Richardson ISD Wellness Policy Assessment

Richardson ISD SHAC Sub Committee - October 2026
Assessors' name(s): Lindsay Ledford, Ashley Jones, Summer Martin, Alissa Gustof

Nutrition Guidelines (1) During the normal school day:	Fully in Place	Partly in Place	Not in Place	Not Applicable
A. Only food items that meet USDA Smart Snacks in school nutrition standards are marketed on the school campus during the school day.	**2**	1	0	N/A
B. Nutrition information for all menu items is available on the district website and mobile app.	**2**	1	0	N/A
C. Health and PE department leads and chairs will collaborate with ALL areas to promote healthy eating behaviors.	**2**	1	0	N/A
D. Health curriculum team will embed health and nutrition lessons into K-8 Science curriculum.	2	1	**0**	N/A
E. Professional development is provided for PE, Health, and nutritional staff so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.	**2**	1	0	N/A
E. The District shall encourage local campuses to develop and implement activities to reinforce the nutrition education program and foster wellness practices. Principals are provided with tools to foster a positive wellness and nutritional environment	**2**	1	0	N/A

Total Score: 10/12 = 83%

Physical Activity (2) Physical activity is encouraged through:	Fully in Place	Partly in Place	Not in Place	Not Applicable
A. Provide at least 135 minutes a week of TEKS-based, structured physical education (PE), in grades K - 6	**2**	1	0	N/A
B. Provide at least 30 minutes of TEKS-based, structured physical education activity for students enrolled in physical education 7-12	**2**	1	0	N/A
C. Provide daily planned physical activity for students scheduled in competitive athletics in grades 7-12	**2**	1	0	N/A
D. Students K-5th grades will be provided with 30 minutes of recess.	**2**	1	0	N/A
E. Students in 6th grade, not in Middle Schools, will be provided with 15 minutes of recess, but preferred up to 30 minutes of recess.	**2**	1	0	N/A
F. Recess will not be used as a form of discipline or as a punishment.	**2**	1	0	N/A
G. Recess or other forms of unstructured physical activity is highly encouraged at middle schools and high school levels.	**2**	1	0	N/A

Total Score: 14/14 = 100%

Other School Based Activities (3) Wellness is encouraged through:	Fully in Place	Partly in Place	Not in Place	Not Applicable
A. Campuses will participate in at least 1 event: such as RISD Rides, 21 Day Challenge, PTA Healthy Lifestyles Month, or other district, city, and state provided various activities.	**2**	1	0	N/A

Other School Based Activities (3) Wellness is encouraged through:	Fully in Place	Partly in Place	Not in Place	Not Applicable
B. PE teachers will provide instruction in wellness activities such as tennis, basketball, golf aerobic exercise, weight training, and jump rope.	**2**	1	0	N/A
C PE teachers will provide out of school opportunities such as running clubs or pickleball tournaments	**2**	1	0	N/A
D. RISD SHAC, district, city and state provides opportunities for activities for families and communities.	**2**	1	0	N/A
E. Evaluate current meal times and work with campus administrators to adjust master schedules as necessary. (10 minutes for breakfast) (20 minutes for lunch once they are seated) (preferred 30 minutes for lunch)	**2**	1	0	N/A
F. Proactive steps will be taken to ensure the student's privacy and dignity at meal times.	**2**	1	0	N/A

Total Score: 12/12 = 100%