

CONROE ISD WELLNESS POLICY TRIENNIAL ASSESSMENT 2020-2021

Wellness Policy Mission Statement

The District shall follow nutrition guidelines that advance student health, reduce childhood obesity and promote the general wellness of all students through nutrition education, physical activity, and other school-based activities. The District shall develop nutritional guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, school administration, the school board, parents, and the public.

Component 1: Nutrition Guidelines				
USDA Nutrition Standards will be used as the standard for guidelines pertaining to foods and beverages made available on school campuses.				
Goal	Exceptional (Fully in Place)	Acceptable (Partially in Place)	Needs Improvement (Not in Place)	Comments
All foods sold on campus will comply with local, state, and federal laws and regulations as well as the current USDA Dietary Guidelines for Americans.		X		<ul style="list-style-type: none"> • Standards established • Not consistently followed
Food providers will take every measure to ensure that students have access to food and beverages that meet federal, state and local laws, regulations and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for EC/PK, elementary schools, middle and high schools.		X		<ul style="list-style-type: none"> • Continue to educate school community about healthy foods • Not consistently followed
Schools will comply with the Federal Smart Snacks guidelines.		X		<ul style="list-style-type: none"> • Not consistently followed
Snacks served during the school day will comply with the Federal Smart Snacks Guidelines.		X		<ul style="list-style-type: none"> • Continue to educate school community about healthy foods • Not consistently followed

Component 2: Wellness Goals: Nutrition Promotion and Education

**Schools will provide and promote nutrition education to students, staff and community.
All foods made available on campus will adhere to food safety and security guidelines.**

Goal	Exceptional (Fully in Place)	Acceptable (Partially in Place)	Needs Improvement (Not in Place)	Comments
Schools will provide nutrition education and engage in nutrition promotion.		X		<ul style="list-style-type: none"> • Currently developing health curriculum for elementary to address nutrition.
Campus coordinated school health team will promote campus wellness education and school-wide activities.		X		<ul style="list-style-type: none"> • Teams have been established through 8th grade.
Nutrition education will be acquired from researched based sources.		X		
Nutrition education will be increased by sharing information with families and the community via the Conroe ISD Child Nutrition Department website, campus website, monthly campus newsletters and parent meetings.		X		<ul style="list-style-type: none"> • Child nutrition website is regularly updated. • Healthy eating is celebrated throughout the year. • Partner with local agencies to educate families about nutritious meals.
After-school activities may encourage and include physical activity along with health and wellness information.		X		<ul style="list-style-type: none"> • Many schools have incorporated running clubs and other extra-curricular activities to promote wellness.
All foods made available on campus comply with the federal, state and local food safety and sanitation regulations. HACCP plans and guidelines are implemented to prevent food borne illnesses in schools.	X			<ul style="list-style-type: none"> • All kitchens inspected by Montgomery County Health Department

Campuses promote and demonstrate appropriate hand washing practices.	X			<ul style="list-style-type: none"> • Signage posted
Access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance, see the USDA food security guidelines.	X			<ul style="list-style-type: none"> • Kitchen doors locked
District administrators, by area of responsibility, are responsible for ensuring local, state and federal laws, regulations and guidelines are updated and in place.	X			

Component 3: Wellness Goals: Physical Activity

Schools will provide opportunities for students to participate in regular physical activity, which promotes personal healthy lifestyles. Schools will provide opportunities for every student to develop the knowledge and skills for specific physical activities in accordance with district, state and national guidelines.

Goal	Exceptional (Fully in Place)	Acceptable (Partially in Place)	Needs Improvement (Not in Place)	Comments
Physical activity shall not be used as a reward or punishment.		X		<ul style="list-style-type: none"> • Not consistently followed
Opportunities for physical activity outside the classroom and/or school day are encouraged.		X		<ul style="list-style-type: none"> • Some campuses offer after-school extracurricular activities • Some campuses share information regarding additional physical activity opportunities (community sports camps, Junior High and High School athletics camps, etc.)
Daily recess break of 30 minutes for elementary students.	X			<ul style="list-style-type: none"> • All elementary schools provide 30 minutes daily of recess break.
State-certified physical education instructors will teach all physical education classes.	X			<ul style="list-style-type: none"> • All physical education instructors are state-certified

Strive towards physical education classes to have a student/ adult ratio not to exceed 45:1. If the ratio is greater, CISD must identify protocols in which safety will be maintained for all students.		X		<ul style="list-style-type: none"> Not consistently followed
K-6 th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity daily or 135 minutes weekly.	X			
7 th -8 th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity daily, or 135 minutes weekly, or 225 minutes over a two week period.	X			
Time allotted for physical activity will be consistent with national and state standards.		X		<ul style="list-style-type: none"> Time allotted is consistent with state standard Time allotted is not consistent with the national standard of 60 minutes activity/day
All physical education instructors must be certified in CPR/AED by The American Red Cross or an approved provider.	X			<ul style="list-style-type: none"> All instructors certified in CPR/AED

Component 4: Other School Based and Community Based Activities to Promote Wellness				
The school environment is safe, comfortable and promotes healthy eating practices. Adequate time and space allowed for eating meals.				
Goal	Exceptional (Fully in Place)	Acceptable (Partially in Place)	Needs Improvement (Not in Place)	Comments

Dining areas are clean and attractive, while providing enough seating for all students during all meal times.	X			<ul style="list-style-type: none"> Expanded options to eat inside and outside.
Drinking water is available for all students during meals.	X			<ul style="list-style-type: none"> Water fountains and/or water pitchers available to all students in cafeteria
Food is not used as a reward or punishment for student behavior unless it is detailed in a student's IEP.		X		<ul style="list-style-type: none"> Inconsistent use. Continue to communicate expectations.
Allergy safe areas are available for students with identified allergies.	X			<ul style="list-style-type: none"> Tables marked in cafeteria
School-based marketing for food and beverage products are consistent with Smart Snacks guidelines and aligned with federal, state and local regulations, laws and guidelines.		X		<ul style="list-style-type: none"> Continue to educate school community about healthy foods Not consistently followed
School nurse provides expertise and oversight for the provision of school health services. Using clinical knowledge and judgment, the school nurse provides health care to students, performs health screenings and coordinates referrals to healthcare providers. The school nurse also serves as liaison between school personnel, family, community and healthcare providers to advocate for a healthy school environment.	X			<ul style="list-style-type: none"> We have a registered full-time nurse on each campus who supports this goal.
District policies support personal efforts by employees to maintain a healthy lifestyle.	X			<ul style="list-style-type: none"> District employees are encouraged to participate in healthy challenges sponsored by the district. Health fair is held annually.
Adequate time is provided to eat breakfast and lunch from the time the student is seated. (20 minutes lunch, 10 minutes breakfast)	X			<ul style="list-style-type: none"> Adequate time is provided
Lunch periods are scheduled as near the middle of the day as possible and	X			<ul style="list-style-type: none"> Lunch periods do not begin before 10:30 AM

are planned to assure that students do not spend too much time waiting in line.				
If meetings or activities are scheduled during meal times, students must be allowed to eat breakfast or lunch.	X			<ul style="list-style-type: none"> All students are provided a meal break

Evaluated by School Health Advisory Committee Members on June 17, 2021