

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 service line placement and incentives to encourage healthy food selection in school cafeterias.</i> 			
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.			
<ul style="list-style-type: none"> ● <i>Provide nutritional information on selected foods or topics to promote healthy eating habits.</i> 			
<ul style="list-style-type: none"> ● <i>Utilize SHAC adopted CATCH Coordinated School Health program in all Garland ISD elementary and middle schools.</i> 			
<ul style="list-style-type: none"> ● <i>Offer nutrition education to the general public at community events throughout the year as appropriate</i> 			

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<p>The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.</p>			
<ul style="list-style-type: none"> <i>Student Nutrition Services will work with approved vendors to promote products that meet federal guidelines.</i> 			
<p>The District shall allow sufficient time for students to eat meals in cafeteria facilities.</p>			
<ul style="list-style-type: none"> <i>The District recommends that administrators schedule a minimum of thirty minutes per lunch period</i> 			
<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>Elementary and middle school health/physical education curriculums will include at least one nutrition component each grading period.</i> 			

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Nutrition Education

Goals & Objectives	Yes	No	Comments
<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"> ● <i>The district will make available nutritional materials to support cafeteria promotions in the classroom and provide locations to research other nutrition related topics.</i> 			
<p>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.</p>			
<ul style="list-style-type: none"> ● <i>Middle and elementary school physical education teachers will implement CATCH into their curriculums.</i> 			
<ul style="list-style-type: none"> ● <i>Offer professional development to District employees on nutrition to adequately educate employees to communicate sound nutrition messages throughout the year as appropriate</i> 			

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Goals & Objectives	Yes	No	Comments
<p>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.</p>			
<ul style="list-style-type: none"> • <i>Campus master schedules will be checked each semester to ensure that all TEA regulations concerning physical education are met by the school district.</i> 			
<p>The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.</p>			
<ul style="list-style-type: none"> • <i>Professional development opportunities will be provided to classroom teachers on how to incorporate movement in their classroom environment.</i> 			

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Physical Activity

Goals & Objectives	Yes	No	Comments
The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students and District employees to participate.			
<ul style="list-style-type: none"> ● <i>Offer as able, community based appropriate before-school and after- school physical activity programs.</i> 			
<ul style="list-style-type: none"> ● <i>Offer appropriate physical activity programs for staff in accordance with Risk Management policies as able</i> 			
The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for students.			
<ul style="list-style-type: none"> ● <i>The district will provide teachers with an equipment check-out system to make the instruction of lifetime physical fitness activities available to all students.</i> 			

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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 event, as appropriate.</i> 			
<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> 			
The District shall promote physical activity by making available the use of the District’s recreational facilities, such as tracks, playgrounds, and the like, to students, parents, staff, and community members outside of the school day.			
<ul style="list-style-type: none"> <i>Allow use of District facilities as appropriate based on District policies</i> 			