

WELLNESS POLICY MEASUREMENT PLAN

Katy Independent School District 101914

Wellness Policy Mission Statement: The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall 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 board, parents, and the public. [See policies BDF and EHAA]

Goals / Guidelines	Exceptional	Acceptable	Needs Improvement	Comments/Examples:
<p>Component 1: Nutrition Standards The District shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy. [See policy CO]</p> <p>1. See Texas Public School Nutrition Policy</p>	X			Policy followed throughout district and compliance confirmed by TDA during CRE and Validation Review.
<p>2. Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations [See policy CO].</p>	X			District policy followed by campuses for birthday celebrations and list of Free Days for other celebrations compiled by Nutrition and Food Service.
<p>3. Provide teachers with education and guidelines on the use of food as reward in the classroom.</p>	X			Information has been presented at Administrative Update and District Leadership to all principals and district administrators.

Component 2: Nutrition Education Standards The District shall implement, in accordance with law, a coordinated health program with a nutrition education component [see EHAB and EHAC] and shall use health course curriculum that emphasizes the importance of proper nutrition [see policy EHAA]				
Goals / Guidelines	Exceptional	Acceptable	Needs Improvement	Comments/Examples:
1. Students will receive nutrition education that fosters the adoption and maintenance of health eating behaviors.	X			Opportunities for education include: CATCH at elementary and junior highs, high school health unit, cafeteria signage and monitors
2. Nutrition education will be integrated into other areas of the curriculum, as appropriate.	X			Science, Health, and Biology integrate the importance of a healthy life style and healthy eating.
3. Staff responsible for nutrition education will be adequately prepared to effectively deliver the program as planned.	X			Cafeteria staff is trained throughout the year to deliver positive messages. Physical education and school staff receive regular training at the beginning of the school year and throughout.
4. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings	X			All groups collaborate to convey a positive message of healthy eating/healthy lifestyle to customers. Fruit and vegetable tasting program given by Nutrition and Food Service available to elementary students.
5. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.	X			The Nutrition and Food Service website includes healthy eating/healthy life-style information. The Department participates in CATCH nights and campus Fitness Nights.

Component 3: Physical Activity Standards The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades [see policies EHAB and EHAC].					
Goal and Guidelines	Exceptional	Acceptable	Needs Improvement	Comments/Examples:	
1. The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.	X			All physical education classes encourage circuit training and skill coordination which are applicable for all students.	
2. Physical education classes will regularly emphasize moderate to vigorous activities to develop the knowledge and skills to enhance, improve, and maintain physical fitness.	X			Physical education staff encouraged to incorporate activity in classes through professional development. Katy ISD physical education classes aim for 50% vigorous activity.	
3. Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.	X			Physical education staff receive training and motivational information in August, October, and February in-services. District provides Red Brick information to all staff to encourage healthy life style.	
4. The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.	X			Campuses offer CATCH nights and Family Fitness nights. District has increased awareness of and benefits of students and families riding bikes at home and to school and awareness of and benefits of walking as a family at home and to school.	
5. The District will encourage students, parents, staff, and community members to use the District's recreational facilities	X			Tennis areas, playgrounds, and elementary and junior high fields are open to patrons. The District has collaborated with Willow	

that are available outside of the school day.					Fork and Harris County on intra-local agreements to improve fitness areas and access to hike and bike trails.
Component 4: Other School Based Activities The District establishes the following criteria to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities.					
Goals and Guidelines	Exceptional	Acceptable	Needs Improvement	Comments/Examples:	
1. Students will eat meals in lunchroom facilities that are clean, safe, and comfortable.	X			Facilities are clean and safe and inspected regularly.	
2. Wellness for students and their families will be promoted at suitable school activities.	X			Health Fairs, Fun Runs, Jump Rope for Heart, Bike Rodeos, and Family Fitness Nights are held in campuses across the district.	
3. Employee wellness education and involvement will be promoted at suitable school activities.	X			Employees receive by email healthy lifestyle information and encouragement from Red Brick which is sponsored by the district's insurance provider.	

Designees responsible for measuring the implementation of the policy:

Signatures:

Chris Nafz
Cherry Highgate
HC

Date:

11/10/16

Date:

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11-10-2016

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