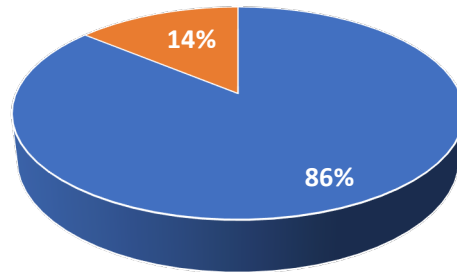
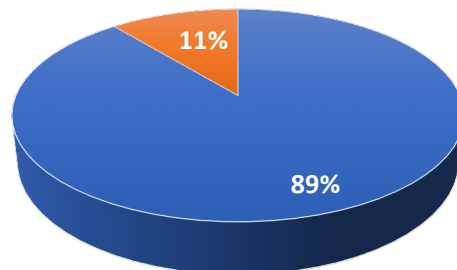

GARLAND ISD 2024-2025 WELLNESS ASSESSMENT

Our campus promotes healthy eating and nutritional messages with the use of Healthy Eating promotional activities.



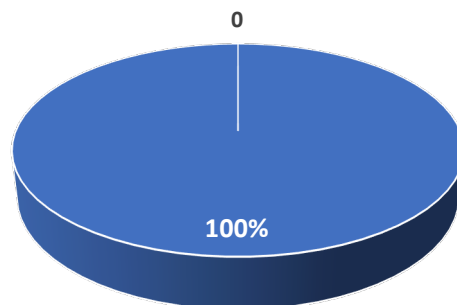
■ Yes ■ No

Our campus shares educational nutrition information with families, staff, and general public to positively influence the health of students and staff.



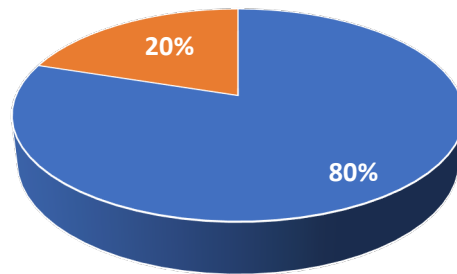
■ Yes ■ No

Our campus utilizes the CATCH Coordinated School Health Program. (Excludes High Schools)



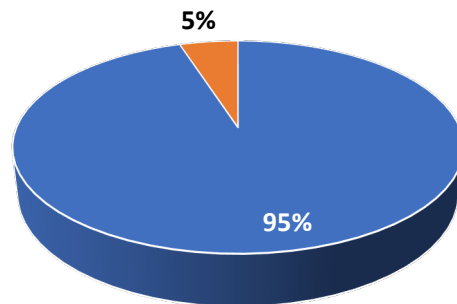
■ Yes ■ No

Nutrition education is provided to the general public at community events.



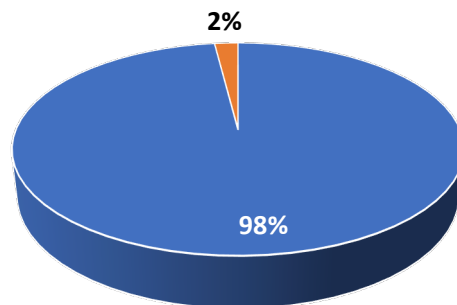
■ Yes ■ No

Food and Beverage advertisements depict only products that meet the federal guidelines for meals and competitive foods.



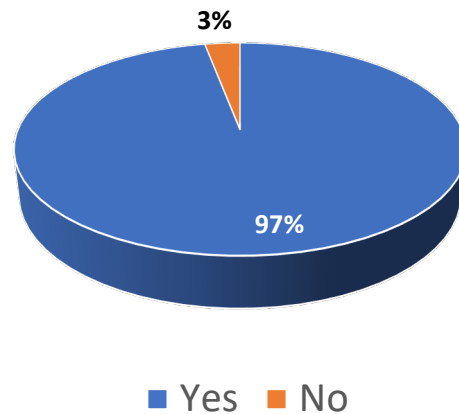
■ Yes ■ No

Students have sufficient time to eat school meals.

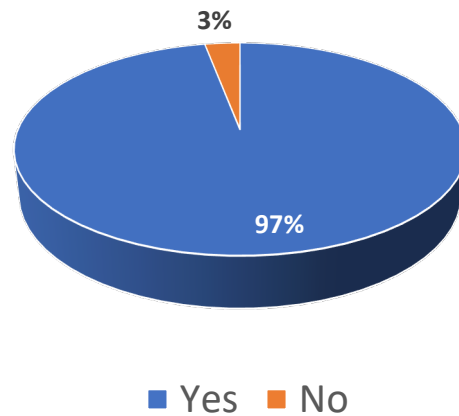


■ Yes ■ No

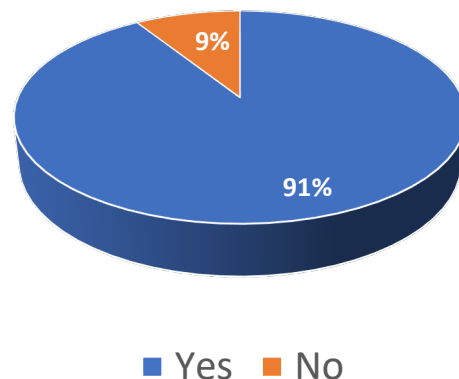
Health/physical education curriculum includes at least one nutrition component each grading period.



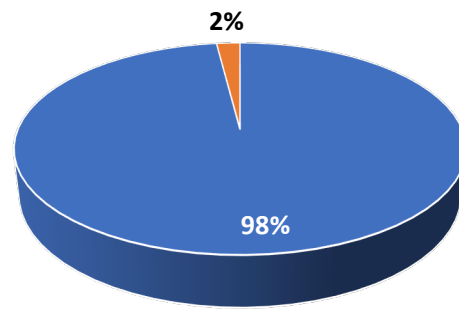
Our district has made nutrition education a district-wide priority? Example- Maintain nutrition information on the district website, nutrition education via media platforms, and educational fact sheets within the curriculum.



Our district has provided training to staff that are teaching a nutritional education program to be able to communicate sound nutrition messages.

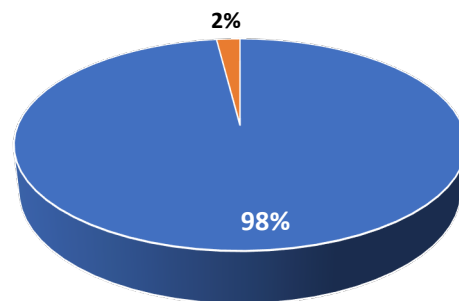


Our campus schedules allow us to meet TEA regulations on physical activity.



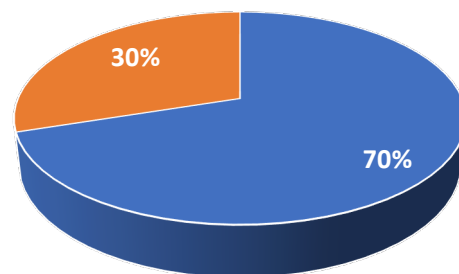
■ Yes ■ No

Our district provides training to staff on how to incorporate movement into the classroom environment.



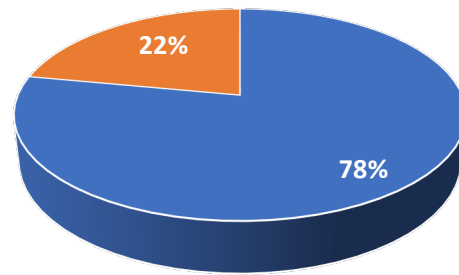
■ Yes ■ No

We offer before or after school physical activity. Examples- competitive sports, non-competitive sports, or other clubs.



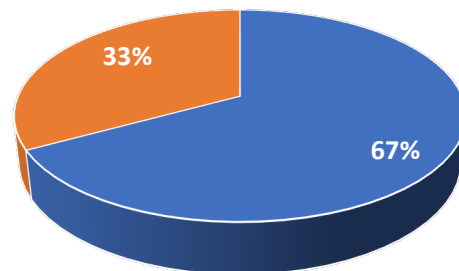
■ Yes ■ No

Staff are provided with physical activity programs. Examples- discount to gyms, walking paths, school usage.



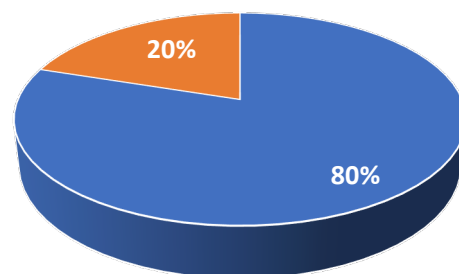
■ Yes ■ No

Our campus provides training and promotes enjoyable, life-long physical activity for students.



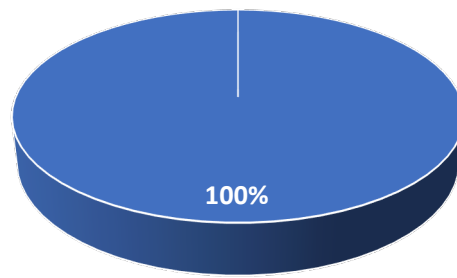
■ Yes ■ No

Our campus offers at least one physical activity at each health event to promote parents to become active role models.



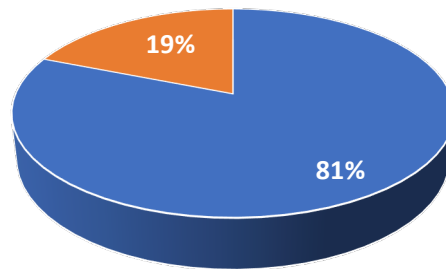
■ Yes ■ No

Our campus hosts at least one event each school year that includes parent/family involvement.



■ Yes ■ No

Our campus allows the use of our facilities to host physical activities and clubs.



■ Yes ■ No