

# Pasadena ISD Wellness Policy Triennial Report 2020

PISD WP Goals and Obj.	Nutrition Promotion	Actions for Implementation	Responsible Party and/or Evidence	Alliance for a Healthier Generation	% of Campuses Fully Implementing
<b>Goal 1</b>	The District's food service staff, teachers, and other district personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.				
Obj. 1	<i>The district will plan at least one cafeteria activity per 9 weeks that supports the overall 9 weeks health lesson on the Coordinated School Health Year At A Glance (YAAG) for K-8 campuses. Campus cafeteria managers will work with the CHAC to coordinate the activity.</i>	<ul style="list-style-type: none"> <li>• Nutrition Services meet with CHAC Admin</li> </ul>	<ul style="list-style-type: none"> <li>• CHAC Admin</li> <li>• Cafeteria Manager</li> <li>• Written Communication</li> </ul>	NS-8	78%
<b>Goal 2</b>	The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.				
Obj. 1	<i>Each campus will provide a link on their school page to the Pasadena ISD Nutrition Services website in order to promote meal availability/participation as well as general nutrition information for children and families.</i>	<ul style="list-style-type: none"> <li>• CHAC Admin will provide a link on the campus website to the Nutrition Services website</li> </ul>	<ul style="list-style-type: none"> <li>• CHAC Admin</li> <li>• Campus Webmaster</li> </ul>	NS-9	37%
<b>Goal 3</b>	The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.				
Obj. 1	<i>100% of vending machines accessible to students will not include advertising that does not meet smart snack standards.</i>	<ul style="list-style-type: none"> <li>• Written communication</li> </ul>	<ul style="list-style-type: none"> <li>• Purchasing</li> <li>• Nutrition Services</li> </ul>	PO-3 SS-3	68% 66%

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PISD WP Goals and Obj.	Nutrition Education	Actions for Implementation	Responsible Party and/or Evidence	Alliance for a Healthier Generation	% of Campuses Fully Implementing
<b>Goal 1</b>	The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.				
Obj. 1	Campuses will use the Coordinated School Health Year at a Glance nutrition lessons on K-8 campuses.	•HPE provides YAAG to CHAC Chairs	•CHAC Admin •Written communication •Lesson plans	HPE-8	89%
Obj. 2	Wellness education, including nutrition, will be promoted on high school campuses through student groups such as student council, HOSA, culinary arts or, grade level officers etc.	•Choose group(s) to promote	•CHAC Admin •Written Communication	PO-3 PO-9 PO-10	68% 52% 55%
<b>Goal 2</b>	The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.				
Obj. 1	Physical Education teachers will support the Coordinated School Health Nutrition Lessons by including at least 1 activity per 9 weeks that supports the overall nutrition/wellness goal on K-8 campuses.	•HPE will provide resources to PE teachers	•CHAC Admin •HPE •PE teacher •Lesson plans	HPE-3 HPE-10 HPE-11	98%
Obj. 2	Campuses will provide access to water for students outside of meal times.	•Nutrition Services Staff training	•CHAC Admin •Cafeteria Manager	SS-2	86%
<b>Goal 3</b>	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.				
Obj.1	The campuses will provide nutrition training to staff through the district nutrition video.	• HPE will provide video(s)	•CHAC Admin •Agenda •Sign in sheet	NS-8	NS-5: 92% NS-8: 98%

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PISD WP Goals and Obj.	Physical Activity	Actions for Implementation	Responsible Party and/or Evidence	Alliance for a Healthier Generation	% of Campuses Fully Implementing
<b>Goal 1</b>	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.				
Obj.1	<p><i>The following district recess guidelines are recommended for elementary K-4.</i></p> <p><i>1. Pasadena ISD elementary schools will develop schedules that provide at least 20-30 minutes of supervised recess time each day. Recess should not replace physical education. Recess should be unstructured playtime where children have choices, develop rules for play, and release energy and stress.</i></p> <p><i>2. Proper supervision of students and appropriate equipment will be provided by the campus to ensure the safety of all students. Campuses should provide one training per year to go over recess rules and expectations for teachers and students and proper use of equipment.</i></p> <p><i>3. Recess should not be viewed as a reward, but a necessary educational support component for all children. Taking away recess time as a punitive measure, as a behavior management tool or for tutoring or other competing activities should be avoided.</i></p> <p><i>Recess or other forms of unstructured physical activity are encouraged at middle, intermediate and high school campuses.</i></p>	<ul style="list-style-type: none"> <li>•Student Handbook</li> <li>•Faculty/Staff training</li> <li>•HPE will provide training resources</li> <li>•HPE will provide resources for outdoor activities</li> </ul>	<ul style="list-style-type: none"> <li>•CHAC Admin</li> <li>•Agenda</li> <li>•Sign-In Sheets</li> <li>•Recess Rules</li> </ul>	PA-1 PA-7	70% 55%
Obj.2	Campuses will collaborate with Pasadena ISD police department to report unsafe conditions for students who walk/bike to school.	<ul style="list-style-type: none"> <li>•Walking Audit of Campus</li> </ul>	<ul style="list-style-type: none"> <li>•CHAC Admin</li> <li>•Written communication</li> </ul>	PA-3	55%

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PISD WP Goals and Obj.	Physical Activity	Actions for Implementation	Responsible Party and/or Evidence	Alliance for a Healthier Generation	% of Campuses Fully Implementing
<b>Goal 2</b>	The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.				
Obj.1	<i>Campus leadership teams will promote the use of physical activity within the core subjects through activities such as: brain boosters, kinesthetic learning strategies, and action based learning strategies/labs.</i>	<ul style="list-style-type: none"> <li>• HPE will offer PA training</li> <li>• HPE Resources</li> </ul>	<ul style="list-style-type: none"> <li>• CHAC Admin</li> <li>• Written communication</li> </ul>	PA-2	62%
<b>Goal 3</b>	The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.				
Obj.1	<i>Students shall be given multiple opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.</i>	<ul style="list-style-type: none"> <li>• The CHAC will plan/identify and share opportunities</li> </ul>	<ul style="list-style-type: none"> <li>• CHAC Admin</li> <li>• Written Communication</li> </ul>	PO-10 PA-4	55% 58%
Obj.2	Schools will partner with community organizations to sponsor/promote health, wellness and physical activity.	<ul style="list-style-type: none"> <li>• HPW will provide resource list</li> </ul>	<ul style="list-style-type: none"> <li>• CHAC Admin</li> <li>• Written Communication</li> </ul>	PO-10	55%
<b>Goal 4</b>	The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees.				
Obj.1	Campus will promote employee wellness district challenges	HPE will provide dates, documentation & incentives	<ul style="list-style-type: none"> <li>• HPE</li> <li>• CHAC Admin</li> <li>• Written Communication</li> </ul>	EW-2	98%
<b>Goal 5</b>	The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.				
Obj.1	<i>Campuses will offer fitness activities at 4+ family events per year.</i>	<ul style="list-style-type: none"> <li>• HPE will support</li> <li>• Campus Administrator will support/promote</li> </ul>	<ul style="list-style-type: none"> <li>• CHAC Admin</li> <li>• Written Communication</li> </ul>	PA-4	58%
<b>Goal 6</b>	The District shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, playgrounds, and the like, that are available outside the school day.				
Obj. 1	Campuses will make available the use of outside play structures, field space, walking tracks etc.	<ul style="list-style-type: none"> <li>• HPE will share GKD (local) information</li> </ul>	<ul style="list-style-type: none"> <li>• CHAC Admin</li> </ul>	PA-8	43%

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<b>Goal 1</b>	The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.				
Obj. 1	All campuses will schedule 30 minutes daily for lunch and make every effort to allow 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.	•District/school leadership will support	•CHAC Admin •Master schedule	NS-11	98%
Obj. 2	<i>100% of cafeterias will maintain HACCP logs at all times.</i>	•Nutrition Services will train cafeteria managers	•Nutrition Services Department •HACCP logs	NS-6	98%
<b>Goal 2</b>	The District shall promote wellness for students and their families at suitable District and campus activities.				
Obj. 1	<i>The district will work with vendors so that at each athletic event at Phillips Gymnasium and Veteran's Memorial Stadium one beverage and snack that meets the Smart Snack standards will be offered.</i>	•District communicates expectations/monitors compliance with concession vendors	•HPE •Purchasing •Nutrition Services •Written Communication	SS-4	63%
Obj.2	<i>Schools will provide a healthy option when food/drinks are provided before or after the school day.</i>	•Administration will share with campus	•CHAC Admin •Written Communication	SS-4	63%
<b>Goal 3</b>	The District shall promote employee wellness activities and involvement at suitable District and campus activities.				
Obj. 1	<i>The district will provide information about health services offered throughout the community to staff.</i>	Information will be provided by: •HPE •Benefits Office •Wellness Center	•CHAC Admin •Written Communication	EW-1	95%

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<b>Goal 4</b>	The District shall promote in campus improvement plans goals and objectives for coordinated school health that combine education with practice to create a healthy school environment and encourage healthy behaviors.				
Obj. 1	Each Campus will have a Campus Health Advisory Committee composed of a campus administrator, physical education teacher, classroom teacher and food services manager, with encouragement to include the nurse, counselor, and community member who will champion the practice of Coordinated School/health and wellness education to effectively reach the goals and objectives of coordinated school health/wellness programming contained in the campus and district improvement plan.	<ul style="list-style-type: none"> <li>•Administrator serves as CHAC Admin and appoints a Co-Chair</li> </ul>	<ul style="list-style-type: none"> <li>•Committee Roster</li> <li>•Meeting minutes</li> <li>•Written Communication</li> </ul>	PO-1	89%
Obj. 2	Each Campus Health Advisory Committee will evaluate the coordinated school health/health and wellness program by using the CDC's School Health Index/Alliance for a Healthier Generation's Healthy School Program at the beginning of the year and at the end of the year, developing action steps for areas in need of improvement.	<ul style="list-style-type: none"> <li>•CHAC committee evaluates WP at the campus level through AHG</li> </ul>	<ul style="list-style-type: none"> <li>•CHAC Admin</li> <li>•AHG Report</li> </ul>	PO-1 PO-2	89% 60%

\*Evidence collection is a campus based decision

## Glossary

AHG - Alliance for a Healthier Generation  
 CDC - Council on Disease Control and Prevention  
 CHAC - Campus Health Advisory Committee  
 HPE - Health, P.E., and Wellness  
 PA - Physical Activity  
 SHI - School Health Index  
 Written Communication - emails, flyers, school websites, social media  
 WP - Wellness Policy  
 YAAG - Year at a Glance

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