

## **Gause ISD Wellness Policy**

### **Nutrition Education and Promotion Goals**

1. Nutrition Education is offered at each grade level as part of the science curriculum and additionally in 8<sup>th</sup> grade as part of the health curriculum.

Fully in place

Steps: Nutrition education is part of the science and health curriculum

Next steps: Explore additional lessons and smart board lessons

2. The school Library will contain books that cover good nutrition practices

Fully in place

Steps: Nutrition education is part of the library book selections

Next steps: Explore additional books and possibly videos.

### **Physical Education and Physical Activity Goals**

1. P.E. classes where students are encouraged to run two days a week.

Fully in place

Steps: Students go to track twice a week. Barriers to implementation are weather related.

Next steps: Pursue other cardio type workouts and encourage activity after school hours.

2. Grades 3, 4, and 5 P.E. classes have a mile club to encourage cardiovascular fitness

Fully in place

Steps: Students go to track twice a week. Barriers to implementation are weather related.

Next steps: Pursue other cardio type workouts and encourage activity after school hours.

3. Jump Rope for heart participation in grades 1-5.

Fully in place

Steps: students annually participate in this program

Next steps: Continue to encourage aerobic fitness as a lifestyle.

4. P.E. classes meet daily for at least 30 minutes

Fully in place

Steps: all grades have P.E for 30 minutes or more everyday.

Next Steps: Encourage academic classes to include physical activity whenever possible.

### **Nutrition Guidelines available to all students**

1. The Nutrition Guidelines for all foods available will focus on promoting student health.

Fully in place

Steps: Cafeteria staff are trained annually.

Next steps: Encourage healthy eating as a lifestyle choice

2. School meals served will be appealing and attractive to children, will be served in clean and pleasant settings; meet at a minimum, nutrition requirements established by state and federal law: offer a variety of fruits and vegetables; serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); and ensure that all of the served grains are whole grain.

Fully in place

Steps: Cafeteria staff are trained annually

Next Steps: There is always room for improvement and change. Continue to find and prepare new and exciting menu items for students; to increase meal participation.

### **Integrating Physical Activity into the Classroom Settings**

1. The school district will provide information about physical education and other school - based physical activity opportunities before, during, and after the school day

Partially in place

Steps:

Next Steps: Brainstorm ideas for after school activities

2. The school district will support parents' efforts to provide their children opportunities to be physically active after school

Partially in place

Steps:

Next Steps: Continue to study ways to increase student physical activity after school hours.

3. The school district will include sharing information about physical activity and physical education through a website, newsletter, other take home materials, special events or physical education homework.

Not in Place

Steps:

Next Steps: study this goal to see if it is possible.

### **Communication with Parents**

1. Communicate with parents through email, media releases, newsletters, the district webpage, and signage within school district buildings.

Partially in Place

Steps: We communicate in this manner, but very little regarding physical activity and/or nutrition.

Next steps:

### **Food Marketing in Schools**

Not in place

### **Staff Wellness**

1. Currently not addressed in plan.

Not in place

Next Steps: District will review plan and consider adding a wellness aspect for staff.