

## Assessment Report of PCA Wellness Policy

Assessment Date: December 15, 2016

Staff Members Present: Monica Gunter, Darcy Haden, Steve Horrocks, Edwin Quarles, and Andrea True.

- The Physical Education (PE) department utilizes health course curriculum (Meeks Heit Health & Wellness- McGraw/Hill) as one component to satisfy PE credit.
- Nutrition promotion and education are completed in the following four ways:
  1. Healthy nutritional messages are promoted using posters and by taste testing in the cafeteria.
  2. Nutrition education is implemented at various times of the year in the classroom setting of specific course units as arranged.
  3. TDA calendar templates are printed each month and made available to students and parents.
  4. PCA Food Service provides families and the general public with links to nutritional information via the district website.
- Physical Education Guidelines provide a detailed description of the implementation of the schools coordinated health program.
- Parent's received notification via letter and school website as a reminder of the state requirements for P.E. A limit of 3 parent notes has been set by the secondary principal in an effort to emphasize the need for moderate to vigorous activity.
- Activity programs are in place through UIL sports within the P.E. department.
- [healthychildren.org](http://healthychildren.org), provides opportunity to staff and students for training to promote safe and enjoyable physical activities.
- Examples of school promoted family events include: local fun runs, grandparent's day, and field day.
- The school allows use of all recreational facilities based on availability outside of the school day (rental fees apply).
- The goals stated in the policy are met by:
  1. Complying with state and federal guidelines
  2. Measuring fitness via fitness gram administration.
  3. Facilities are kept clean, safe, and comfortable for all students.
- All students participating in PE and UIL sports take part in the Presidential Fitness gram.
- The school requires 6<sup>th</sup> grade students desiring to participate in pre-athletics, as well as students participating in athletics during grades 7,9, and 11 to have a complete physical on file before the beginning of the school year.

- In addition to the school nursing staff, an athletic trainer is available to assess injuries and promote wellness for students participating in UIL sports.
- Employees are encouraged to participate in on-site flu vaccine administration.