**Nacogdoches Wellness Policy/Plan Self-Audit**

**BOLDED is what the District put into the local wellness policy.**

Others are extra goals that the district may choose to do.

**WELLNESS PLAN**

FFA (LOCAL): “The SHAC shall develop a wellness plan to implement the District’s nutrition guidelines and wellness goals. The plan shall at a minimum address:“

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| **(LOCAL) policy requirements***(Required)* | **Plan for implementation** | **Implementation stage** |
| **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 Districts standards for foods and beverages provided, but not sold, to students during the school day on a school campus.** |  |  |
| **5. The manner of communicating to the public applicable information about the Districts wellness policy and plan.** |  |  |

**Goals for Nutrition Promotion and Education**

FFA (LOCAL): “The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component.

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| **(LOCAL) policy requirements** | **Plan for implementation** | **Implementation stage** |
| **1. The Districts nutrition promotion activities shall encourage participation in the National School Lunch Program, School Breakfast Program, After School Snack Program, and Summer Food Program.** |  |  |
| **2. The Districts food service staff, teachers, and other district personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.** |  |  |
| 3. The District shall share educational information with families and the general public to promote healthy nutrition choices and positively influence the health of students. |  |  |
| 4. The District shall ensure that food and beverage advertisements accessible to students outside if school hours on District property contain only products that meet the federal guidelines for competitive foods. |  |  |
| **5. The district shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors**. |  |  |
| 6. The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program. |  |  |
| 7. The District shall establish and maintain school gardens and farm-to-school programs. |  |  |

**Goals for Physical Activity**

FFA (LOCAL): ““The District shall implement, in accordance with law, a coordinated school health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.

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| **(LOCAL) policy requirements** | **Plan for implementation** | **Implementation stage** |
| **1. The District shall provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports**. | Recess!! (With lots of equipment provided for students to play games) |  |
| 2. The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate. |  |  |
| 4. The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate. |  |  |
| 5. The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for themselves and students. | Exercise ideas through emailChecklist for wellness activities (w/ prize for completion) | Sporadically |
| 6. The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events. | Great Body ShopTDA Handouts |  |
| 7. The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities such as tracks and playgrounds that are available outside the school day. [See GKD] |  |  |
| 8. Other \_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |

**Goals for School-based Activities**

FFA (LOCAL): “The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message . . . .”

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| **(LOCAL) policy requirements** | **Plan for implementation** | **Implementation stage** |
| **1. Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.** | Principals review lunch schedules to insure enough time to eat is given in the schedule. | Annually  |
| 2. Wellness for students and their families shall be promoted at suitable school activities. |  |  |
| 3. Employee wellness education and involvement shall be promoted at suitable school activities. |  |  |
| 4. Other \_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |