

Austin ISD Fit, Healthy & Ready to Learn Assessment Form

Campus Name: _____

Campus Wellness Committee Contact Person Name: _____

Phone: _____

Email: _____

Date of Assessment Completion: _____

How to complete the assessment form:

- Form a Campus Wellness Committee (<http://teamnnutrition.usda.gov/Resources/gettingitstarted.html>) Suggested members: Parent, teacher, administrator, foodservice manager, PE teacher, school nurse, student, PTA member, and CAC member.
- Complete the Assessment Form
- Develop goals / action plan for your school Review your completed assessment and identify one or two areas for improvement. Use the Austin ISD Fit, Healthy & Ready to Learn Action Plan on the last page of this document to help you develop goals and a plan.
- Submit your assessment and action plan to the AISD School Health Coordinator at : tdiggs@austinisg.org

* If you have questions or need help completing this form please contact Tracy Diggs Lunoff, School Health Coordinator at 414-9778.

SCHOOL NAME:

Component 1: A Commitment to Nutrition	In Place	Under Dev	Not In Place
1.1 The school has a Campus Wellness Committee to address nutrition issues			
1.2 The Campus Food Service Manager is a member of the Wellness Committee and participates in making decisions and policies that affect the school nutrition environment.			
1.3 The school conducts activities that promote healthy eating for students, parents and staff. (Examples: Healthy tips and articles home to parents, healthy foods posters/ signage in cafeteria, National Nutrition Month, 5-A Day Promotion, Health Fair)			
1.4 Nutrition issues are addressed in the Campus Improvement Plan			
Notes:			

Component 2: Quality School Meals	In Place	Under Dev	Not In Place
2.1 School menus/ meals are appealing to the student population of the school.			
2.2 Parents perceive school meals as a nutritious choice for their children.			
2.3 School staff perceives school meals as a nutritious choice for the students.			
Notes:			

SCHOOL NAME:

Component 3E: Healthy Food Options - Elementary Schools	In Place	Under Dev	Not In Place
3.1E Foods of minimal nutritional value (FMNV), all candy and carbonated beverages are not provided to students during the school day.			
3.2E Foods are not served to students during the school day except during meal times by food service or during allowed snack time. (see Texas Nutrition Policy)			
3.3E Food and beverage fundraisers are not permitted during the school day.			
3.4E The school encourages organizations to raise funds by selling non-food items.			
3.5E If students are served a snack (1 allowed per day / not during lunchtime), foods are chosen from TDA's Suggested List of Nutritious Snacks (see attached).			
3.6E When classrooms have birthday celebrations, foods are chosen from TDA's Suggested List of Nutritious Snacks (see attached).			
3.7E Non-food celebrations are encouraged in the classroom.			
3.8E School staff does not use food as a reward or punishment for students.			
3.9E The school encourages parents to provide a variety of nutritious foods / beverages if students bring lunches / snacks from home.			
Notes:			

SCHOOL NAME:

Component 3: Healthy Food Options - Middle Schools	In Place	Under Dev	Not In Place
3.1M Foods of minimal nutritional value (FMNV), all candies and carbonated soft drinks are not provided to students during the school day.			
3.2M During meal times foods are not sold / served in competition with the school food service with the exception of vending machines that contain only plain bottled water and/ or 100% fruit / vegetable juice (12 ounces or less)			
3.3M Vending machines, which are on other than during scheduled meal times, only contain items that comply with the Texas Nutrition Policy and are in compliance with the vending contract for healthier and healthiest snacks.			
3.4 Food and beverage fundraisers are not permitted during the school day by anyone.			
3.5 The school encourages organizations to raise funds by selling non-food items.			
3.6M School staff does not use food as a reward or punishment for students.			
3.7M Food parties, such as pizza parties, are not provided to students during the school day.			
3.8M The school encourages parents to provide a variety of nutritious foods / beverages if students bring lunches / snacks from home.			
Notes:			

SCHOOL NAME:

Component 3: Healthy Food Options - High Schools	In Place	Under Dev	Not In Place
3.1H Foods of minimal nutritional value (FMNV) are not provided to students during the school day.			
3.2H Food fundraisers are not permitted during the school day by anyone.			
3.3H The school encourages organizations to raise funds by selling non-food items.			
3.4H Only vending machines that contain only plain bottled water and/ or 100% fruit / vegetable juice (12 ounces or less) may operate during meal times in areas where meals are served and/or consumed.			
3.5H Vending machines outside of areas where meals are served and/or consumed only contain items that comply with the Texas Nutrition Policy and are in compliance with the vending contract for healthier and healthiest snacks.			
3.6H Food parties, such as pizza parties, are not provided to students during the school day.			
3.7H The school encourages parents to provide a variety of nutritious foods / beverages if students bring lunches / snacks from home.			
Notes:			

SCHOOL NAME:

Component 4: Pleasant Eating Experience	In Place	Under Dev	Not In Place
4.1 Schools allow socializing among students during meal times.			
4.2 Adults properly supervise dining rooms and serve as role models to students.			
4.3 Hand washing equipment and supplies are in a convenient place so that students can wash their hands before eating.			
4.4 Drinking fountains are clean and functioning, and available for students to get water at during meals and throughout the day.			
4.5 Parents, staff and other adults are encouraged to be present during meal times and model healthy eating behavior.			
Notes:			

SCHOOL NAME:

Component 5: A Commitment to Physical Education/Physical Activity (WOW/Recess) - Elementary Schools	In Place	Under Dev	Not In Place
5.1 Physical Activity is included in the school's daily education program a minimum of 135 minutes for each student per week.			
5.2 Recess is offered at all grade levels on a daily basis and not used as a reward or a punishment.			
5.3 School staff, students and parents are involved on a regular basis in discussing issues impacting healthy school physical education/activity policies.			
5.4 Physical Activity issues are addressed in the Campus Improvement Plan.			
5.5 PE teacher(s) participate in making decisions and policies that affect the school physical activity/education policies.			
5.6 The school has a Wellness Team to address physical activity issues.			
5.7 There is sufficient covered play space (indoor or outdoor) so that children can safely engage in healthy physical activity regardless of weather conditions.			
5.8 There is adequate developmental appropriate equipment for student K-5 to conduct WOW and PE.			
5.9 There is a WOW/PE equipment inventory list and worn equipment is replaced each year.			
5.10 Students participate in extra physically active events throughout the year (ex: Marathon Kids, Sports, Day, Cross Country Run, Volleyball Play Day).			
5.11 PE teacher publicizes extra events and encourages parents to participate or be involved.			
Notes:			

SCHOOL NAME:

Component 6: Physical Education - Elementary Schools	In Place	Under Dev	Not In Place
6.1 Students receive PE that is interactive and teaches the skills they need to adopt healthy, active lifestyle following TEKS curriculum.			
6.2 Students receive PA (WOW) that is interactive and teaches the skills they need to adopt healthy, active lifestyle following TEKS curriculum.			
6.3 PE teacher is actively involved in planning PA with staff & teachers.			
6.4 Students receive PE/PA information throughout school that are consistent & reinforce each other.			
6.5 PE is integrated into core curriculum areas such as math, science, and language arts.			
6.6 The school links physical education activities with the coordinated school health program.			
6.7 The school conducts PE activities and promotions that involve students, parents and the community			
6.8 At least 80% of students are in the healthy zone as tested by Fitnessgram for BMI (body mass index), cardio endurance, stomach and arm strength, and flexibility			
Notes:			

*This form was adapted by AISD SHAC from MI Team Nutrition from the “School Improvement Checklist” in *Changing the Scene: A Guide to Local Action (CTS)*.

SCHOOL NAME:

Austin ISD Fit, Healthy & Ready to Learn **Action Plan**

- Review the completed assessment tool and identify areas for improvement for nutritional and physical education/activity in your school.
- Select one or two areas of improvement that are possible to change during this school year and develop a goal / action plan.
- Record your goal / action plan below.

Goal / Action Plan #1

What needs to be done?

Who will do this?

When will it be completed?

How much will it cost?

Goal / Action Plan #2

What needs to be done?

Who will do this?

When will it be completed?

How much will it cost?
