

SCHOOL POLICY AND PRACTICE TOOL

Physical Activity Elements

Section 1: Basic Information

Organization Name: Plainview Public Schools

County: Carter

Lead Agency: COMMUNITY CHILDREN'S SHELTER & FAMILY SRVCS.

Section 2: Rating Scales

Policy Rating Scale

- 0 Language not included in policy
- 1 Partial or weak policy language
- 2 Complete and strong policy language
- 99 Not applicable

Practice Rating Scale

- 0 Not in practice
- 1 Partially in practice
- 2 Fully and completely in practice
- 99 Not applicable

Section 3: Element Ratings

1. The District will ensure that all students participate in a minimum of 60 minutes of physical activity each day, whether through physical education, exercise programs, after-school athletics, fitness breaks, recess classroom activities, or wellness and nutrition education.
2. The District will require schools to provide elementary school students (K-5) at least 20 minutes of recess each day (in addition to the physical education requirements).
3. The District will develop indoor recess guidelines to ensure elementary school students (K-5) can have adequate physical activity on days when recess must be held indoors.
4. The District will require schools with elementary school students (K-5) to hold recess before lunch, in order to increase food consumption, reduce waste, and improve classroom attentiveness when students return from lunch.
5. The District will require schools to provide all students short breaks (3-5 minutes) throughout the day to let them stretch, move around, and break up their time spent sitting. These physical activity breaks may take place during and/or between classroom time.
6. The District will require all schools to establish a comprehensive, standards-based PE curriculum for each grade.
7. Schools will ensure that PE classes and equipment afford all students an equal opportunity to participate in PE.
8. Elementary school students (K-5) will participate in at least 150 minutes of PE per week throughout the entire school year.
9. During PE, students will be given the opportunity to participate in many types of physical activity, including both cooperative and competitive games.
10. Students will engage in moderate to vigorous physical activity for more than 50% of the PE class time.

	Policy		Practice
	Center	Grantee	Grantee
1.	0		1
2.	99	99	99
3.	99	99	99
4.	99	99	99
5.	0		1
6.	0		1
7.	0		2
8.	99	99	99
9.	0		2
10.	0		1

Grantee is not required to rate the policy content/language. The Grantee-Policy column provided is optional.

SCHOOL POLICY AND PRACTICE TOOL

Physical Activity Elements

11. PE classes must have a teacher/student ratio comparable to core subject classroom size.	0	1
12. Teachers will receive training on how to integrate physical activity into the curriculum. Some portion of this training will be incorporated into annual professional development.	0	1
13. Schools will allow teachers the opportunity to participate in or lead physical activities throughout the school day.	0	1
14. PE classes will be taught by licensed teachers who are certified or endorsed to teach PE.	0	2
15. Physical activity will not be used or withheld as punishment. (This does not apply to participation on sports teams that have specific academic requirements.)	0	2
16. The District will provide a list of alternative ways for teachers and staff to discipline students.	0	1
17. The District will strongly encourage teachers to use physical activity (e.g., extra recess) as a reward.	0	1
18. The District will ensure the availability of proper equipment and facilities that meet safety standards and will conduct necessary inspections and repairs.	0	2
19. The District will encourage school staff, students, and their families to participate in physical activity outside of the school day.	0	1
20. The District will encourage children and their families to walk and bike to and from school.	0	0
21. The District will work with local officials to designate safe or preferred routes to school.	0	1
22. The District will promote National and International Walk and Bike to School Week/Day.	0	1
23. The District will provide bike racks.	0	0
24. The District will encourage parents to supervise groups of children who walk or bike together to and from school.	0	1

Section 4: Rating Summary

Comprehensiveness Score:	<u>0.0%</u>	<u>90.0%</u>
Strength Score:	<u>0.0%</u>	<u>25.0%</u>
Organization Classification:	<u>No Classification</u>	

Section 5: Methods Used to Assess Organizational Practice (Select all that apply)

Observations
 Interviews
 Document Reviews
 Other: _____

SCHOOL POLICY AND PRACTICE TOOL

Physical Activity Elements

Section 6. Comments

As applicable, provide information that will help explain element ratings. Focus on elements rated as a 1.

HIGH SCHOOL: There are no elements rated 1. #21. District tried this and it didn't work because it wasn't safe; #22. Not always in practice. MIDDLE SCHOOL: #1. 6th grade has one hour/day; there are no requirements in 7 and 8; #12. Not always in practice. INTERMEDIATE SCHOOL: #1. 2 times each week; #3, 5, 6 and 10. Partially in practice; #11, 12 and 16. Not always in practice; #22. This has been discussed and promoted but it was determined that there are no safe routes

Provide an explanation for any element(s) that were rated as not applicable (99).

There are no K-5 students at the middle or high school.

SCHOOL POLICY AND PRACTICE TOOL

Tobacco Elements

Section 1: Basic Information

Organization Name: Plainview Public Schools

County: Carter

Lead Agency: COMMUNITY CHILDREN'S SHELTER & FAMILY SRVCS.

Section 2: Rating Scales

Policy Rating Scale

- 0 Language not included in policy
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- 99 Not applicable

Practice Rating Scale

- 0 Not in practice
- 1 Partially in practice
- 2 Fully and completely in practice
- 99 Not applicable

Policy prohibits the use of which of the following tobacco products:

- Combustible Vapor products All other tobacco products

Section 3: Element Rating

1. Prohibition applies to all school property (provide separate policy scores for indoor and outdoor property).
Indoor property
Outdoor property
2. Prohibition applies at all times, 24 hours a day, 7 days a week.
3. Prohibition applies to all employees, students, visitors, and any other person on school property (including any outside agency using the district's facilities).
4. Prohibition applies to all off-campus school-sponsored or school-sanctioned functions.
5. This prohibition applies to all school vehicles at all times.
6. This prohibition applies to personal vehicles while on school property.
7. The district will not accept donations of gifts, money, or materials from the tobacco industry.
8. The district will not participate in any type of services, events, or programs that are funded by the tobacco industry.
9. The district will provide tobacco cessation information, resources, and/or support.
10. Signs about this policy should be posted at entrances to school property.
11. Enforcement plan.

	Policy		Practice
	Center	Grantee	Grantee
	2	*	2
	2		
	2		
	2		2
	2		2
	2		2
	0		2
	0		2
	0		2
	2		2
	2		2

Section 4: Rating Summary

Comprehensiveness: 63.6% 100.0%
Strength: 63.6% 100.0%

Organization Classification: Builder

SCHOOL POLICY AND PRACTICE TOOL

Tobacco Elements

Section 5: Methods Used to Assess Organizational Practice (Select all that apply)

Observations Interviews Document Reviews Other: _____

Section 6: Comments

As applicable, provide information that will help explain element ratings. Focus on elements rated as a 1.

There are no elements rated 1.

Provide an explanation for any element(s) that were rated as not applicable (99).

There are no elements rated 99.

SCHOOL POLICY AND PRACTICE TOOL

Nutrition Elements

Section 1: Basic Information

Organization Name: Plainview Public Schools

County: Carter

Lead Agency: COMMUNITY CHILDREN'S SHELTER & FAMILY SRVCS.

Section 2: Rating Scales

Policy Rating Scale

- 0 Language not included in policy
- 1 Partial or weak policy language
- 2 Complete and strong policy language
- 99 Not applicable

Practice Rating Scale

- 0 Not in practice
- 1 Partially in practice
- 2 Fully and completely in practice
- 99 Not applicable

Section 3: Element Ratings

1. At a minimum, the District Child Nutrition Program will serve reimbursable meals that meet the United States Department of Agriculture's USDA requirements and follow the Dietary Guidelines for Americans (DGA).
2. The District will ensure that all meals are accessible, appealing, and attractive to all children.
3. The District will ensure that all meals are served in a clean, pleasant, and supervised setting.
4. The District will ensure that all meals are high in fiber, free of added trans fats, and low in added fats, sugar, and sodium.
5. The District will ensure meals are respectful of cultural diversity (e.g. students will be encouraged to suggest local, cultural, and favorite ethnic foods) and religious preferences.
6. The District will ensure that all meals are reviewed by a registered dietitian or other certified nutrition professional or based on a meal plan provided by a professional resource (such as the State Department of Education, the USDA, the Alliance for a Healthier Generation, or The Lunch Box).
7. The District will ensure the schools encourage students to start the day with a healthy breakfast.
8. The District will ensure schools provide breakfast through the USDA School Breakfast Program.
9. Schools will make clean drinking water available and accessible without restriction and at no charge at every district facility (including cafeteria and eating areas, classrooms, hallways, playgrounds, and faculty lounges) throughout the entire school day.
10. Students will be provided drinking cups, glasses, or reusable water bottles in places where meals are served.

	Policy		Practice
	Center	Grantee	Grantee
	2		2
	2		2
	0		2
	1		1
	0		1
	0		2
	0		2
	2		2
	0		2
	0		2

Grantee is not required to rate the policy content/language. The Grantee-Policy column provided is optional.

SCHOOL POLICY AND PRACTICE TOOL

Nutrition Elements

11. Students will be allowed to bring drinking water from home and take water into the classroom, provided that the water is in a capped container, such as a bottle, to prevent spills.	0	2
12. All water sources and containers will be maintained on a regular basis to ensure good hygiene standards (including drinking fountains, water jugs, hydration stations, and other methods for delivering drinking water).	0	2
13. The District will promote activities to involve students and parents in the School Lunch Program.	0	1
14. The District will inform families about the availability of breakfast for students.	0	2
15. The District will distribute materials to inform families of the availability and location of free Summer Food Service Program meals for students when school is not in session.	0	1
16. The District will post information on the nutritional content and ingredients of school meals on the menus in the cafeteria, on the District website and/or websites of individual schools, and/or in school newsletters.	0	0
17. The District will send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.	0	2
18. The district will allow students at least 10 minutes to eat breakfast and 20 minutes to eat lunch from the time they are seated.	0	1
19. All competitive foods and beverages sold to students during the school day must meet or exceed the USDA's Smart Snacks standards.	1	1
20. Only foods and beverages that meet the USDA's Smart Snacks standards will be allowed to be served during classroom parties and celebrations.	1	1
21. The District will provide parents and teachers with a list of ideas for healthy food as well as non-food alternatives for classroom parties and celebrations.	0	1
22. When fundraising on campus during the school day, only fundraisers that feature non-food items or foods and beverages that meet the Smart Snacks standard will be permitted.	1	1
23. Fundraising activities will not promote any particular food brands.	0	1
24. The District will encourage fundraisers that do not sell food and/or that promote physical activity.	0	1
25. Food and beverages sold at after-school concessions or as a part of fundraisers held outside of school hours must comply with the USDA's Smart Snacks standards.	1	0

SCHOOL POLICY AND PRACTICE TOOL

Nutrition Elements

26. Schools will offer and integrate into the core curriculum, nutrition education to all grades, providing students the knowledge and skills necessary for lifelong healthy eating behaviors, including: What it means to eat healthy, consume the proper nutrients, and maintain a wholesome and balanced diet and; How to read labels and understand the problems associated with unhealthy food marketing to children.	1	1
27. Schools will ensure that nutrition education compiles with state and federal learning objectives and standards.	1	1
28. Schools will ensure that nutrition education provides opportunities for students to practice and apply the skills and knowledge taught in the classroom (e.g. by using the cafeteria as a learning lab, visiting local farms, etc.).	0	1
29. Schools will ensure that nutrition education is made available for staff.	0	1
30. Schools will ensure that nutrition education is promoted to families and the community.	0	0
31. Food, beverages, and candy will not be used to reward or punish academic performance or student behavior.	0	1
32. The District will exhibit posters, signs, or other displays on the school campus that promote healthy nutrition choices.	0	1
33. The District will provide age-appropriate activities such as contests, food demonstrations, and taste-testing, that promote healthy eating habits.	0	1
34. The District will offer information to families (via communications with parents, educational workshops, screening services and health-related exhibitions and fairs) and encourage them to teach their children about nutrition and healthy eating behaviors.	0	1
35. The District will encourage school staff to display healthy eating habits and physical activity choices to students (e.g., by consuming only healthy snacks, meals, and beverages in front of their students, sharing positive experiences about physical activity with their students, etc.).	0	1
36. Only foods and beverages that meet the USDA's Smart Snacks standards may be marketed in schools. Schools may not market or advertise any corporate brand, unless every food and beverage product manufactured, sold, or distributed under the corporate brand name can be served or sold on the school campus during the school day (i.e., satisfy the USDA's Smart Snacks standards).	1	2
37. The District will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting local school nutrition program directors.	0	1
38. The District will require all personnel in the school nutrition program to complete annual continuing education and training.	1	2

SCHOOL POLICY AND PRACTICE TOOL

Nutrition Elements

39. The Child Nutrition Staff will receive training in basic nutrition education, safe food preparation, and nutrition standards for healthy meals.	1		2
40. The Child Nutrition Staff will organize and participate in educational activities that support healthy eating behaviors and food safety.	1		1
41. The District will allow school gardens on District property.	0		0
42. The District will dedicate resources (e.g., tools, materials, volunteer hours, etc.) to build a school garden on District property and/or actively participate in community gardens by dedicating the same resources as would be required for gardens on District property.	0		0
43. The District will incorporate local and/or regional products into the school meal program.	0		0
44. The schools will take field trips to local farms.	0		0
45. As a part of their education, students will learn about agriculture and nutrition.	1		1

Section 4: Rating Summary

Comprehensiveness:	33.3%	84.4%
Strength:	6.7%	33.3%
Organization Classification:	Starter	

Section 5: Methods Used to Assess Organizational Practice (Select all that apply)

Observations
 Interviews
 Document Reviews
 Other: _____

Section 6: Comments

As applicable, provide information that will help explain element ratings. Focus on elements rated as a 1.

HIGH SCHOOL: #13. At the first of the year; #20. Ass't Principal says they can't control that they have pizza; #23. Some sell candy; #24. Not always in practice. INTERMEDIATE AND MIDDLE SCHOOLS: #4. Not always in practice; #18. Can't control; #21. Parents bring stuff in. #31. Teachers often do this; #34. District participates in Shape Your Menu

Provide an explanation for any element(s) that were rated as not applicable (99).

There are no elements rated 99.

Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name Flamora

Reviewer

School Name

Date

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

I. Public Involvement

- Yes** **No** We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:
- Administrators School Food Service Staff P.E. Teachers Parents
- School Board Members School Health Professionals Students Public
- We have a designee in charge of compliance.
- Name/Title:
- We make our policy available to the public.
- Please describe:
- We measure the implementation of our policy goals and communicate results to the public.
- Please describe:
- Our district reviews the wellness policy at least annually.

II. Nutrition Education

- 27 Our district's written wellness policy includes measurable goals for nutrition education.
- 26 We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).
- 24 We offer nutrition education to students in: Elementary School Middle School High School

III. Nutrition Promotion

- 26, 32 Our district's written wellness policy includes measurable goals for nutrition promotion.
- 16, 32 We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
- We have reviewed **Smarter Lunchroom** techniques and evaluated our ability to implement some of them.
- We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
- We ensure students have access to hand-washing facilities prior to meals.
- 38 We annually evaluate how to market and promote our school meal program(s).
- 16 We regularly share school meal nutrition, calorie, and sodium content information with students and families.
- 33 We offer taste testing or menu planning opportunities to our students.
- 4/1/14 We participate in Farm to School activities and/or have a school garden.
- 30 We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).
- We price nutritious foods and beverages lower than less nutritious foods and beverages.
- We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte AS+MS
- 21 We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
- We provide teachers with samples of alternative reward options other than food or beverages.
- 31 We prohibit the use of food and beverages as a reward.

IV. Nutrition Guidelines (Cont. from page 1)

- 1 Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- 8 We operate the School Breakfast program: Before School In the Classroom Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 - as à La Carte Offerings in School Stores in Vending Machines as Fundraisers 25

V. Physical Activity

- 1,2,8 Our district's written wellness policy includes measurable goals for physical activity.
- 2,8 We provide physical education for elementary students on a weekly basis.
- 6 We provide physical education for middle school during a term or semester.
- 6 We require physical education classes for graduation (high schools only). *every grade*
- 2 We provide recess for elementary students on a daily basis.
- 13,2,5 We provide opportunities for physical activity integrated throughout the day.
- 15 We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- 17 Teachers are allowed to offer physical activity as a reward for students.
- 1 We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

VI. Other School Based Wellness Activities

- 1 Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- 12 We provide training to staff on the importance of modeling healthy behaviors.
- 29,12 We provide annual training to all staff on: Nutrition 29 Physical Activity 12
- We have a staff wellness program.
- We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- 22,20 We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- We have a recycling/environmental stewardship program.
- We have a recognition /reward program for students who exhibit healthy behaviors.
- We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

Lisa Moore Lynette Edmonds Carter Hamilton 4/3/2017
Pam Parker Gladys Leblay Christy Parham
Cynthia Hamilton John Bell Alice Foster
BOB Lucy Philpouse

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name Position/Title

Email Phone