

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.

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

**DEVELOPMENT,
IMPLEMENTATION,
AND REVIEW OF
GUIDELINES AND
GOALS**

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.

[See BDF for required membership of the SHAC.]

WELLNESS PLAN 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**

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]

**FOODS AND
BEVERAGES
PROVIDED**

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.

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.

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

OTHER SCHOOL-BASED ACTIVITIES 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 The Superintendent shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

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

PUBLIC NOTIFICATION 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.

RECORDS RETENTION 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(LLEGAL)]

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.]

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 elementary students eating breakfast to 85% by 5-2018	
Action Steps	Methods for Measuring Implementation
<p>Beginning Fall of 2018, students who arrive tardy, will be able to pick up a sack breakfast from the cafeteria.</p> <p>Spring of 2018, 2 options for breakfast were available at all campuses.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • As of 11-2017-75% <p>Resources needed:</p> <ul style="list-style-type: none"> • Sack breakfast available for tardy students <p>Obstacles:</p> <ul style="list-style-type: none"> • student missing class time • Personnel
Objective 2: Decrease by 25% the number of students that will receive an alternate lunch if more than 3 days of charges has occurred.	
Action Steps	Methods for Measuring Implementation
<p>Free & Reduced lunch forms and online applications made available to new students enrolling beginning 7-9-2018.</p> <p>Information about free & reduced meals available at PreK and Kinder round ups in the Spring</p> <p>Child Nutrition staff will be available at Back to School Rally, Backpacks of Love and Meet the teacher night to assist families in filling out forms correctly.</p>	<p>Baseline or benchmark data points:</p> <p>Dec 2017-305 students with charges that exceed the 3 day limit</p> <p>Resources needed:</p> <p>Extra Personnel to enter applications into computer system</p> <p>Obstacles:</p> <p>Parents not filling form out or not filling it out correctly</p>

Lunch applications will be entered into computer system as soon as possible but maximum time is 10 days per Texas Dept. of Agriculture guidelines.	New students that enroll over the summer put into TxEIS then into Nutrikids before the first day of school.
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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
Beginning 2018-2019 school year, menus at the elementary campuses will contain educational information and will be sent home with each student each month.	Baseline or benchmark data points: <ul style="list-style-type: none"> Currently not being done Resources needed: <ul style="list-style-type: none"> Paper and Ink Obstacles: <ul style="list-style-type: none"> Cost of paper/ink and personnel time to make copies
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.	Baseline or benchmark data points: <ul style="list-style-type: none"> Faculty meeting will be beginning of 2018-2019 school year Resources needed: <ul style="list-style-type: none"> Time in faculty meeting Information sheet being developed Obstacles: <ul style="list-style-type: none"> Time of staff

**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).]

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: Share Table will be established beginning of 2018-2019 school year	
Action Steps	Methods for Measuring Implementation
<p>Students will place unwanted and unopened food on a table in the classroom or cafeteria.</p> <p>Students may take an extra serving off share table to eat during mealtime or to take home.</p> <p>Instructions to faculty about guidelines of share table.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Not currently being done district wide <p>Resources needed:</p> <ul style="list-style-type: none"> • Education to teachers about Share table guidelines • Procedure established for Share table <p>Obstacles:</p> <ul style="list-style-type: none"> • Table for items and place to keep milk cold
Objective 2: Cafeteria staff and CHS classes that teach culinary arts&/or nutrition and wellness will teach importance of healthy eating to 2nd graders of CISD beginning 2018-2019 school year	
Action Steps	Methods for Measuring Implementation
<p>Classes will teach importance of healthy eating.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Currently not being done, sign in sheet will be provided for each class taught <p>Resources needed:</p> <ul style="list-style-type: none"> • educational information <p>Obstacles:</p> <ul style="list-style-type: none"> • Time away from job and class

**PHYSICAL
ACTIVITY**

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]

[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).]***

<p>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.</p>	
<p>Objective 1: Schools will provide age appropriate fitness activities that meet state standards</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> ● 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 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Lesson plans ● Master schedule <p>Resources needed:</p> <ul style="list-style-type: none"> ● 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 <p>Obstacles:</p> <ul style="list-style-type: none"> ● Time constraints ● Faculty understanding need of physical activity
<p>Objective 2: Pre K & Elementary campuses will provide daily recess.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> ● Recess will be 20 minutes in length ● Students will not be made to sit out for consequences of behavior 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Master schedule <p>Resources needed:</p> <ul style="list-style-type: none"> ● Knowledge of importance of recess

<ul style="list-style-type: none"> ● In inclement weather-recess will be held indoors 	<ul style="list-style-type: none"> ● Other options instead of a child sitting out at recess ● Weather guidelines ● Indoor recess activities <p>Obstacles:</p> <ul style="list-style-type: none"> ● Perception that recess is not important ● Teacher and administrator professional development and understanding
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<p>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.</p>	
<p>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</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> ● Participate in Parent Sessions ● Information available at Back to School Rally ● Information on website 2x/school year 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Events posted on CISD calendar <p>Resources needed:</p> <ul style="list-style-type: none"> ● Presenters for Parent Sessions ● Information for Website ● Communicating to parents about the Parent Sessions <p>Obstacles:</p> <ul style="list-style-type: none"> ● Parental interest in understanding importance of physical education
<p>Objective 2: The district will partner with the YMCA at the Jingle Bell Jog, a community wide jog/walk event</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> ● 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 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Each campus will have 25 students/parents participating <p>Resources needed:</p> <ul style="list-style-type: none"> ● Logs for PE ● Publicity of event

	<ul style="list-style-type: none"> ● Campuses to promote Obstacles: <ul style="list-style-type: none"> ● 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).]***

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: <ul style="list-style-type: none"> ● Master Schedule Resources needed: <ul style="list-style-type: none"> ● Education of importance of meals Obstacles: <ul style="list-style-type: none"> ● Needing more class time
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 licensing Custodial staff and Faculty on duty in cafeteria Children with food allergies will not be allowed to consume food that contains allergen	Baseline or benchmark data points: <ul style="list-style-type: none"> ● Health Inspector Report ● Training and License available ● Faculty assignments ● Food allergy posted in Nutri Kids program Resources needed: <ul style="list-style-type: none"> ● Education of what is required of Health Inspector

	<ul style="list-style-type: none"> ● Training for cafeteria staff ● Faculty coverage ● Doctor note indicating allergy ● Personnel to enter food allergy into Nutri Kids program <p>Obstacles:</p> <ul style="list-style-type: none"> ● Time for training ● Possible need for additional staff on duty ● Cafeteria staff not seeing food allergy posted in Nutri Kids 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
<p>Participation in Walk/Jog event</p> <p>Biggest Loser Competition will be held for all faculty of CISD to participate</p> <p>List of Fitness Centers and Cost available to staff</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● 25% faculty members, from each campus, will participate in the Jingle Bell Jog <p>Resources needed:</p> <ul style="list-style-type: none"> ● Publicity re: events ● Incentives ● Names of Fitness Centers and cost <p>Obstacles:</p> <ul style="list-style-type: none"> ● Walk/Jog Event on a Saturday ● Knowledge re: importance of healthy living ● Cost of Fitness Center membership

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
<p>Flu shots available every year to faculty at CISD campuses</p> <p>Annual lab draws at each campus</p> <p>Information available to staff re: preventative services via email, website or staff meetings</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● 2018-2019-316 faculty participated in flu vaccines given at CISD. ● 2019-2020-50% of faculty getting flu shot while provider is at CISD ● 2018-2019-228 Faculty participated in the Annual lab draws. 2019-2020-increase by 10% ● 4 information emails/website updates/faculty meetings available to faculty per school year promoting preventative services <p>Resources needed:</p> <ul style="list-style-type: none"> ● Publicity of dates of flu shots ● List of preventative services covered by insurance <p>Obstacles:</p> <ul style="list-style-type: none"> ● Incorrect information re: flu vaccines ● Faculty knowledge re: importance of preventative services