



Aspermont Independent School District

***Wellness Policy and Implementation Plan
Assessment***

2015-16

Implementation Plan Assessment Tool

By policy implementation, we mean the activities and operations of various stakeholders toward achieving the goals and objectives articulated in the Aspermont ISD Local Wellness Policy.

The purpose of this assessment is to analyze how well the Aspermont Local Wellness Policy is being implemented. The results of the assessment can be used by policymakers and stakeholders to clarify guidelines and directives, address barriers to implementation, improve resource mobilization, update implementation plans, or advocate for policy reform.

Referring to the goals and objectives of this policy, to what extent do you think these goals and objectives address the key issues in the school district?

- The consensus of the committee is that the goals and objectives address the key issues of the district.

Are the goals and objectives achievable within the timeframe set out in the policy?

- Yes, the goals and objectives are achievable within the timeframe set.

To what extent were stakeholders involved during the process of formulating the policy?

- Stakeholders were moderately involved as the SHAC committee reviewed and updated the policy, with little input from the community.

How well was the policy disseminated to the public?

- The policy was disseminated through the school web site and in the administration offices, and at Open House.

To what extent is your organization implementing the policy or involved in its implementation?

- The policy is being implementing or involved in all relevant parts of the policy.

To what extent does the implementation plan include strategies to address goals and objectives?

- Strategies address key issues affecting the school community.

**Aspermont Independent School District
Wellness Goals and Implementation Plan
Assessment Checklist
2015-16**

Members of the SHAC will evaluate the progress of the implementation of the School Wellness Plan during each meeting throughout the school year.

Goal 1: The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy. [See CO]

(LOCAL) Policy Requirements	Plan (activities/strategies) for implementation	Person(s) Responsible	Collaborative Resources	Time-line	Nov	Jan	Mar	May
1. Establish age-appropriate guidelines for food and beverages served in the classroom, at classroom parties, or at school celebrations.	1a. Adhere to the USDA/TDA requirements and guidelines for reimbursable meals.	1a. Campus Administration, Food Service	www.squaremeals.org	1a. Yearly	X			
	1b. Communicate the age-appropriate USDA/TDA guidelines for food and beverages at classroom parties or school celebrations to teachers and parents.	1b. Campus Administration, Food Service, and Teachers		1b. Yearly	X			
2. Establish guidelines for school-sponsored fundraising activities that involve serving or selling food	2. Adhere to the policy in place that allows for no consumption of food which does not meet USDA/TDA guidelines during the school day with the following exceptions: - Parties for Halloween, Christmas, Easter.	2. Campus Administration, Food Service, and Teachers		2. Yearly	X			

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Goal 2: The District shall implement, in accordance with law, a coordinated health program with a nutrition education component [see EHAB and EHAC] and shall use health course curriculum that emphasizes the importance of proper nutrition [see EHAA].

(LOCAL) Policy Requirements	Plan (activities/strategies) for implementation	Person(s) Responsible	Collaborative Resources	Timeline	Nov	Jan	Mar	May
1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors. 2. Nutrition education will be a District-wide priority and will be integrated into other areas of the curriculum, as appropriate.	1. Family & Consumer science teacher will teach food science classes which will focus on the principles of nutrition as they identify the nutritive value of various foods and focus on relationships of activity levels and caloric intake to health and wellness, including weight management.	1. Family and Consumer Science Teacher, Campus Principal	1. Nutrition textbooks, Internet sources	1. 2015-16 School year	X			
	2A. High school health students will examine the relationship among body composition, diet and fitness, and between nutrition quality of life and disease.	2A. Campus Principal, teachers	2. Health textbook Food labels, textbook, internet sources	2. 2015-16 School year	X			
	2B. Elementary grades 4 & 5 will study the ways to enhance and maintain health throughout their lifespan by identifying the benefits of the nutrients contained in foods and by identifying information of menus and food labels	2B. Campus Principal, teachers						
	3. Students at all grade levels will attend the							

	local Health Fair.	3. Campus Principals, teachers	Stonewall County Memorial Hospital Health Fair	3. 2015-16 School Year	X			
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Goal 3: The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades [see EHAB and EHAC].

(LOCAL) Policy Requirements	Plan (activities/strategies) for implementation	Person(s) Responsible	Collaborative Resources	Timeline	Nov	Jan	Mar	May
1. The District will provide an environment that fosters safe and enjoyable activities for all students, including those who are not participating in competitive sports.	1. Students in grades 7-12 may be in the offseason athletics program or athletics. Elementary will participate in Field day and physical activities within the curriculum such as: scavenger hunts and walking field trips.	1. Campus principals and teachers		1. 2015-16 School year	X			
2. Physical education classes will regularly emphasize moderate to vigorous activity.	2. Grades 3-12 will participate in Fitnessgram Grades K-5 will participate in Basketball, kickball, stretches, and walk/run activities.	2. PE Instructor	2. Fitnessgram software, PE curriculum	2. 2015-16 School year	X			

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Goal 4: The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities.

(LOCAL) Policy Requirements	Plan (activities/strategies) for implementation	Person(s) Responsible	Collaborative Resources	Timeline	Nov	Jan	Mar	May
1. Sufficient time will be allowed for students to eat in lunchroom facilities that are clean, safe, and comfortable.	1. Students will be provided adequate time to eat. Students will be encouraged to eat breakfast which will be served beginning at 7:30 a.m. Students will be given at least 20 minutes to eat at lunch.	1. Campus principals and cafeteria monitors	1. Review of breakfast and lunch schedule	1. 2015-16 School year	X			
2. Wellness for students and their families will be promoted at suitable school activities.	2. Sponsors will be encouraged to offer additional healthy choice foods and beverage options at concession stands at school-related events outside the school day such as bottled water.	2. Superintendent and campus principals	2. Review of concession stand menus.	2. 2015-16 School year	X			

The campus principals shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

Suggested Additional Activities for 2015-16

Members of the SHAC will evaluate the progress of the implementation of the School Wellness Plan during each meeting throughout the school year.

Health Component	Plan (activities/strategies) for implementation	Person(s) Responsible	Collaborative Resources	Timeline	Nov	Jan	Mar	May
Health Services	Prepare Hygiene Bags for 4/5th graders	School Nurse	Local Businesses	Spring				
	Train Paraprofessionals in CPR/First Aid	Superintendent		Summer				
Physical Education	Participate in Jump Rope for Heart	PE Instructor	American Heart Association	Spring				
Parent/Community Involvement	Visits to classrooms by Health professionals	Principals and Teachers	Local Health Professionals	Spring				
Counseling/Mental Health Services	Offer informational session of Parenting Tips	Principal	Stonewall Memorial Hospital Community Behavioral Health	Fall				
Employee Wellness	Offer Blood-work Analysis for Employees	School Nurse	Lubbock	Spring				

