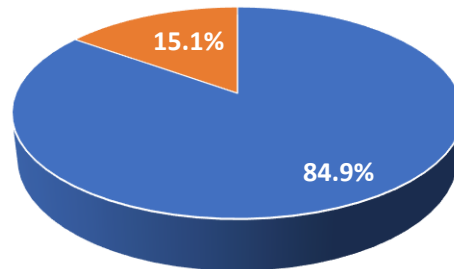
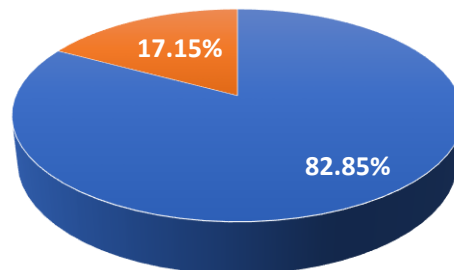

GARLAND ISD 2025-2026 WELLNESS ASSESSMENT

Our campus promotes healthy eating and nutritional messages with the use of Healthy Eating promotional activities.



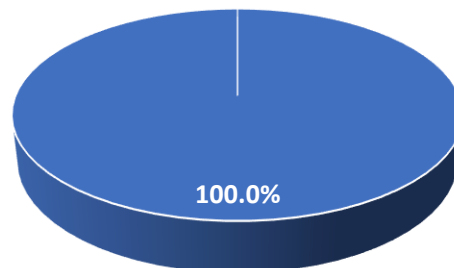
■ Yes ■ No

Our campus shares educational nutrition information with families, staff, and general public to positively influence the health of students and staff.



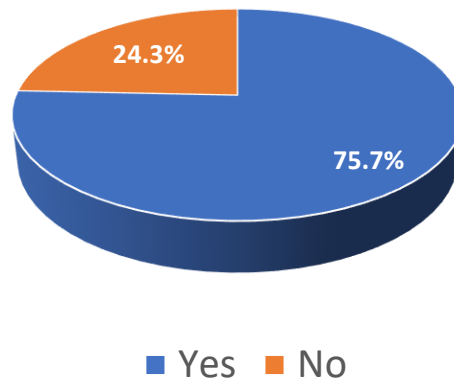
■ Yes ■ No

Our campus utilizes the CATCH Coordinated School Health Program. (Excludes High Schools)

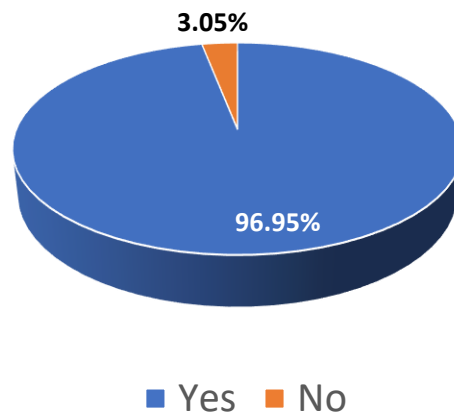


■ Yes ■ No

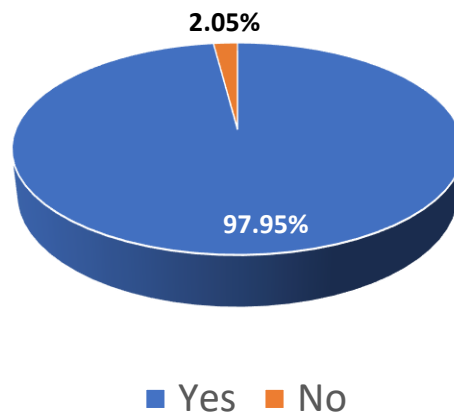
Nutrition education is provided to the general public at community events.



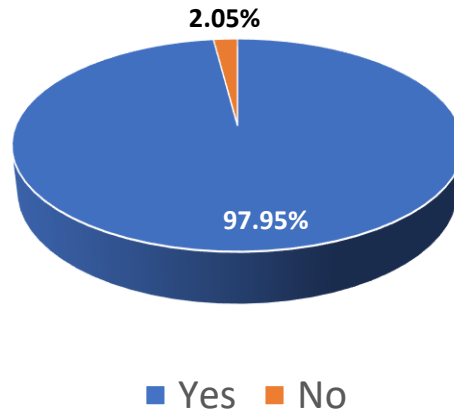
Food and Beverage advertisements depict only products that meet the federal guidelines for meals and competitive foods.



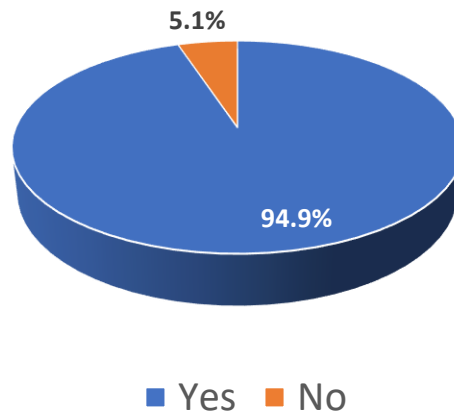
Students have sufficient time to eat school meals.



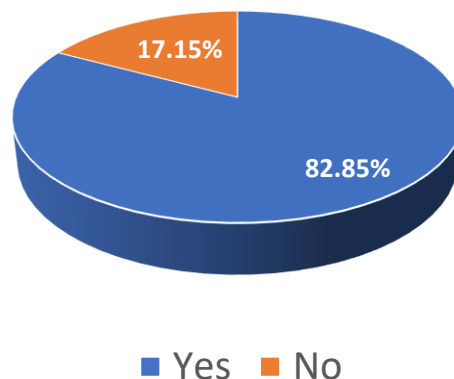
Health/physical education curriculum includes at least one nutrition component each grading period.



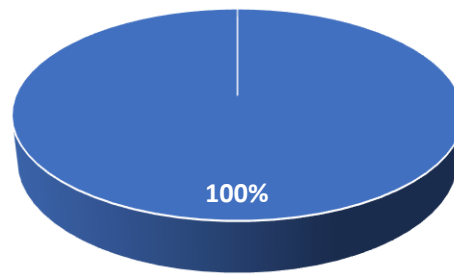
Our district has made nutrition education a district-wide priority? Example- Maintain nutrition information on the district website, nutrition education via media platforms, and educational fact sheets within the curriculum.



Our district has provided training to staff that are teaching a nutritional education program to be able to communicate sound nutrition messages.

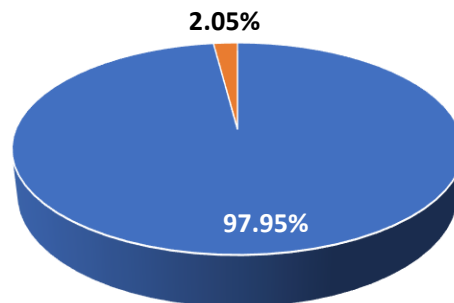


Our campus schedules allow us to meet TEA regulations on physical activity.



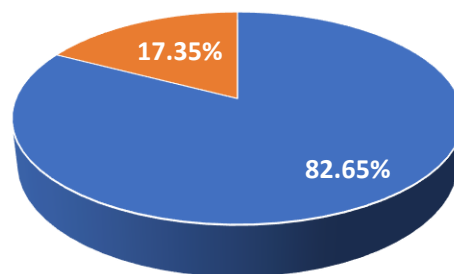
■ Yes ■ No

Our district provides training to staff on how to incorporate movement into the classroom environment.



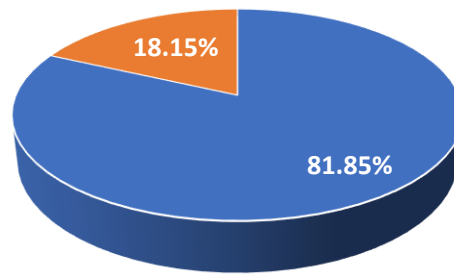
■ Yes ■ No

We offer before or after school physical activity. Examples- competitive sports, non-competitive sports, or other clubs.



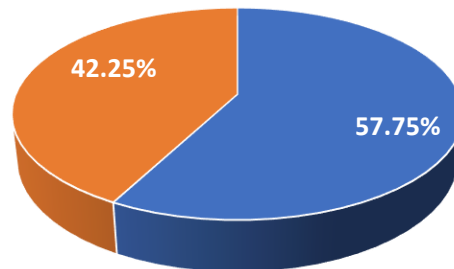
■ Yes ■ No

Staff are provided with physical activity programs. Examples- discount to gyms, walking paths, school usage.



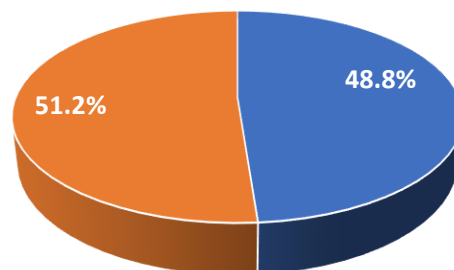
■ Yes ■ No

Our campus provides training and promotes enjoyable, life-long physical activity for students.



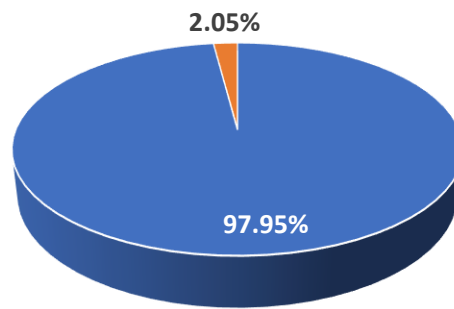
■ Yes ■ No

Our campus offers at least one physical activity at each health event to promote parents to become active role models.



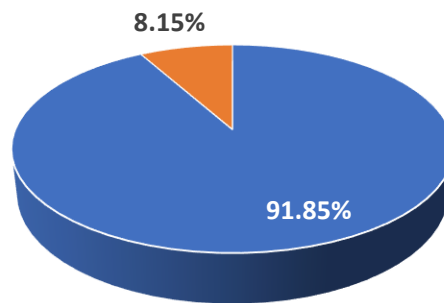
■ Yes ■ No

Our campus hosts at least one event each school year that includes parent/family involvement.



■ Yes ■ No

Our campus allows the use of our facilities to host physical activities and clubs.



■ Yes ■ No