

WELLNESS POLICY IMPLEMENTATION & MEASUREMENT PLAN 2019-2020

Wellness Policy Mission Statement

The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities. The District shall develop nutritional guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, school administration, the board, parents, and the public.

Component 1: Nutrition Guidelines

Person Responsible: Nutrition and Food Service Executive Director

| Goal | Exceptional | Acceptable | Needs Improvement | Measures of Success |
|---|-------------|------------|-------------------|--|
| A la carte offerings will be determined by Nutrition and Food Service. | X | | | All a la carte items sold by the Nutrition and Food Service Department are documented as meeting USDA Smart Snack regulations. |
| All future food and beverage contracts shall consider the nutritional value of products and product decision making will be in collaboration with Nutrition and Food Service. | X | | | Nutrition and Food Service Department collaborates with the Purchasing Department for food and vending contracts. |
| All reimbursable meals served meet required standards of the USDA. | X | | | Menus are USDA certified. |
| Adhere to maximum exempt days (6) as established by USDA and TDA and must report those said days to Nutrition and Food Service. Exempt days allow the sale of ANY food/beverage with no restrictions on nutrient content. | X | | | Nutrition and Food Service documents reported exempt days for all secondary campuses. |

Component 2: Wellness Goals: Nutrition Promotion & Education

Person Responsible: PE & Health Coordinator, Nutrition & Food Service Executive Director

| Goal | Exceptional | Acceptable | Needs Improvement | Measures of Success |
|---|-------------|------------|-------------------|---|
| Nutrition education links with school meal programs, other school foods, and nutrition-related community services. | x | | | Healthy eating posters displayed in school cafeterias & gymnasiums Nutrition and Food Service Department website link to National School Breakfast and Lunch programs |
| Nutrition education includes enjoyable, developmentally- appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, and school gardens. | x | | | All schools participate in the National School Breakfast and Lunch programs Students participate in TDA sponsored poster contests School gardens at multiple school campuses |
| Nutrition education will be integrated into other areas of the curriculum as appropriate. | x | | | Science classes conduct labs regarding the nutritional content of different foods. CATCH curriculum is used to teach nutrition education. Discovering My Plate & Farm to School educational programs are offered and conducted throughout the year by Nutrition and Food Service. |
| Professional Development is provided so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program. | | x | | All staff delivering nutrition education programs are appropriately trained to facilitate classes, including PE and health teachers, and nutrition and food service staff. |

Component 3: Wellness Goals: Physical Activity

Person Responsible: PE & Health Coordinator

| Goal | Exceptional | Acceptable | Needs Improvement | Measures of Success |
|--|-------------|------------|-------------------|---|
| Schools will require fitness assessment for all students enrolled in physical education or PE equivalent in grades three (3) through twelve (12) using the Fitnessgram. | x | | | All students in grades 3-12 that are enrolled in a PE/PE equivalent test annually. |
| Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs. | x | | | CATCH Nights, Fun Runs, Read, Deed & Run, full range of UIL athletics, Fishing Club, Marching Band, Cheerleading, Dance, etc. Students engage in the YMCA after school activities. |
| Time allotted for physical activity will be consistent with research and state standards. | x | | | Students enrolled in a PE or PE equivalent class meet state mandated credit and time requirements |
| Elementary school children must have the opportunity to participate in regular periods of active, free play with peers (recess). | x | | | Every elementary campus provides a minimum of 20 minutes daily for recess |
| Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events. | x | | | CATCH nights, Family Fun Runs, Family Fun and Fitness Night |
| Schools will implement physical activities from the CATCH Curriculum for students Kindergarten through grade 8. | x | | | CATCH curriculum materials and ideas shared regularly grades K-8 by PE teachers |

Component 3: Wellness Goals: Physical Activity

Person Responsible: PE & Health Coordinator

| Goal | Exceptional | Acceptable | Needs Improvement | Measures of Success |
|---|--------------------|-------------------|--------------------------|---|
| <p>Schools provide professional development and appropriate training to enable teachers and other school staff to promote enjoyable, lifelong physical activity among students.</p> | <p>x</p> | | | <p>Staff development twice yearly for all physical education and health staff. CPR & AED training required annually by all physical education and health staff. Professional Learning Communities are available for staff throughout the school year.</p> |
| <p>Students, parents, staff, and community members are encouraged to use District recreational facilities, such as tracks, playgrounds, etc.</p> | | <p>x</p> | | <p>Recreational facilities, such as SPARK parks, are available throughout the district outside of school hours.</p> |

Component 4: Other School Based and Community Based Activities to Promote Wellness

Person Responsible: PE & Health Coordinator, Nutrition & Food Service Executive Director


| Goal | Exemplary | Acceptable | Needs Improvement | Measures of Success |
|--|-----------|------------|-------------------|--|
| The campus will ensure adequate time for students to enjoy eating healthy foods in a clean, safe, and comfortable environment. | X | | | Adequate time to eat is given to students. Campus cafeterias and other eating areas are well maintained and monitored. |
| Wellness is promoted for students and their families at suitable District and campus activities. | X | | | Nutrition and Food Services offers the supper program at qualifying campuses after school. All meals meet USDA/TDA guidelines and promote health and wellness. |
| Wellness is promoted for employees at suitable District and campus activities. | X | | | Risk Management Department communicated health and wellness related opportunities for all staff. |

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