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| Corsicana ISD |  |
| 175903 |  |
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| STUDENT WELFARE | FFA |
| WELLNESS AND HEALTH SERVICES | (LOCAL) |

**WELLNESS PLAN**

The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity.

Development, Implementation, and Review of Guidelines and Goals

[See EHAA for information regarding the District’s coordinated school health program.]

The local school health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District’s food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public.

Wellness Plan

[See BDF for required membership of the SHAC.]

The SHAC shall develop a wellness plan to implement the District’s nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals;
4. The District’s standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
5. The manner of communicating to the public applicable information about the District’s wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

Nutrition Guidelines

Foods and Beverages Sold

Foods and Beverages Provided

The District’s nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules. [See CO and FJ]

The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the District’s wellness plan.

Wellness Goals

Nutrition Promotion and Education

The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. [See EHAA] The District’s nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.

The District establishes the following goals for nutrition promotion:

1. The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
2. The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

Physical Activity

The District establishes the following goal for nutrition education: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]

The District establishes the following goals for physical activity:

1. The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

Other School-Based Activities

1. The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities:

1. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
2. The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Implementation

Evaluation

The Superintendent shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

Public Notification

The District shall comply with federal requirements for evaluating this policy and the wellness plan.

Records Retention

The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.

The District shall retain all the required records associated with the wellness policy, in accordance with law and the District’s records management program. [See CPC and FFA(LEGAL)]

**WELLNESS GOALS for Wellness Plan**

**NUTRITION PROMOTION**

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District’s nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District.

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition promotion.

*[Coordinate the goals listed in this section with those listed in FFA(LOCAL). The remaining sections of this template list two objectives under each goal along with a column for action steps and another column reflecting the methods for measuring implementation. Revise the tables and contents according to the District’s needs.]*

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| **GOAL:** The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings. |
| **Objective 1: Increase percentage of students eating breakfast to 85%**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| Students, who arrive tardy, will be able to pick up a sack breakfast from the cafeteria.2 options for breakfast were available at all campuses. | Baseline or benchmark data points:* Compare % to previous years

Resources needed:* Sack breakfast available for tardy students

Obstacles:* Student missing class time
* Personnel
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| **Objective 2: Increase the number of Socioeconomic forms that are turned into district** |
| **Action Steps** | **Methods for Measuring Implementation** |
| Education of Parents re: importance of completion of Socioeconomic formCISD to continue to participate in Community Eligibility Provision  | Baseline or benchmark data points:* Compare % to previous years

Resources needed:* Education of parents

Obstacles:* Parents not filling form out or not filling it out correctly
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| **GOAL:** The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.  |
| **Objective 1: Breakfast and Lunch menus will contain educational information** |
| **Action Steps** | **Methods for Measuring Implementation** |
| Menus at the elementary campuses will contain educational information.Menus will be sent home with each student each month.Menus posted on the CISD website | Baseline or benchmark data points: * Compare to previous year

Resources needed:* Paper and Ink
* Posting on website

Obstacles:* Cost of paper/ink and personnel time to make copies
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| **Objective 2: Teachers will be role models to elementary students by eating breakfast with students in the classroom or discussing importance of breakfast with their class.** |
| **Action Steps** | **Methods for Measuring Implementation** |
| Information will be presented to teachers during faculty meetings about the importance of teachers being a role model for the students during breakfast time.Information sheet inside breakfast bag to remind staff of importance of breakfast.Guidelines to complete paperwork for reimbursable meals. | Baseline or benchmark data points:* Child nutrition staff to develop information

Resources needed:* Time in faculty meeting
* Information sheet being developed

Obstacles:* Time of staff
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**NUTRITION EDUCATION**

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a nutrition services and health education component at the elementary and middle school levels. [See EHAA]

*[Describe how the District implements the state-required coordinated health program component of nutrition education by listing one of the current TEA-approved coordinated school health programs, and describing the setting in which the program is offered.]* In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition education.

*[Coordinate the goals listed in this section with those listed in FFA(LOCAL).]*

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| **GOAL:** The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.  |
| **Objective 1: Share Table will be implemented** |
| **Action Steps** | **Methods for Measuring Implementation** |
| Students will place unwanted and unopened food on a table in the classroom or cafeteria.Students may take an extra serving off share table to eat during mealtime or to take home.Instructions to faculty about guidelines of share table. | Baseline or benchmark data points:* Not currently being done district wide

Resources needed:* Education to teachers about Share table guidelines
* Procedure established for Share table

Obstacles:* Table for items and place to keep milk cold
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| **Objective 2: Healthy Eating Curriculum shared with K-5th grade** |
| **Action Steps** | **Methods for Measuring Implementation** |
| Use of Healthy Eating Modules in Quaver Education Curriculum. | Baseline or benchmark data points:* PE coaches or Nurses will present curriculum in person or through recorded videos in Canbsd

Resources needed:* Access to Quaver Ed

Obstacles:* Time away from job and class
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The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]

**PHYSICAL ACTIVITY**

***[Include below how the District will meet the requirements for physical activity as mandated by Education Code 28.002(l)–(l-1), e.g., 30 minutes of daily recess in elementary school grades, a requirement for students at the middle school level to enroll in a physical education or athletics course for at least four semesters, etc.]*** 

Federal law requires that the District establish goals for physical activity in its wellness policy.

In accordance with FFA(LOCAL), the District has established the following goal(s) for physical activity. ***[Coordinate the goals listed in this section with those listed in FFA(LOCAL).]***

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| **GOAL:** The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports. |
| **Objective 1: Schools will provide age appropriate fitness activities that meet state standards** |
| **Action Steps** | **Methods for Measuring Implementation** |
| * PE coaches will indicate TEKS being meet in lesson plans
* Schools will follow time requirements for physical activity to align with best practice and state requirements
* Student’s will be able to attend PE at least 2 times per week
 | Baseline or benchmark data points:* Lesson plans
* Master schedule

Resources needed:* Knowledge of what TEKS are required
* Knowledge of what state requirements are for PE
* Instructions to faculty re: importance of how physical activity enhances learning

Obstacles: * Time constraints
* Faculty understanding need of physical activity
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| **Objective 2: Pre K & Elementary campuses will provide daily recess.**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| * Recess will be 20 minutes in length
* Students will not be made to sit out for consequences of behavior
* In inclement weather-recess will be held indoors
 | Baseline or benchmark data points:* Master schedule

Resources needed:* Knowledge of importance of recess
* Other options instead of a child sitting out at recess
* Weather guidelines
* Indoor recess activities

Obstacles:* Perception that recess is not important
* Teacher and administrator professional development and understanding
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| **GOAL:** The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events. |
| **Objective 1: The district will provide opportunities to educate parents/guardians about importance of physical activity and activities to promote physical activity in their family** |
| **Action Steps** | **Methods for Measuring Implementation** |
| * Participate in Parent Sessions
* Information available at Back to School Rally
* Information on website 2x/school year
 | Baseline or benchmark data points:* Events posted on CISD calendar

Resources needed:* Presenters for Parent Sessions
* Information for Website
* Communicating to parents about the Parent Sessions

Obstacles:* Parental interest in understanding importance of physical education
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| **Objective 2: The district will partner with the YMCA at the Jingle Bell Jog, a community wide jog/walk event**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| * Encourage students and parents to participate
* Students to begin walk/jog log in PE
* Competition among campuses about number of students participating in walk/jog
* Incentives to students
 | Baseline or benchmark data points:* Each campus will have 25 students/parents participating

Resources needed:* Logs for PE
* Publicity of event
* Campuses to promote

Obstacles:* Cost of incentives
* Cost of entry
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**SCHOOL-BASED ACTIVITIES**

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness.

In accordance with FFA(LOCAL), the District has established the following goal(s) as part of its student wellness policy to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.***[Coordinate the goals listed in this section with those listed in FFA(LOCAL).]***

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| **GOAL:** The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. |
| **Objective 1: Campuses will allow at least 20 minutes for breakfast and 30 minutes for lunch** |
| **Action Steps** | **Methods for Measuring Implementation** |
| Campus Administrators will build the adequate time into master schedule | Baseline or benchmark data points:* Master Schedule

Resources needed:* Education of importance of meals

Obstacles:* Needing more class time
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| **Objective 2: The district will take steps to ensure the cafeteria is a safe, clean and comfortable environment.** |
| **Action Steps** | **Methods for Measuring Implementation** |
| Rating of CISD cafeterias from the Health Inspector will be between 95-100%Cafeteria staff will continue following State guidelines for training and licensingCustodial staff and Faculty on duty in cafeteriaChildren with food allergies will not be allowed to consume food that contains allergen | Baseline or benchmark data points:* Health Inspector Report
* Training and License available
* Faculty assignments
* Food allergy posted in computer program in cafeteria

Resources needed:* Education of what is required of Health Inspector
* Training for cafeteria staff
* Faculty coverage
* Doctor note indicating allergy
* Personnel to enter food allergy into computer program in cafeteria

Obstacles:* Time for training
* Possible need for additional staff on duty
* Cafeteria staff not seeing food allergy posted in computer program
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| **GOAL:** The District shall promote employee wellness activities and involvement at suitable District and campus activities. |
| **Objective 1: District will encourage faculty to participate in annual health and wellness activities** |
| **Action Steps** | **Methods for Measuring Implementation** |
| Participation in Walk/Jog eventBiggest Loser Competition will be held for all faculty of CISD to participate | Baseline or benchmark data points:* faculty members, from each campus, will participate in the Jingle Bell Jog

Resources needed:* Publicity re: events
* Incentives

Obstacles:* Walk/Jog Event on a Saturday
* Knowledge re: importance of healthy living
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| **Objective 2: The District will utilize its health insurance provider to encourage wellness by communicating the preventative services covered at 100%.** |
| **Action Steps** | **Methods for Measuring Implementation** |
| Flu shots available every year to faculty at CISD campusesInformation available to staff re: preventative services via email, website or staff meetings | Baseline or benchmark data points:* Compare to last year the number of faculty members that participated in flu vaccines given at CISD.
* 4 information emails/website updates/faculty meetings available to faculty per school year promoting preventative services

Resources needed:* Publicity of dates of flu shots

Obstacles: * Incorrect information re: flu vaccines
* Faculty knowledge re: importance of preventative services
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