

Local School Wellness Policy Assessment CISD				
Area of Assessment				
Nutrition Education				
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 EHAA].	Met Requirements	Status	Person Responsible	Reviewed BY
Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors	YES		Director of Child Nutrition	SHAC Committee
Nutrition education shall be a District-wide priority and shall be integrated into other areas of the curriculum, as appropriate.	YES		Director of Child Nutrition & Director of Curriculum	SHAC Committee
Staff responsible for nutrition education shall be adequately prepared and shall participate in professional development activities to effectively deliver the program as planned.	YES		Director of Child Nutrition & Director of Curriculum	SHAC Committee
The food service staff, teachers, and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings	YES		Director of Child Nutrition, Principals & Coaches	SHAC Committee
Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members.	YES		Director of Child Nutrition & School Health Coordinator	SHAC Committee

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Area of Assessment				
Physical Activity				
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 EHAB and EHAC].	Met Requirements	Status	Person Responsible	Reviewed BY
The District shall provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports	YES		School Health Coordinator & PE Teachers	SHAC Committee
Physical education classes shall regularly emphasize moderate to vigorous activity.	YES		PE Teachers	SHAC Committee
The District shall encourage teachers to integrate physical activity into the academic curriculum where appropriate	YES		Director of Curriculum	SHAC Committee
Before-school and after-school physical activity programs shall be offered and students shall be encouraged to participate.	YES		Athletic Director	SHAC Committee
Teachers and other school staff shall receive training to promote enjoyable, life-long physical activity for themselves and students.	YES		Athletic Director & Human Resources Coordinator	SHAC Committee
The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.	YES		School Health Coordinator	SHAC Committee
The District shall encourage students, parents, staff, and community members to use the District's recreational facilities that are available outside of the school day. [See GKD]	YES		Athletic Director	SHAC Committee

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Area of Assessment				
School Based Activities				
The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:	Met Requirements	Status	Person Responsible	Reviewed BY
Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.	YES		Director of Child Nutrition & Campus Principals	SHAC Committee
Wellness for students and their families shall be promoted at suitable school activities	YES		School Health Coordinator	SHAC Committee
Employee wellness education and involvement shall be promoted at suitable school activities.	YES		Human Resource Coordinator	SHAC Committee
Stress management techniques shall be promoted for students, staff, and parents.	Yes		Human Resource Coordinator & School Health Coordinator	SHAC Committee