Pearland ISD Wellness Plan Implementation Assessment – Spring 2026

The local school wellness policy is a written plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum federal standards. Pearland ISD Board Policy FFA (LEGAL) requires the district to assess schools' compliance with the local school wellness policy at least once every three years and make assessment results available to the public.

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 1: Participate in the National School Lunch and Breakfast Week celebrations.
    - Evidence: *Pearland ISD webpage and social media posts highlight these celebrations during the second week of October and the second week of March. October and March menus are posted online.*

- Objective 2: Ensure the Food Service website provides information that promotes healthy nutrition.
    - Evidence/Activities to Support This Objective:
        - *Nutrition education and activities are posted to the Food Service website.*
        - *Monitor Food Service Website and number of visits and maintain accessibility for ADA.*

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 1: The Food Service website will include nutritional information.
    - Evidence/Activities to Support This Objective:
        - *A variety of nutrition education resources are available on the Food Service website.*
        - *SchoolCafe contains school meal nutrient information for families.*

- *The Communications department works with the Food Service department to ensure all required nutritional information is posted on the district website as required.*

- Objective 2: The District will encourage and support programs and activities that promote wellness.
    - Evidence/Activities to Support This Objective:
        - *Communications hosted in partnership with Human Resource Services the district's Health and Wellness Fair, helping plan it, secured sponsorships and communicated in English and Spanish with all district employees in a wide variety of ways including the website, email, printed materials, callout and text.*
        - *The Communications Department updates the district website with resources and discounts available to employees year-round, include perks related to health and wellness.*
        - *Communications department collaborates with all departments to provide information to employees in English and Spanish in a variety of ways including the district website, email, printed materials, callout, and text messages.*
        - *Maintenance department facilitates communication to all non campus-based staff regarding health and wellness opportunities offered in the district.*
        - *Support the implementation and coordination of health/wellness activities, such as: Health/wellness Fair, Fun Run, Athletic activities at various, campuses, Resources on district website, and Awareness Days.*

GOAL 3: The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.

- Objective 1: The District will develop procedures for monitoring advertisements accessible to students outside of school hours on District property.
    - Evidence/Activities to Support This Objective:
        - *The Food Service Department monitors signage within the cafeteria area and vending machines. Guidelines concerning food sold to students are followed in coordination between Food Service and campus principals.*
        - *In partnership with Food Service, the Communications department manages food advertisements on District websites and e-newsletters, ensuring all promoted products meet federal guidelines for competitive foods.*
        - *Pearland ISD Maintenance Department monitors and removes any inappropriate signage daily on district property. Food Service staff monitor all signage on vending machines available to students.*

NUTRITION EDUCATION

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

- Objective 1: The District will develop coordinated training for campus personnel.
  - Evidence: *August Back-to-School Staff Development for new and returning physical education (PE) teachers on district curriculum.*

- Objective 2: The District will use the internet to inform staff and parents about nutrition.
  - Evidence/Activities to Support This Objective:
    - *SchoolCafe contains school meal nutrient information for families. The webpage and app can be translated. New menu information is updated monthly.*
    - *The Communications Department works with the Food Service Department to support having all required nutritional information posted on the website for compliance.*
    - *The Communications Department shares about National School Lunch Week and National School Breakfast Week on both social media and the district website to highlight the importance of nutritious meals in our schools.*

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 1: The District will use the Food Service Department as a resource for nutrition education.
  - Evidence: *The Food Service Department is available for nutrition education at teacher/campus request.*

- Objective 2: The Food Service Department will share nutritional information with the public.
  - Evidence/Activities to Support This Objective:
    - *SchoolCafe contains menus, nutrient information, and allergen information for families.*
    - *Menus are posted to the district web site monthly.*
    - *To ensure families stay informed and engaged, Communications partners with Food Services to provide consistent messaging across all district platforms. Recent highlights include coordinated campaigns for meal application accessibility, Commissioner Sid Miller's press releases, and recognition events like School Lunch Hero Day and National School Lunch Week.*

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 1: The district will provide training as necessary to ensure compliance with nutritional education.
    - Evidence: *The required trainings are provided during August Back-to-School staff development for PE teachers (including training on the SPARK curriculum) and lead by the district's Lead PE Teacher.*

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 1: Students participate in safe, enjoyable, and developmentally appropriate fitness activities that improve their fitness levels.
    - Evidence/Activities to Support This Objective:
        - *In grades K – 12 students participate in the Texas Essential Knowledge and Skills (TEKS) for all PE courses and University Interscholastic League (UIL) athletic courses.*
        - *All students participate in Fitness Gram activities to annually assess the physical fitness of students enrolled in grade three or higher.*
        - *Elementary students participate in recess daily.*
        - *Opportunity for fitness activities during lunch*
        - *Students have an opportunity to participate in the District Track Meet and campus Field Day activities.*
        - *Campus-based events such as fun runs, Color Runs, APEX Obstacle Course, Jump Rope for Heart, Boosterthon, Turkey Trot, Hoopla Day, JDRF Walk, Paths of Purpose activities, and Jingle Bell Fun Run.*
        - *Campus-based clubs and after-school activities such as Thunderjets Running Incentive, dodgeball, basketball, CIS afterschool recreational program, and Dance Club.*
        - *PE Teachers implement activities from the SPARK Curriculum*
        - *High School Courses: Lifetime Recreation and Outdoor Pursuits, and Lifetime fitness and Wellness Pursuits*
        - *Various open gym and open field throughout the summer and school year*
        - *Extra- and Co-Curricular activities such as Marching Band, JROTC, Cheerleading, Drill Team, Color Guard, FFA participation/competitions, fine arts musicals/dance rehearsals and performances, and Student Athletic Training program.*

        - *Life Skills students have an opportunity to maintain a school garden, run a car wash as part of their vocational program, and interact with PE Buddies during their PE class period.*

- Objective 2: Schools provide at least 2 opportunities for students to participate in physical activity and promote a healthy lifestyle before-school and/or after-school hours.
    - Evidence/Activities to Support This Objective:
        - *District Elementary Track Meet*
        - *Campus-based events – Family Game Night, Fall Festival, Family Market Festival, musical programs, PTA events, Fiesta Night of Learning, school carnival,*
        - *Playground Accessibility (after school hours and the weekend)*
        - *Young Athletes Showcase (Pre-K/PPCD)*
        - *Special Olympics*
        - *Campus Fun Run*
        - *Schoolwide Dances*
        - *YMCA, ACE, and CIS Premier Academy afterschool programs*
        - *International walk to school day*
        - *Learning Garden Maintenance Days*
        - *All students have access to join an afterschool basketball and/or dodgeball program.*
        - *Campus-based clubs - Runner's Club, Soccer Club, On Track Fitness Club, Volleyball Club, Softball Club, Flag Football Club, Dance Club, Basketball Club, Pep and Spirit Squad*
        - *Annual PEARS Palooza*
        - *Annual American Heart Association Walk*
        - *Representing school in athletic sports: football, volleyball, basketball, cross country/track, soccer, tennis, and cheerleading*
        - *UIL Athletics and JROTC*
        - *Fine Arts (Marching Band, Color Guard, Musicals, Drill Team)*
        - *Culinary Arts Competitions, Hospitality International Food & Travel Club, FFA, and HOSA Competitions.*
        - *Open gym/open weight room for students*
        - *Summer Strength and Conditioning Programs*
        - *Students can walk/bike to and from school daily.*
        - *The Communications Department highlights healthy lifestyle-related programs and events led by the district and campuses through digital fliers using Peachjar. Communications also highlights nonprofit programs through the same tool. Additionally, when appropriate, Communications shares opportunities on social*

media, on the district's website, e-newsletters and sends press releases to the local media.

- Objective 3: District is in compliance with state mandated required minutes for physical education and allowances for student removal from physical education.
    - Evidence/Activities to Support This Objective:
        - *Skyward (student data management system) Master Schedule and PEIMS reported minutes for physical education (PE).*
        - *Student removal from scheduled physical education classes shall not exceed 10 percent of school days on which class is offered.*
        - *Elementary students will participate in physical activity for a minimum of either 30 minutes daily or 135 minutes weekly. Students in grades 6,7,8 must participate in moderate or vigorous activity at least 30 minutes per day or 225 minutes during a two-week period for at least four semesters.*

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

- Objective 1: Teachers will receive training opportunities throughout the academic year focusing on integration of physical activities into the curriculum and/or implementation of un-structured play.
    - Evidence/Activities to Support This Objective:
        - *During district and campus staff development days, teachers receive training in the following Brain Breaks activities as appropriate for their grade level - GoNoodle, DrumFIT, Minute to Win It Games, Wiggle Breaks, Phonics Dance, Lead4Ward Playlist Activities (movement), Freeze Dance*
        - *Training is provided to incorporate flexible classroom seating (sitting on balls or peddling at desk)*
        - *Training is provided to address student sensory needs including how to utilize sensory rooms, sensory walks, Motor Lab, and multi-sensory instruction.*
        - *Training is provided on instructional strategies that encourage student movement (gallery walk, human card sort, Securly Flex, desk bike pedals, outdoor learning activities)*
        - *Training is provided through staff development days, faculty meetings, conference periods or pull-out training on how to implement active workstations in the classroom, SMART PE Units, and Fitness Gram.*
        - *Teachers also receive feedback and guidance from classroom walkthroughs, formal observations by an administrator, and team/department meetings.*

- *Teachers receive training on Character Strong activities to encourage movement in the classroom.*
- *Athletic Coaching conferences, trainings, and workshops*
- *Fine Arts Coaches/Sponsors/Directors attend conferences, trainings, and workshops.*
- *Anti-vaping projects, essays, and videos shared with teachers to provide to students.*

GOAL 3: 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 1: Provide training to employees and students.
  - Evidence/Activities to Support This Objective:
    - *District Health/Wellness Fair, district health screenings (Elite Imaging, Mobile Mammography), Blood Drive, and making information available from community fitness providers offering discounts to district staff. CPR training for students and staff is also provided.*
    - *The Communications department highlights healthy lifestyle-related programs (such as Walker Tracker Challenge) and events led by the district and campuses though digital fliers using Peach Jar.*
    - *Hands-only CPR Training is provided to students and staff.*
    - *Human Resource Services (HRS) provides health classes through the regional Health and Wellness Coordinator from TRS-BCBS.*
- Objective 2: Create awareness of existing and new physical activities and wellness programs.
  - Evidence/Activities to Support This Objective:
    - *District and Community e-mails, distribute flyers, social media posts, and "Benefitting You" HRS emails to educate staff on related topics.*
    - *Employee discounts at the Pearland Recreation Center and Natatorium*
    - *Monthly "Coffee and Conversations" for parents by school counselors*
    - *Substance abuse prevention nights for parents*
    - *Suicide awareness prevention trainings*
    - *Communications highlights healthy lifestyle-related programs and events led by the district and campuses through digital fliers using Peach Jar. Communications also highlights nonprofit programs through the same tool. Additionally, when appropriate, Communications shares opportunities on social media, on the district's website, electronic newsletter, and sends press releases to the local media.*

        - *Monthly Installments of Benefiting You, Activity Flyers Posted on Sites, Social Media Postings, Counselors Available During Open Enrollment*
- Objective 3: Provide for District-wide employee physical activity and wellness participation.
    - Evidence/Activities to Support This Objective*:*
        - *Mobile health screenings, Flu shots, Blood drive, CPR training for staff, Health/Wellness Fair, blood pressure checks, Walker Tracker Challenge, and collaboration with community partners.*
        - *Health Services provides hands-only CPR training for staff, coordinates annual on-site flu vaccination opportunities, and provides blood pressure checks.*
        - *Communications supports HR efforts to share about health-related activities with staff through email, the district's website and social media channels, when appropriate.*
        - *Elite Imaging Visit and Screenings, Flu Shots Made Available, Blood Drive, Annual Wellness Fair Activities – Breathing, Stretching and Zumba*

GOAL 4: The District shall provide opportunities for parents to support their children's participation, to be active role models, and to include physical activity in family events.

- Objective 1: Parents are informed about opportunities to use district facilities after school hours for family fitness and activities.
    - Evidence/Activities to Support This Objective:
        - *Report availability of district facilities on district/campus websites*
        - *RISE Mentoring – Opportunities for mentors to meet at community facilities after school and during the summer to meet with their mentee.*
        - *Information shared about open weight room/gym availability during summer months.*
        - *Campus newsletters provide information to parents about upcoming events.*
        - *Parents and families are invited to campus events such as Fun Run, Color Run, Jump Rope for Heart, Walk for Diabetes, Field Day, Carnival, Fall Festival, Spooktacular Physical Fitness Night, and Turkey Trot*
        - *Communications department highlights family fitness activities on the district's social media accounts, electronic newsletters, through Peach Jar (digital flier distribution) and press releases to the local media.*
- Objective 2: Schools will plan at least one (1) school wide physical activity event for students and families per academic school year.
    - Evidence/Activities to Support This Objective:

- *Campus events include Fun Runs, Color Run, Field Day, Family Fitness Night, Multicultural Night, Jump Rope for Heart, Hoopla Day, Boosterthon, School Carnival, I-Fest Cultural Activities, Drum Fit, International Walk to School Day, Walk for Diabetes, Health Fair, and March of Dimes Walk*
- *District Track Meet*
- *Campus community events such as DHS Baseball Buddies & Diamond Sisters, Booster Club Events organized by parents, Cheer Clinics, CAST for Kids, and annual Golf Tournaments*
- *New student junior high and high school orientation – Flight School, Flock Party, Yell Night, and Bobcat Camp & Family Bash*
- *"I Will Ask" District Wide Suicide Prevention Event Participation*
- *Summer Athletic Camps*

GOAL 5: The District shall encourage students, parents, staff, and community members to use the district's recreational facilities, such as designated tracks, playgrounds, and the like, which are available outside the school day.

- Objective 1: Students, parents, staff, and community members will be informed of district recreational facilities that are available for use outside of the school day.
  - Evidence: *Report availability of district facilities on district/campus websites and signage is posted at district tracks letting the public know when they are available for public use.*
- Objective 2: Provide access to facility use by employees, parents, and students.
  - Evidence/Activities to support this objective:
    - *Collaboration with PTA and community organizations (such as American Heart Association, American Diabetes Association, Watch Dog)*
    - *Exercise or wellness groups offer programs or website services (i.e., fitlink.com, myfitnesspal.com, Camp Gladiator) at district facilities outside the school day.*
    - *Playgrounds are unlocked for use after school hours and on the weekend.*
    - *Employees have access to facilities (gym, track, weightroom, etc.) on campus outside the school day.*
    - *Employee Health and Wellness Fair*
    - *To promote district-wide wellness, our Communications partners with local organizations like the YMCA and Memorial Hermann. Together, we provide resources and initiatives that encourage health and fitness for all community members.*
    - *Community members can rent/reserve district facilities and reports are available from the FMX scheduling software program.*

SCHOOL-BASED ACTIVITIES

GOAL 1: The District shall allow sufficient time for students to eat meals in school environments that are clean, safe, and comfortable.

- Objective 1: Campuses will prepare lunch schedules to maximize time for students to eat meals.
    - Evidence/Activities to Support This Objective:
        - *Campus master schedules include a minimum of thirty (30) minutes for lunch daily.*
        - *Campus staff and Custodial support scheduled for all breakfast and lunch times to ensure cleanliness and safety.*
        - *Campus schedules allow for 30 – 45 minutes prior to the start of the school day for breakfast.*
        - *Eagle Hour at Dawson HS and Bobcat Hour at Berry Miller JH – students provided one hour of unstructured time to eat, attend tutorials, decompress mentally, and socialize with their peers.*

- Objective 2: The District will promote the health and safety of students.
    - Evidence/Activities to Support This Objective:
        - *Development, monitoring and review of daily custodian duty schedule and monthly inspections to ensure compliance.*
        - *Custodians and Food Service staff maintain clean cafeteria with preventative actions to decrease allergic reactions.*
        - *Cafeteria monitors are trained annually regarding food allergies. Food allergy precautions and signs are posted in cafeteria to maintain safety and awareness.*
        - *Each campus and the district have earned the Heart Safe designation and will continue to maintain this status annually.*
        - *The school district makes drinking fountains available in all schools, so that students can get water at meals and throughout the day.*
        - *The school district will encourage the use of non-food items, not limited to examples such as pencils, erasers, stickers, homework passes or markers as rewards, as an alternative to food rewards.*
        - *Provide opportunities to maintain hand-hygiene.*
        - *The school nurse provides clinical oversight of campus health services, delivers direct student care, conducts health screenings, monitors and manages communicable disease concerns, and coordinates referrals to ensure continuity of care.*
        - *District Staff will adhere to the Emergency Operations Plan (EOP) in appropriate situations.*

GOAL 2: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

- Objective 1: The district will prioritize employee wellness by providing annual flu clinics to employees.
    - Evidence: *The district annually provides employees with on-site access to flu vaccines and other available immunizations upon request.*

- Objective 2: The District will utilize its health insurance and benefits providers to encourage wellness by communication of the preventive services covered at 100% during each open enrollment period.
    - Evidence/Activities to Support This Objective:
        - *Human Resource Services (HRS) provides yearly Benefits Package information to all employees through email and the district website, offers benefits presentations during open enrollment, and provides enrollment counselors for district staff during the open enrollment period.*
        - *During annual enrollment, Human Resource Services (HRS) provides an Employee Guide in English and Spanish that describes all benefits offered to employees, and hosts presentations with enrollment information.*
        - *"Benefitting You" emails to remind district staff of services available, such as the Employee Assistance Program (EAP), throughout the year.*
        - *TRS-ActiveCare informs employees about preventive services via email, while the district actively promotes and provides access to the Employee Assistance Program (EAP) through multiple channels, including benefits staff support for those taking leave.*