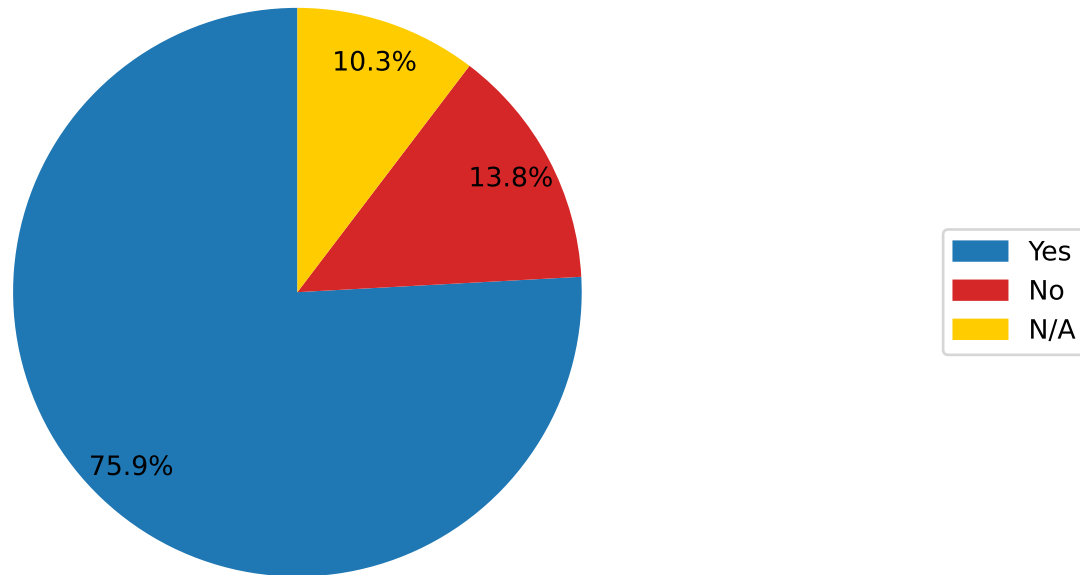


Other School-Based Wellness Activities

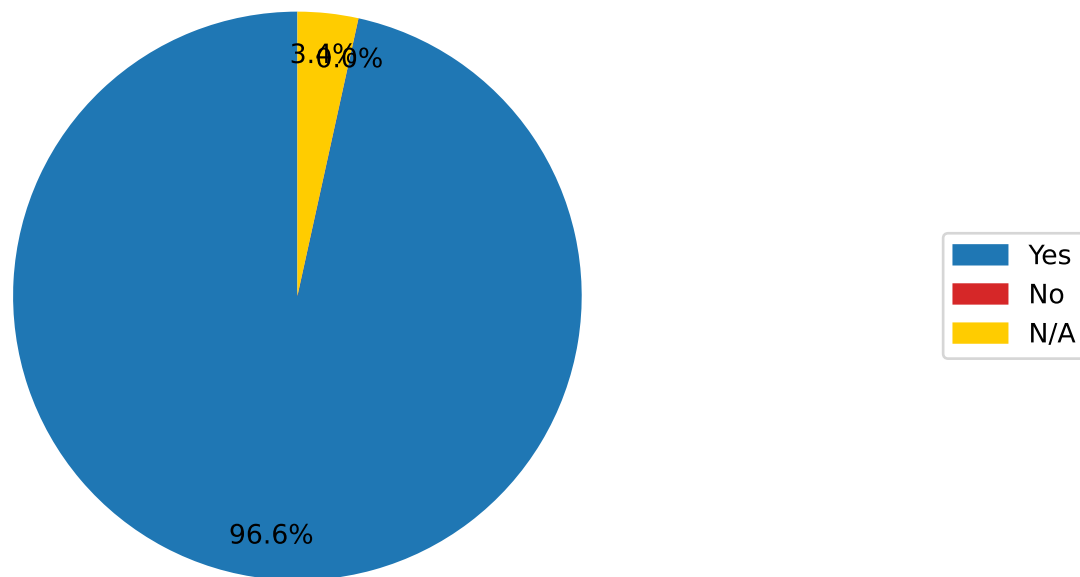
Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.



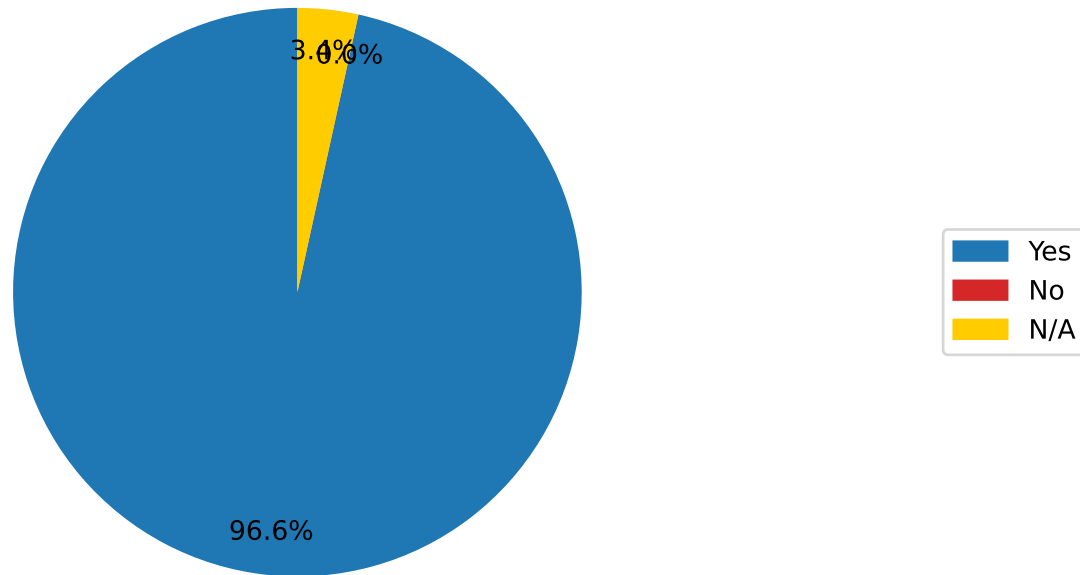
Our district provides training to staff regarding the importance of modeling healthy behaviors.



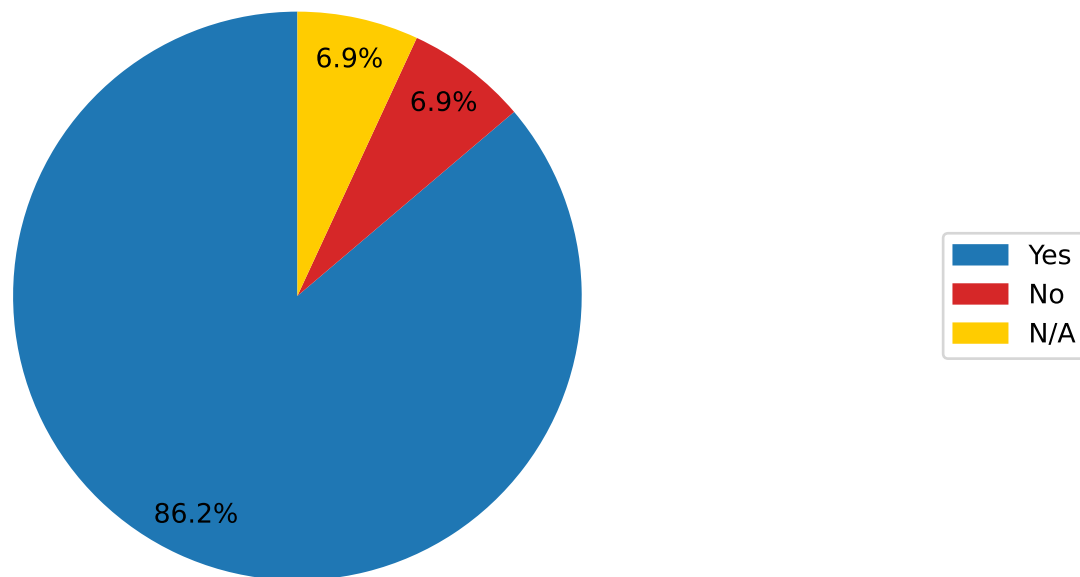
Our district has a staff wellness program.



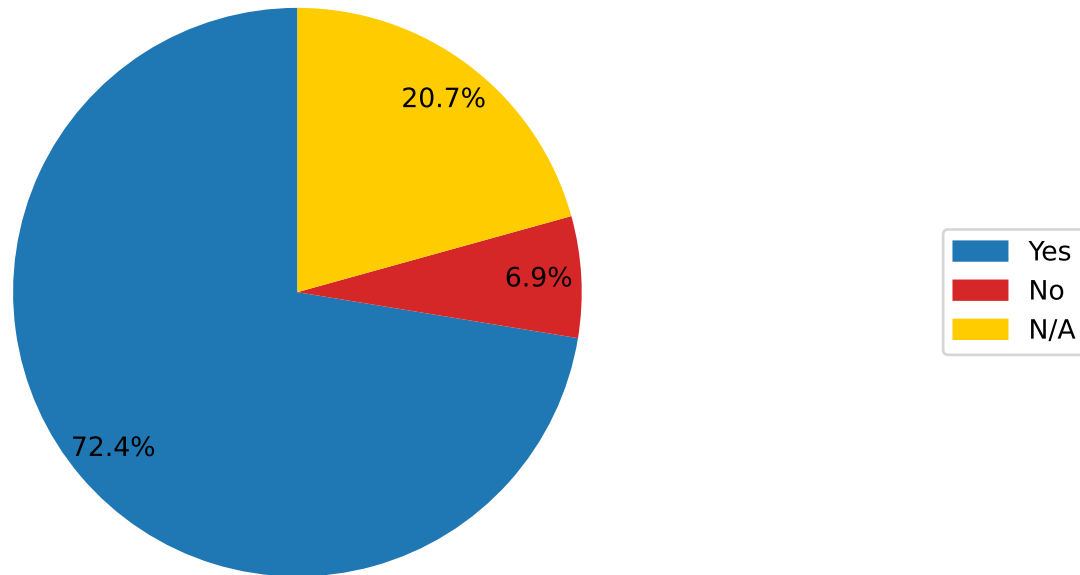
Our district has staff that are CPR certified (e.g. teachers, coaches, counselors, food service staff).



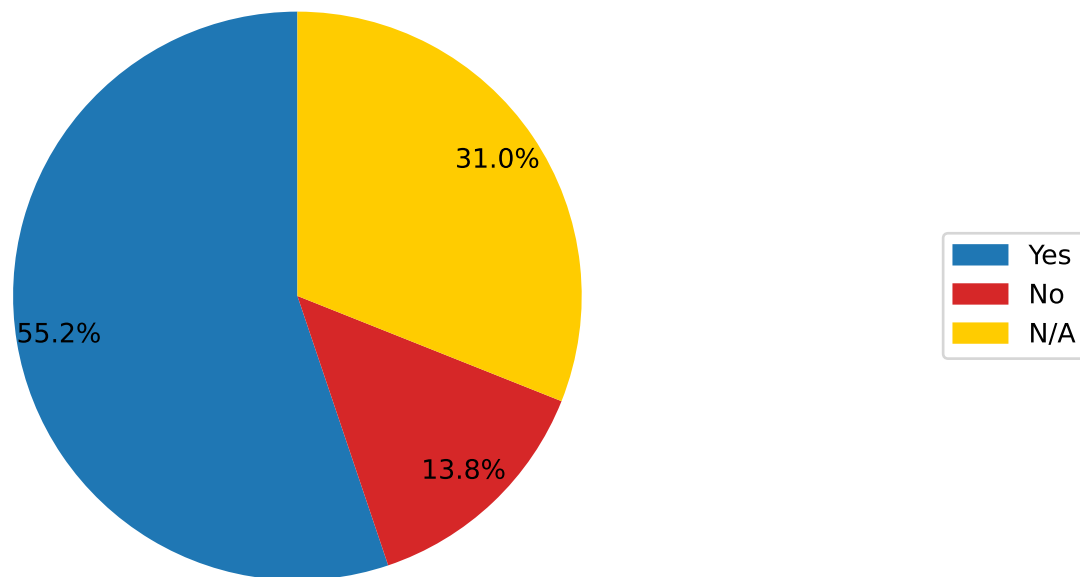
Staff actively promote walk or bike to school for students with Safe Routes to School or other related programs.



Our district has a recycling/environmental stewardship program.



Our district has a recognition/reward program for students who exhibit healthy behaviors.



Our district has community partnerships which support programs, projects, events, or activities.

