

Findings and Recommendations 2016-2017

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

Findings

Nutrition Environment:

School is not implementing Farm to School Programs
Students need encourage to take fresh vegetables

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:

Food Service Program will look into the Farm to School Program for the school
Find creative ways to display fresh vegetables to appeal to the student

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