

2023-2024 Wellness Policy Checklist

FFA (REGULATION) Exhibit A

Nutrition Promotion

Goals & Objectives	Yes	No	Comments
The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.			
<ul style="list-style-type: none"><i>Healthy eating promotion activities will include marketing materials, food services line placement and incentives to encourage healthy food selection in school cafeterias.</i>	X		Using social media platforms and TVs in cafeterias Promote local fresh produce with our monthly Harvest of the Month and Farm Fresh Friday promotions Received the Best of the Bunch of the Texas Farm Fresh Challenge

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<ul style="list-style-type: none">• <i>Provide staff with healthy nutrition messages and resources at least quarterly throughout the year.</i>	X	During 2020-2023 School Years Social media posts Health and wellness blog Newsletters monthly Nutrition resources available on the intranet Yearly campaigns and challenges with nutrition messaging including Go Red, It's Time Texas Challenge Health fairs Seminars with topics including mindful snacking, heart health, preparing for a healthy school year.. Seminars are also recorded and available for viewing online. Nutrition education through Cooking Well for a Healthy Blood Pressure and Step Up Scale Down Weight Management AgriLife Programs Medical plans offer nutrition programming
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<p>The District shall share educational nutrition information with families, staff and the general public to promote healthy nutrition choices and positively influence the health of students and staff.</p>			
<ul style="list-style-type: none"> ● <i>Provide nutritional information on selected foods or topics to promote healthy eating habits.</i> 	X		<p>SNS has a Harvest of the Month and Farm Fresh Friday program for students. Campuses provide education to students through morning announcements, presentations, bulletin boards, posters, campus events etc. Host quarterly MAC meetings to share information about the healthy menus</p>
<ul style="list-style-type: none"> ● <i>Implement the SHAC adopted CATCH Coordinated School Health program in all Garland ISD elementary and middle schools.</i> 	X		<p>CATCH is fully implemented and utilized at all elementary and middle school campuses.</p>

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<ul style="list-style-type: none"> • Offer nutrition education available to employees at least once per year and more often as time allows. 	X		<p>During 2020-2023 School Years</p> <p>Social media posts</p> <p>Health and wellness blog</p> <p>Newsletters monthly</p> <p>Nutrition resources available on the intranet</p> <p>Yearly campaigns and challenges with nutrition messaging including Go Red, It's Time Texas Challenge</p> <p>Health fairs</p> <p>Seminars with topics including mindful snacking, heart health, preparing for a</p>
			<p>healthy school year.</p> <p>Nutrition education through Cooking Well for a Healthy Blood Pressure and Step Up Scale Down Weight Management AgriLife Programs</p> <p>Medical plans offer nutrition programming</p> <p>Campuses providing additional education opportunities to staff</p>
<ul style="list-style-type: none"> • Offer nutrition education to the general public at community events throughout the year as appropriate. 	X		<p>Health fairs and family fitness nights at campuses</p>
<p>The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal</p>			

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guidelines for meals and competitive foods.			
<ul style="list-style-type: none">• <i>Student Nutrition Services will work with approved vendors to promote products that meet federal guidelines.</i>	X		Posters and ads placed in cafeterias all promote products that meet federal guidelines.

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Nutrition Education

Goals & Objectives	Yes	No	Comments
<p>The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p>			
<ul style="list-style-type: none"> • <i>Offer nutrition education available to employees at least quarterly and more often as appropriate.</i> 	X		<p>During 2020-2023 School Years</p> <p>Social media posts</p> <p>Health and wellness blog</p> <p>Newsletters monthly</p> <p>Nutrition resources available on the intranet</p> <p>Yearly campaigns and challenges with nutrition messaging including Go Red, Healthy Texas Week, It's Time Texas Challenge</p> <p>Health fairs</p> <p>Seminars with topics including mindful snacking, heart health, preparing for a healthy school year.. Seminars are also recorded and available for viewing online.</p> <p>Nutrition education through Cooking Well for a Healthy Blood Pressure and Step Up Scale Down Weight Management AgriLife Programs</p> <p>Medical plans offer nutrition programming</p> <p>Campuses providing additional education</p>

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			opportunities to staff
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<ul style="list-style-type: none"> Elementary and middle school health/physical education curriculums will include at least one nutrition component each grading cycle or as the curriculum outlines. 	X		Elementary Physical Education Curriculum contains at least one nutrition component for each grading cycle.
<p>The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum and District initiatives, as appropriate.</p>			
<ul style="list-style-type: none"> The District shall implement the use of the SHAC approved CATCH Coordinated School Health Curriculum. Each grading cycle, the curriculum will contain at least one nutrition component. 	X		Elementary Physical Education Curriculum contains at least one nutrition component for each grading cycle.
<ul style="list-style-type: none"> The district will make available nutritional materials to support cafeteria promotions in the classroom and provide locations to research other nutrition related topics. 	X		<p>Detailed nutritional benefits of the Harvest of the Month produce are posted on the school district website monthly.</p> <p>Nutrition information can be found on the Garland ISD SNS webpage and on the SchoolCafe app</p> <p>SNS has provided cooking demos and nutrition education at PTA meetings and other various district events</p>
<ul style="list-style-type: none"> Offer at least one District-wide nutrition education initiative each year and more as appropriate. 	X		<p>During 2020-2023 School Years</p> <p>Go Red</p> <p>It's Time Texas Community Challenge</p>

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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.			
<ul style="list-style-type: none"><i>Middle and elementary school physical education teachers will have opportunities to implement CATCH into their curriculums.</i>	X		Campuses implemented CATCH into their curriculums and campus initiatives and activities.

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<ul style="list-style-type: none"> • Offer professional development to District employees on nutrition to adequately educate employees to communicate sound nutrition messages throughout the year as appropriate. 	X	During 2020-2023 School Years Employee wellness offers seminars to employees that include nutrition messages.
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Physical Activity

Goals & Objectives	Yes	No	Comments
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.			
<ul style="list-style-type: none"> • Campus master schedules will be reviewed each semester to ensure that all TEA regulations concerning physical education are met by the school district. All elementary students will receive a minimum of two 45 minute classes of sequential physical education instruction each week taught by a certified physical education teacher. Middle school students will receive a minimum of 225 minutes of sequential physical education instruction each two weeks taught by a certified physical education teacher. 	X		Goal has been achieved.
The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.			

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<ul style="list-style-type: none"> Professional development opportunities will be provided to classroom teachers on how to incorporate movement in their classroom environment. 	X		All campuses have access to CATCH movement activities.
<p>The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students and District employees to participate.</p>			
<ul style="list-style-type: none"> Offer as able, community based appropriate before-school and after-school physical activity programs. 	X		Offered per district policies
<ul style="list-style-type: none"> Offer appropriate physical activity programs for staff in accordance with Risk Management policies as able. 	X		Free fitness classes offered throughout the year Local fitness organizations offer discounts to GISD employees Walking paths available of the intranet with suggested routes and mileage
<p>The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for District employees and students.</p>			
<ul style="list-style-type: none"> The district will provide teachers with an equipment check-out system to make the instruction of lifetime sports available to all students. 	X		Various activities are available for equipment check-out including GaGa Ball, Spikeball, Nine Square in the Air, and Backyard Games.
<ul style="list-style-type: none"> Provide physical activity training and activities to District employees at least quarterly as able and appropriate. 	X		Free fitness classes offered throughout the year

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			Local fitness organizations offer discounts to GISD employees Walking paths available of the intranet with suggested routes and mileage
The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.			
<ul style="list-style-type: none"> <i>Include at least one physical activity at each District health EXPO, as appropriate.</i> 		X	There were no District-wide health events due to COVID. Many campuses host family fitness nights, runs, glow nights, and dances.
<ul style="list-style-type: none"> <i>Campuses will be encouraged to host at least one event each school year that includes parent/family involvement.</i> 	X		Family Fitness Night, Walk for Diabetes, Zumba Class, Moving for Wellness, Fun Run, Turkey Trots, Glow Nights, festivals, field days, picnics, specials showcase, welcoming walks, carnivals, game nights, literacy nights, social opportunities, family breakfast and lunch events, PTA involvement Health fair kits available for check out
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 for use outside of the school day.			

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<ul style="list-style-type: none"> • Offer use of District facilities as appropriate based on District policies. 	X		Free fitness classes offered for employees throughout the year
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School-Based Activities

Goals & Objectives	Yes	No	Comments
<p>The District shall allow 30 minutes for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p>			
<ul style="list-style-type: none"> • The District recommends that administrators schedule a minimum of four lunch periods and students have thirty minutes for lunch. 		X	<p>Students are being provided with a 30 minute lunch period.</p> <p>Some campuses do not require four lunch periods due to size of campus.</p>
<p>The District shall promote wellness for staff, students and their families at suitable District and campus activities.</p>			
<ul style="list-style-type: none"> • Encourage all Garland ISD campuses to participate in at least one wellness event per calendar year. 	X		Elementary campuses are required to have a minimum of one wellness activity each semester.
<ul style="list-style-type: none"> • Engage Health Services in District and Campus community events as appropriate that promote healthy lifestyles. 	X		Go Red, It's Time Texas, Dental Presentations, Camp Project Power, Health Fairs,

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			<p>Immunization Clinics (Middle Schools and high schools), Blood Drives, CPR, Gardens (vegetable/flowers), Poison Control, hearing/vision/spinal/AN screenings, Monthly Newsletters, hand washing education, sleep education, growth and development presentations, educating on when to stay home when sick and prevention of disease spread, community health services communicated, safety education</p>
<ul style="list-style-type: none"> ● <i>Incorporate staff wellness at District and campus events as appropriate throughout the year.</i> 	X		<p>Go Red, Biggest Loser, It's Time Texas Challenge, Health Fairs, Immunization Clinics, Blood Drives, CPR training, Health Screenings, Blood pressure screening, massages, walking club/challenges/programs, weekly/monthly health tips, hydration challenges, encouraging water intake, self-care newsletters, social events, cooking demos, blood pressure checks, promotion of district Employee Wellness programming, staff modeling of healthy behaviors. Regulations governing staff wellness have been communicated to all nurses and PE</p>

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			teachers to ensure their offerings meet regulations.
<p>The District shall promote employee wellness activities and involvement at suitable District and campus activities through the Employee Wellness Program.</p>			
<ul style="list-style-type: none"> • <i>Employee Wellness Program to develop and follow a Workplace Health Improvement Plan to promote staff health and wellness.</i> 	X		<p>Health Improvement Plan currently in place with goals. The Plan is assessed yearly and goals updated.</p> <p>Resources available for employee health and wellness in GISD Employee Wellness Program, Programs Offered by Independent Healthcare Providers, TRS-ActiveCare Wellness, Employee Assistance Program, and Health and wellness discount offered to GISD employees by local health and wellness companies</p>