

# ALDINE INDEPENDENT SCHOOL DISTRICT

## Wellness Plan Scorecard

School Name: \_\_\_\_\_

**Instructions:**

1. Carefully read the goals and objectives for each area.
2. Check (✓) the most appropriate answer for each item: **Met; Not Met; N/A**
3. **School principal must sign and date** the Scorecard by **end of the school year**.
4. **Area Superintendent** must sign and date the Scorecard.
5. **Send a copy of the completed and signed Scorecard to Child Nutrition Services by June 15<sup>th</sup> of the current school year.**

NUTRITION PROMOTION AND EDUCATION			
<b>GOAL#1:</b> 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	Met	Not Met	N/A
Each campus and building will ensure healthy nutritional messages are accessible to all students, staff, and stakeholders.			
<b>GOAL#2:</b> 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	Met	Not Met	N/A
Each campus and building will provide activities and resources that encourage community stakeholders to make healthy food choices.			
<b>GOAL #3:</b> The District shall ensure that food and beverage advertisements accessible to students during the school days contain only products that meet the federal guidelines for meals and competitive foods.			
Objective	Met	Not Met	N/A
Campus administrators will screen all food and beverage advertisements accessible to students during the school day to ensure they meet federal guidelines. Exception includes the 6 exempt fundraiser days as per Texas Department of Agriculture (TDA).			

## Section 2 Nutrition Promotion and Education

<b>GOAL # 1:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.			
<b>Objective</b>	<b>Met</b>	<b>Not Met</b>	<b>N/A</b>
The Coordinated School Health Team (may include school administrator, nurse, cafeteria manager, health teacher, physical education teacher, etc.) will provide nutrition education through a variety of settings.			
<b>GOAL # 2:</b> The District shall make nutrition education a district-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.			
<b>Objective</b>	<b>Met</b>	<b>Not Met</b>	<b>N/A</b>
Implement cross-curriculum education to promote healthy nutritional lifestyles.			
<b>GOAL # 3:</b> 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.			
<b>Objective</b>	<b>Met</b>	<b>Not Met</b>	<b>N/A</b>
Designated district personnel shall be provided staff development for the Nutrition Education Program.			

<b>PHYSICAL ACTIVITY</b>			
<b>GOAL#1:</b> 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.			
<b>Objective</b>	<b>Met</b>	<b>Not Met</b>	<b>N/A</b>
Every campus will provide fitness activities for all students. 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.			
<b>GOAL # 2:</b> The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.			
<b>Objective</b>	<b>Met</b>	<b>Not Met</b>	<b>N/A</b>
Each classroom subject will have one or more daily kinesthetic learning breaks.			
<b>GOAL # 3:</b> The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.			
<b>Objective</b>	<b>Met</b>	<b>Not Met</b>	<b>N/A</b>
Each campus will implement a before-or-after school physical activity program each semester.			

<b>GOAL # 4:</b> 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.			
<b>Objective</b>	<b>Met</b>	<b>Not Met</b>	<b>N/A</b>
Create opportunities for employees to balance life goals and stressors in a positive work environment to promote physically active lifestyles for students.			
<b>GOAL # 5:</b> The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.			
<b>Objective</b>	<b>Met</b>	<b>Not Met</b>	<b>N/A</b>
Each campus will offer at least one event per semester either during or outside of normal school hours that involves and promotes physical activity and includes both parents and students in the event.			
<b>GOAL # 6:</b> The District shall encourage students, parents, staff and community members to use the District’s recreational facilities, such as tracks, playgrounds, and the like that are available outside of the school day.			
<b>Objective</b>	<b>Met</b>	<b>Not Met</b>	<b>N/A</b>
Provide information to the community regarding district facilities that are available for use outside of the school day.			

<b>SCHOOL-BASED ACTIVITIES</b>			
<b>GOAL#1:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe and comfortable.			
<b>Objective</b>	<b>Met</b>	<b>Not Met</b>	<b>N/A</b>
Campus administration and child nutrition will adhere to all recommendations and guidelines regarding sufficient eating time and cafeteria cleanliness, safety, and environment.			
<b>GOAL # 2:</b> The District shall promote wellness for students and their families at suitable District and campus activities.			
<b>Objective</b>	<b>Met</b>	<b>Not Met</b>	<b>N/A</b>
Wellness events will be conducted on campus as well as district wide.			
<b>GOAL # 3:</b> The District shall promote employee wellness activities and involvement at suitable District and campus activities.			
<b>Objective</b>	<b>Met</b>	<b>Not Met</b>	<b>N/A</b>
Create opportunities for employees to balance life goals and stressors in a positive work environment.			

\_\_\_\_\_  
Principal

\_\_\_\_\_  
Assistant Superintendent