

TISD Wellness and Physical Education Evaluation Tool

Campus: _____ **Principal:** _____

Scale Rating:								
Exemplary	1	*meets and/or exceeds Best Practices						
Recognized	2	**exceeds Texas statute requirements/meets local policy						
Acceptable	3	***meets current Texas statute requirements						
Unacceptable	4	does not meet current Texas statute requirements						

Wellness		RATING			
		Exemplary	Recognized	Acceptable	Unacceptable
Health Education					
Elementary school students are provided TEKS based health education instruction		X			
Middle school students are provided TEKS based health education instruction		X			
High school students are taught P.A.P.A. (Parenting and Paternity Awareness)			X		
Before and after school programs are offered that contain physical activity		X			
High school students complete 1 semester (0.5 credit) of Health Education for graduation		X			
Classroom teachers use physical activity for "brain breaks"			X		
Students participate in at least 20 minutes of unstructured recess in addition to 30 minutes daily physical education		X			
Health Services		Exemplary	Recognized	Acceptable	Unacceptable
Notice given regarding needed immunizations		X			
Number of forced administrative withdrawals due to noncompliance with immunization requirements		X			
Availability of Employee Assistance Program		X			
Health screenings (hearing, vision, dental, spinal curvature)		X			
Availability of school nurses		X			
Hosts voluntary health/wellness events (health fairs, Wellness Wednesdays, Fit Fridays, Family Fun Fitness, etc.)		X			

	Exemplary	Recognized	Acceptable	Unacceptable
Mental Health / Counseling Services	Exemplary	Recognized	Acceptable	Unacceptable
Campus administrators request staff trainings on positive behavior and intervention supports	X			
Psychological Services will train and Counseling Services will implement the Suicide Risk Assessment/Risk of Violence Questionnaire programs	X			
Campus staff will request crisis response as appropriate for suicide attempt, violence, etc.	X			
Campus staff will request bullying prevention and interventions as appropriate	X			
Nutrition	Exemplary	Recognized	Acceptable	Unacceptable
Adhere to federal guidelines for school food service	X			
Adhere to state guidelines for food served in school environment: vending machines, concessions, etc.	X			
Compliance with age-appropriate guidelines and recommendations for healthy food and beverage choices during the regular and extended day	X			
Elementary school - competitive foods are not sold during schools hours	X			
Middle school - competitive foods are only allowed 30 minutes after the last lunch period. USDA Smart Snacks	X			
High school - competitive foods are not sold before school or during meal periods	X			
Compliance with USDA nutrition requirements for NSLP	X			
Healthy eating is promoted to students in a variety of ways in the campus environment	X			
Healthy eating is promoted to the parents and community		X		
Staff Wellness	Exemplary	Recognized	Acceptable	Unacceptable

	Exemplary	Recognized	Acceptable	Unacceptable
Staff wellness training is provided to promote healthy lifestyles	X			
Employees have access to health screenings, training, and online resources	X			
Staff wellness is encouraged to promote healthy lifestyles	X			
Employees are provided opportunities for health screenings, training, and online resources	X			
Staff wellness activities are initiated at the campus level	X			
Employees are provided free health screenings, training, and online resources	X			

PHYSICAL EDUCATION

RATING

Elementary Grades (preK-5 and if 6th grade included)	Exemplary	Recognized	Acceptable	Unacceptable
Students participate in 30 minutes per day or 135 minutes per week of TEKS based physical education - structured moderate to vigorous physical activity (MVPA)	X			
Schools on "block schedules" - students participate in at least 225 minutes in two weeks of physical education or moderate to vigorous physical activity	X			
Students participate in at least 30 minutes per day of TEKS based physical education	X			
Students participate in 30 minutes per day of TEKS based physical education - structured moderate to vigorous physical activity (MVPA)	X			
All physical education teachers are certified in physical education	X			
Middle or Jr High School (grades 6-8 or 7-8)				
Students participate in 30 minutes per day or 135 minutes per week of physical education or structured moderate to vigorous physical activity for four semesters out of six semesters in grades 6-7-8	X			
Physical education TEKS for grades 6, 7, and 8 must be taught	X			
All physical education teachers are certified	X			

	Exemplary	Recognized	Acceptable	Unacceptable
High School (grades 9-12)				
High school students complete 1 credit of physical education for graduation 2016-2017	X			
High school students participating in an approved substitution activity for PE credit participate in at least 100 minutes per 5-day school week at a moderate to vigorous physical activity level (state approved substitutions: athletics, marching band, cheerleading, drill team, JROTC, approved off-campus physical activity)	X			
High school - All physical education teachers are certified	X			
High school students complete 1.5 credits of physical education for graduation 2015-2016	X			
Physical education grades are included in students' overall GPA	X			
All Grade Levels				
Physical education classes offer safe and enjoyable activities for all students including special needs students	X			
The student to teacher ratio in each class is no more than 45:1 OR if higher, a safety plan is provided	X			
Students participate in moderate-to-vigorous physical activity (MVPA) at least 50% of class time	X			
Physical education-activity-recess is not used as a punishment	X			
Fitness assessment using FITNESSGRAM is conducted at least once per school year for students in grades 3-12 receiving credit for physical education	X			
Fitness assessment scores are shared with parents upon request	X			
Fitness assessment student scores are reported to TEA on time	X			
Campus utilizes a sequential, developmentally appropriate Physical Education curriculum designed to implement the TEKS	X			
Teachers attend professional development in physical education and/or health education	X			
Students have fun in physical education and physical activities	X			
Teachers are certified in AED use	X			

	Exemplary	Recognized	Acceptable	Unacceptable
Teachers are certified in CPR	X			
Teachers are certified in First Aid	X			
Physical education-activity-recess is not withheld from a student as punishment	X			
Fitness assessment scores are shared with parents	X			
Fitness assessment scores are shared with parents with an explanation of the scores	X			
WELLNESS and PHYSICAL EDUCATION		RATING		
	Exemplary	Recognized	Acceptable	Unacceptable
Compliance with providing an annual SHAC report to local school board	X			
District / Campus Improvement Plans include each statutorily required component	X			
A TEA approved Coordinate School Health program is implemented in all grade levels	X			