

Rocketship Public Schools Texas- Wellness Policy Assessment Spring 2024

Strategy	Current Policy	Strength of Current Policy			Implementation of Current Policy					Notes
<i>Area of focus and improvement</i>	<i>Current policy language that supports the listed strategy.</i>	<i>Strong</i>	<i>Weak</i>	<i>No Policy</i>	<i>School Wide</i>	<i>Most Classrooms</i>	<i>A Few Classrooms</i>	<i>In Planning</i>	<i>No Classrooms</i>	<i>Opportunities, Barriers, Resources Needed, Rank Policies by Priority, etc.</i>
Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors	Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	X					X			The community continues to feel that food served does not meet high nutritional standards despite menus meeting the NSLP and SBP requirements. Staff will need to continue their efforts to improve community perception.
Provide healthy choices for snacks and celebrations; limit unhealthy choices.	Rocketship nutrition guidelines for reimbursable school meals and other foods and beverages sold or marketed to students during the school day will be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance.	X					X			Our schools are committed to offering healthy food options during the school day, and staff receive training on smart snack compliance. However, there is more leniency regarding food brought from home for meals and celebrations. As a result, the community has expressed a need for clearer guidelines to ensure consistent standards.
Provide opportunities for children to get physical activity every day.	Rocketship shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the amount of physical activity for all grades	X			X					We continue to ensure students have daily recess for playtime, in addition to physical activity during Physical Education classes and classroom breaks.
The community is engaged in supporting the work of Rocketship in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.	Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members. Rocketship will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.	X			X					Schools continue to incorporate mental wellness lessons into their curriculum, teaching students about emotional well-being.