

## 2021/2022 Triennial Assessment of EMS ISD Wellness Policy

Wellness Policy Triennial Assessment Completed: April 12<sup>th</sup>, 2022

Date of Last Local Wellness Plan Revision: September 19<sup>th</sup>, 2018

<b>Nutrition Promotion Goal</b>	<b>Meeting Goal</b>	<b>Partially Meeting Goal</b>	<b>Not Meeting Goal</b>	<b>Next Steps</b>
The District’s Child Nutrition staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	Yes			The District’s Child Nutrition staff, teachers, and other District personnel will continue to promote health nutrition messages in cafeterias, classrooms, and other appropriate settings through innovative menu options and placing educational nutrition information throughout campuses.
<b>Nutrition Education Goal</b>	<b>Meeting Goal</b>	<b>Partially Meeting Goal</b>	<b>Not Meeting Goal</b>	<b>Next Steps</b>
The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	Yes			The District will continue to deliver nutrition education that fosters the adoption and maintenance of health eating and behaviors through supporting the inclusion of health initiative programs that feature wellness goals such as the Live Long Fort Worth – Blue Zones Project.
<b>Physical Activity Goals</b>	<b>Meeting Goal</b>	<b>Partially Meeting Goal</b>	<b>Not Meeting Goal</b>	<b>Next Steps</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.	Yes			The District will continue to encourage students, parents, staff, and community members to engage in physical activity through providing information on the District’s athletic webpage about facilities that are available for use outside the school day.
The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness	Yes			The District will continue to provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students through ensuring that all

activities for all students, including those who are not participating in physical education classes or competitive sports.				campuses have age appropriate supplies to conduct activities that support physical activity, and by provided professional development opportunities for physical education teachers.
<b>Other School Based Activities Goals</b>	<b>Meeting Goal</b>	<b>Partially Meeting Goal</b>	<b>Not Meeting Goal</b>	<b>Next Steps</b>
The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	Yes			The District will continue to allow sufficient time for students to eat meals through ensuring that campus schedules incorporate at least twenty minutes of lunch time, not counting passing periods, as well as fifteen minutes for breakfast.
The District shall provide quality health screening and services to students at all levels.	Yes			The District will continue to provide quality health screenings and services though Health Services team members conducting state required screenings and providing appropriate referrals and follow up.
<b>Guidance and Counseling Activity Goals</b>	<b>Meeting Goal</b>	<b>Partially Meeting Goal</b>	<b>Not Meeting Goal</b>	<b>Next Steps</b>
The school counselors shall provide opportunities for all students to learn about behavioral health to include social and emotional wellness and skills, and to have access to a counselor when issues arise.	Yes			Counselors will continue to provide opportunities for all students to learn about behavioral health through age appropriate presentations led by the campus counseling team to inform and educate students on mental health issues and coping skills.