

Sundown ISD  
Wellness Plan Evaluation  
2017 - 2018

Mark an "X" in the appropriate column indicating to which degree each specific wellness plan goal is being implemented/met: Exceptional, Acceptable, or Needs Improvement. Specific written comments should accompany each wellness plan goal.

Wellness Plan Goal - Nutrition Education	Responsibility	Level of Implementation	Comments
1) Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	Superintendent, Campus Principal, Food Service Staff, and Teachers	Exceptional _____ Acceptable <u>  X  </u> Needs Improvement _____	* Coaches talk to athletes about the benefits of eating healthy.  * Posters advertising healthy eating up on walls in cafeteria.
2) Nutrition education will be a district-wide priority and will be integrated into other areas of the curriculum, as appropriate.	Superintendent, Campus Principal, Food Service Staff, and Teachers	Exceptional _____ Acceptable <u>  X  </u> Needs Improvement _____	* Coaches in K-6 PE classes talk about nutrition and health one day per week.
3) The food service staff, teachers, and other school personnel, will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.	Superintendent, Campus Principal, Food Service Staff, and Teachers	Exceptional <u>  X  </u> Acceptable _____ Needs Improvement _____	* All campuses participate in National School Lunch Week 10/12 - 10/16. Stressed during announcements.  * Classroom teachers occasionally talk about good nutrition.
4) Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.	Superintendent, Campus Principal, Food Service Staff, and Teachers	Exceptional _____ Acceptable <u>  X  </u> Needs Improvement _____	* Nutrition newsletter "Nutrition Nuggets" given to students each month. Newsletter will be mailed to parents each month.  * Square meals newsletter can be accessed from Sundown

			web page.
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Wellness Plan Goal - Physical Activity	Responsibility	Level of Implementation	Comments
1) Sundown ISD will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.	Superintendent, Campus Principal, Athletic Director, and Teachers	Exceptional _____ Acceptable <u>  X  </u> Needs Improvement _____	* Fun run available for all students through the 6th grade at Sundown XC meet.  * Summer weight program for HS and MS.  *End of year track & field day for elementary.
2) Physical education classes will regularly emphasize moderate to vigorous activity.	Superintendent, Campus Principal, Athletic Director, and Teachers	Exceptional <u>  X  </u> Acceptable _____ Needs Improvement _____	* 7/8 PE class incorporates many various activities (calisthenics, walking/jogging on track, etc.)  *Elementary PE classes incorporate running goals and organized movement.
3) Sundown ISD will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.	Superintendent, Campus Principal, Athletic Director, and Teachers	Exceptional _____ Acceptable <u>  X  </u> Needs Improvement _____	* 100 mile walk/run challenge through the summer for all community members choosing to participate.  *Elem. parents invited to watch what their child has learned in swimming.
4) Sundown ISD will encourage students, parents, staff, and community members to use the district's recreational facilities that are available outside of the school day.	Superintendent, Campus Principal, Athletic Director, and Teachers	Exceptional <u>  X  </u> Acceptable _____ Needs Improvement _____	* Sundown ISD pool open to those in community that want to swim from 4:30-7:30 on Monday and Thursday.  * All community members can get a key to the practice facility with access to basketball

			courts and weights.
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Wellness Plan Goal - School-Based Activities	Responsibility	Level of Implementation	Comments
1) Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe and comfortable.	Superintendent, Campus Principal, Food Service Staff, and Teachers	Exceptional <u>  X  </u> Acceptable _____ Needs Improvement _____	* Adult monitors are in cafeteria each day.  * MS students will rotate which grade gets to eat first each week.
2) Wellness for students and their families will be promoted at suitable school activities.	Superintendent, Campus Principal, Food Service Staff, and Teachers	Exceptional _____ Acceptable <u>  X  </u> Needs Improvement _____	* Flu shot clinic for community advertised once per year.  *Mail "Nuggets" nutrition newsletter to families each month.
3) Employee wellness education and involvement will be promoted at suitable school activities.	Superintendent, Campus Principal, Food Service Staff, and Teachers	Exceptional <u>  X  </u> Acceptable _____ Needs Improvement _____	* All employees have the opportunity to have a thorough wellness check once per year provided by the district.

Ideas to consider for the future:

- \*School hosts family night to play various games involving movement
- \*City leagues
- \*More done to educate parents about nutrition