

CONROE ISD

Component 2: Wellness Goals: Nutrition Promotion and Education

**Schools will provide and promote nutrition education to students, staff and community.
All foods made available on campus will adhere to food safety and security guidelines.**

Goal	Exceptional (Fully in Place)	Acceptable (Partially in Place)	Needs Improvement (Not in Place)	Comments
Schools will provide nutrition education and engage in nutrition promotion.		X		Currently developing health curriculum for elementary to address nutrition.
Campus coordinated school health team will promote campus wellness education and school-wide activities.		X		Teams have been established through 8 th grade.
Nutrition education will be acquired from researched based sources.		X		
Nutrition education will be increased by sharing information with families and the community via the Conroe ISD Child Nutrition Department website, campus website, monthly campus newsletters and parent meetings.		X		Child nutrition website is regularly updated. Healthy eating is celebrated throughout the year. Partner with local agencies to educate families about nutritious meals.
After-school activities may encourage and include physical activity along with health and wellness information.		X		Many schools have incorporated running clubs and other extra-curricular activities to promote wellness.
All foods made available on campus comply with the federal, state and local food safety and sanitation regulations. HACCP plans and guidelines are implemented to prevent food borne illnesses in schools.	X			All kitchens inspected by Montgomery County Health Department

Campuses promote and demonstrate appropriate hand washing practices.	X			Signage posted
Access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance, see the USDA food security guidelines.	X			Kitchen doors locked
District administrators, by area of responsibility, are responsible for ensuring local, state and federal laws, regulations and guidelines are updated and in place.	X			

Component 3: Wellness Goals: Physical Activity

Schools will provide opportunities for students to participate in regular physical activity, which promotes personal healthy lifestyles. Schools will provide opportunities for every student to develop the knowledge and skills for specific physical activities in accordance with district, state and national guidelines.

Goal	Exceptional (Fully in Place)	Acceptable (Partially in Place)	Needs Improvement (Not in Place)	Comments
Physical activity shall not be used as a reward or punishment.		X		

Strive towards physical education classes to have a student/ adult ratio not to exceed 45:1. If the ratio is greater,

are planned to assure that students do not spend too much time waiting in line.				
If meetings or activities are scheduled during meal times, students must be allowed to eat breakfast or lunch.	X			All students are provided a meal break

Evaluated by School Health Advisory Committee Members on June 17, 2021