



NEW HOME ISD

WELLNESS POLICY EVALUATION / ASSESMENT TOOL

PHYSICAL EDUCATION / ACTIVITY COMPONENT

I. WELLNESS GOALS: PHYSICAL ACTIVITY

The district shall implement, in accordance with law, a coordinated health care program with a physical education and physical activity components and shall offer at least the required amount of physical activity for all grades (EHAB, EHAC)

GOALS	EXCEPTIONAL	ACCEPTABLE	NEEDS IMPROVEMENT	COMMENTS
The district will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in sports		x		new opportunities such as band need to be added - facility and funding are limiting factors - the addition of staff has been a positive for students not in athletics "these students get more attention now"
Physical education classes will regularly emphasize moderate to vigorous activity	x			PE is well organized and opportunities for recess are still allowed

II. WELLNESS GOALS: SCHOOL BASED ACTIVITIES

The district establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness through other school based activities.

GOALS	EXCEPTIONAL	ACCEPTABLE	NEEDS IMPROVEMENT	COMMENTS
Wellness for students and their families will be promoted at suitable school activities		x		Vaping was mentioned several times as a rising concern from all involved.
Students will receive education to promote healthy eating behaviors		x		Positive comments on the menu items, but there is a need to put more emphasis into educating students on healthy eating.

GOALS FOR IMPROVEMENT

Expand the number of electives offered that count for P.E. credit

Provide more information regarding the dangers of vaping and emphasize the important of healthy food choices.
