

Columbus ISD Wellness Plan
2016-2017
Goals and Objectives

Goal: 1 CISC shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education.

Objective: 1 CISC shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

Activity/Strategy (Goal 1 / Objective 1)	Person Responsible	Timeline	Resources Needed	Cost Estimate	Resources used for Formative Evaluation	Resources used for Summative Evaluation	Formative Assessment 5-26-17
Nutritionally informative print media/presentations will be provided by the food service department on all 3 campuses	Food Service Director	8-2016 to 5-2017	Curriculum materials	0	Food Service Staff, Cafeteria Duty Staff, Campus Administration	Food Service Staff, Cafeteria Duty Staff, Campus Administration	Noted positive impact of online menu information and posters in cafeteria Nutrition Fact labels are online, i.e. the nutritional values of menu items
Nutrition units and topic discussions will be taught during the year in a variety of classes, i.e. health, science, teen leadership.	Campus Health/PE Faculty and Campus Administration	8-2016 to 5-2017	Lesson Plans	0	Teacher feedback	Lesson Plans	ongoing

Goal: 2 CISC shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through physical activity.

Objective: 1 CISC shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.

Activity/Strategy (Goal 2 / Objective 1)	Person Responsible	Timeline	Resources Needed	Cost Estimate	Resources used for Formative Evaluation	Resources used for Summative Evaluation	Formative Assessment 5-26-17
CISC will continue to offer PE classes that are in compliance with the required amount of time established for all grades.	PE Teachers	8-2016 to 5-2017	n/a	0	Campus Schedules	Campus Schedules	ongoing

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Activity/Strategy (Goal 2 / Objective 1)	Person Responsible	Timeline	Resources Needed	Cost Estimate	Resources used for Formative Evaluation	Resources used for Summative Evaluation	Formative Assessment 5-26-17
Campus Physical Education Faculty will analyze FITNESSGRAM data from their campus and present findings to faculty and staff	PE Teachers	8-2016 to 5-2017	FITNESS-GRAM data	n/a	Staff development agendas	Staff development agendas	

Goal: 2 CISD shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through physical activity.

Objective: 2 CISD shall provide an environment that fosters safe fitness activities for all students, including those who are not participating in competitive sports.

Activity/Strategy (Goal 2 / Objective 2)	Person Responsible	Timeline	Resources Needed	Cost Estimate	Resources used for Formative Evaluation	Resources used for Summative Evaluation	Formative Assessment 5-26-17
PE and Health classes will provide information to students regarding the benefits of life long fitness and physical activity and incorporate those principles into student assessments and or projects.	PE and Health Teachers	8-2016 to 5-2017	PE and Health Curriculum and Equipment	250.00	Teacher feedback	Teacher feedback and student survey	Continue, family activity nights are an opportunity to incorporate family health

Goal: 2 CISD shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through physical activity.

Objective: 3 CISD's physical education classes shall regularly emphasize moderate to vigorous activity.

Activity/Strategy (Goal 2 / Objective 3)	Person Responsible	Timeline	Resources Needed	Cost Estimate	Resources used for Formative Evaluation	Resources used for Summative Evaluation	Formative Assessment 5-26-17
PE classes will provide opportunities for varying levels of physical activity within the course to all students.	PE Teachers Campus Admin	8-2016 to 5-2017	Lesson Plans	0	Teacher feedback	Teacher feedback	TEKS are marked off each day as addressed in PE classes

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Activity/Strategy (Goal 2 / Objective 3)	Person Responsible	Timeline	Resources Needed	Cost Estimate	Resources used for Formative Evaluation	Resources used for Summative Evaluation	Formative Assessment 5-26-17
PE classes will be monitored to detect the need for adjustments in the level of rigor of student activities.	PE Teachers Campus Admin	8-2016 to 5-2017	Lesson Plans	0	Teacher feedback	Teacher feedback	Individual counseling and consulting with students as needed regarding individual activity programming

Goal: 2 CISD shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through physical activity.

Objective: 4 CISD will offer before school and after school physical activity programs and students will be encouraged to participate.

Activity/Strategy (Goal 2 / Objective 4)	Person Responsible	Timeline	Resources Needed	Cost Estimate	Resources used for Formative Evaluation	Resources used for Summative Evaluation	Formative Assessment 5-26-17
CJH and CHS will continue to have before and or after school practice for competitive athletics.	Athletic Department	Campus Admin	Athletic Department equipment and personnel	n/a	Athletic Rosters	Athletic Rosters	continue
Students will receive information on the athletic program during course registration.	Campus Counselors/Athletic Dept	Spring Semester	Course Offering Books	n/a	Printed Athletic Information	Course Offering Books	completed

Goal: 3 CISD shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through school based activities.

Objective: 1 CISD will allow sufficient time for students to eat meals in lunchroom facilities that are clean, safe and comfortable.

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Activity/Strategy (Goal 3 / Objective 1)	Person Responsible	Timeline	Resources Needed	Cost Estimate	Resources used for Formative Evaluation	Resources used for Summative Evaluation	Formative Assessment 5-26-17
Lunch periods will be monitored to assure lunch schedules remain appropriate.	Campus Administration	Campus Admin	Campus Schedules	n/a	Campus Schedules	Campus Schedules	continue
Food Service Staff and Campus Administration will monitor cafeteria areas to assure that the facility remains clean, safe and comfortable.	Food Service Staff and Campus Administration	Campus Admin	Campus schedules and lunch duty assignments	n/a	Campus schedules and lunch duty assignments	Campus schedules and lunch duty assignments	Increased Monitoring by admin, cafeteria staff and faculty