

GRISD Triennial Progress Report 2020-2021

Nutrition Education and Promotion Goals

1. The district's child nutrition staff, teachers, and other district personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
 - One example >Science class> vitamin D>talking about nutrition
 - Next steps: big screen TV at campuses > highlight vegetable of the month and do a promo for healthy messages
2. The district shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.
 - School nutrition website
 - Next steps: add on videos (to website and post to FB or social media?) Make a video tutorial on how to get to Nutrislice
3. The district shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
 - December last year 7,704 free meals in 2019
 - December this year 13,642 free meals 2020
 - Increase of the free lunches > will continue until June 2021
 - 44% Free and Reduced at GRISD
4. The district shall make nutrition education a district-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.
 - Example at the JH > Mrs.Hayes teaches nutrition in the intro to Ag class. Students are taught how to plant seeds that grow food
5. The district shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.
 - Jill Lawson will send out videos to staff > x1 for education
 - 2 times a year for resources
6. The district shall establish and maintain school gardens and farm-to-school programs.
 - 1st grade normally does a garden > The Texas Ag Life extension agent talks to the 1st grade in the spring
 - Mrs. Boone's environmental science class grows plants for the garden
 - Mr. Bozarth teaches a class on how to cultivate plants
 - Culinary partners with these classes to get fresh herbs and vegetables to cook with.

Physical Education and Physical Activity Goals

1. The district shall implement 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.
PE classes for all campuses are scheduled for well over the minimum standard.
2. The district shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.
Diabetes walk at ES, Field day at ES & IS, Jingle Bell Walk at IS, 100 Mile Club at IS, marching band at HS
3. The district shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.
This is integrated into most staff development to some degree and the teachers utilize various methods to incorporate physical movement in the classrooms on a routine basis. For example, "brain breaks" with movement to songs or moving in the classroom to multiple choice reviews with movements where students choose A,B,C or D in the corners.
4. The district shall make appropriate before school and after school physical activity programs available and shall encourage students to participate.
There are many opportunities for physical activity outside of the school day. The district opens up the facilities for use of sports and recreation. There are numerous organizations that utilize the grounds for sports such as little league and 7 on 7 (going on now) as well as basketball and football to name a few.
The district could begin promoting opportunities open for students by utilizing the big screen tvs on each campus. Perhaps the art media class could make a short promo video for events or even just list them as opportunities within the community. (TV advertisements)
5. The district shall make appropriate training available to district employees in order to promote enjoyable, lifelong physical activity for district employees and students.
This is one area of the plan that is only partially in place. The district opens the facilities for staff and there are options within the community for staff members to receive classes or physical activity opportunities at a discounted rate, however, this information needs to be given to the faculty.
The district nurse will compile information to be distributed to staff twice a year.

6. The district shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

This is fully in place but could be promoted on both the big screen tvs and social media accounts.

7. The district shall encourage students, parents, staff and community members to use the district's recreational facilities, such as tracks, tennis courts and the like, that are available outside of the school day.

Again, just needing to promote opportunities that are already in place. (Social media, big screen tv, newsletters to staff.)

****One barrier to the promotions would be identifying who oversees the tv promotions and the social media sites for the different schools and getting them the information needed to promote the activities.**