

Findings and Recommendations 2017-2018

East Bernstadt Independent School Physical Activity and Nutrition Report Finding and Recommendations

Findings

Nutrition Environment:

- Continue to encourage students to take fresh fruits & vegetables
- Have students make input on menu items

Physical Activity Environment:

- School doesn't offer students opportunities to participate in physical activity before or after the school day
- All students are not provided physical activity breaks in class outside of P.E., recess, & class transition times

Recommendations

Nutrition Environment:

- Find unique and innovative means to encourage more fruits & vegetables consumption
- Consider the possibility of a student committee having taste testing and menu development

Physical Activity Environment:

- Students will have planned brain breaks opposite of recess.
- Students will begin the day with a school wide wake up activity
- Middle School students will walk back from lunch using the outside walkway