



Preamble

Eastland ISD is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe

and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through recess, physical activity breaks, high-quality physical education and extracurricular activities do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This plan outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this plan establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This plan applies to all students, staff and schools in the District. Specific measurable goals and outcomes are identified within each section below.

I. School Wellness Committee

Committee Role and Membership

The District will convene a representative district School Health Advisory Committee (SHAC) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including

development, implementation and periodic review and update of this district-level wellness plan.

The SHAC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program, physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, assistant principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the SHAC will include representatives from each school building and reflect the diversity of the community.

Leadership

The School Nurse will convene the SHAC and facilitate development of and updates to the wellness plan, and will ensure each school’s compliance with the plan.

The designated official for oversight is Jeremy Williams, Assistant Superintendent.

Name	Title Relationship to the School or District
Madison Mazza	Parent
Lindsey McGaha	Parent
Dara Norris	Parent
Janie Ramirez	Parent
Evelyn Ramirez	Parent
Alyssa Brightman	School Health
Kayleigh Bates	Nurse
Cala Willis	Food Service Director
Amber Daskevich	Parent/School Health
Kurt Johnson	PE Teacher
Bobbie Jarvis	School Health
Leticia Morales	Parent
Megan Smith	Parent
James Morton	Athletic Director

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness plan.

This wellness policy and plan can be found on the districts website on the wellness page at: <https://www.eastlandisd.net>

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness plan at the Eastland Administration. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the plan has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Plan; including an indication of who is involved in the update
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness plan;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Plan has been made available to the public.

Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this plan, including its content, any updates to the plan and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness plan to assess the implementation of the plan and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness plan;
- A description of the progress made in attaining the goals of the District's wellness plan.

The position/person responsible for managing the triennial assessment and contact information is Jeremy Williams, Assistant Superintendent.

The SHAC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The 1st assessment/evaluation of this plan will happen in May the 2018/2019 school year.

Revisions and Updating the Policy

The SHAC will update or modify the wellness plan based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness plan will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness plan. The District will actively communicate ways in which representatives of SHAC and others can participate in the development, implementation and periodic review and update of the wellness plan through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness plan, as well as how to get involved and support the plan. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness plan annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

The District is committed to serving healthy meals to children that are in compliance with federal regulations. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

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

- Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable. A pleasant cafeteria environment will be maintained that is conducive to students eating, while allowing for socialization.

Nutrition Guidelines

The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods sold on campus during the school day meet the federal regulations for Smart Snacks. These standards apply in all locations and through all services where foods and beverages are sold, which may include but are not limited to ala carte options in cafeterias, vending machines, school stores and fundraising sales.

Wellness Goals

- The District child nutrition program will accommodate students with special dietary needs with a signed note from their physician
- Students will be allowed at least 15 minutes to eat breakfast and at least 20 minutes to eat lunch; counting from the time they have received their meal and are seated as possible. Students are served lunch at a reasonable and appropriate time of day
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school
- All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs.

Nutrition Education

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall ensure that the health course curriculum Texas Essential Knowledge and Skills (TEKS) related to nutrition is taught.

Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors. The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, and school gardens;
- Promotes fruits, vegetables, whole-grain products, and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Focuses on March as Nutritional Awareness Month
- Focuses on a Nutrition Day
- Includes nutrition education training for teachers and other staff.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes. Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages

According to federal guidelines, the school day is defined as midnight the day prior until 30 minutes after the end of the last class period.

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health

and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools is available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Fundraising

A fundraiser is an event that includes any activity during which currency, tokens, tickets, donation for, or other forms of payment are exchanged for the sale or purchase of a product.

There is no limit on fundraisers for foods and beverages that meet or exceed the USDA Smart Snacks in Schools Nutrition Standards. Any food and/or beverage item that meets the standards may be sold on the school campus during the school day. For more information refer to the following USDA flyer: http://www.squaremeals.org/Portals/8/files/SmartSnacks/Fundraisers_FactSheet.pdf

Exempt Fundraisers: EISD campuses may sell food and/or beverages as part of a fundraiser that do not meet the Competitive Foods Nutritional Standards during the school day for up to six (6) days per school year on each school campus. Food and/or beverages sold during an exempt fundraiser must not be sold in competition with school meals service or consumed in the school meal service area.

Concession Stands or Other Events Where Food and/or Beverages Are sold during the School Day. Foods and/or beverages sold to students at concession stands or other events must meet the Competitive Food and Beverage Nutrition Standards if the sale occurs during the school day on the school campus as defined in this section.

Foods and Beverages Provided

There are no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. However, each school district must set its own standards. The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function

Generally, only a parent or guardian may deliver outside food to his/her student only. However, a parent or guardian may designate another person to deliver outside food to his/her student by calling or emailing the appropriate campus office in advance. Each call or email made for this purpose shall be applicable to one delivery for one day only. Deliveries made by someone other than a parent or guardian and without telephone or email permission for that day will not be accepted. Food should be delivered to the front office. The office staff will ensure that the food is delivered to the student prior to their lunch period. Student should remain in the classroom until the lunch period to pick up their lunch.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness guidelines. The SHAC committee is dedicated to annually reviewing the campuses and areas in which students have access during the school day in order to make recommendations to the district about renewal of contracts when appropriate. Other goals the SHAC committee have put in place are having healthy eating posters visible, nutritional information on the website with the menu, and information sent home about healthy eating.

IV. Physical Activity

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.

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. The District provides classes such as Band, Athletic Training, and Strength and Conditioning as alternatives to athletics or PE.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All K-5th students will receive physical education for at least 135 minutes per week throughout the school year.

All 6th grade students are required to take 1 academic year of physical education.

All 7th and 8th grade students are required to take the equivalent of one academic year of physical education.

All high school students are required to take the equivalent of one academic year of physical education.

The District's physical education program will promote student physical fitness through individualized fitness and activity assessments (via FitnessGram) and will use criterion-based reporting for each student.

- *Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class*
- *All physical education teachers will be required to participate in at least a once a year professional development in education*
- *All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education*
- *The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports*

Recess (Elementary)

All elementary schools will offer at least **30 minutes of recess** on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students

are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/time frame before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

IV. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complimentary of the wellness plan, including but not limited to ensuring the involvement of the SHAC. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts. Staff in Eastland ISD also participates in annual training for administration in use of AED as well as epi-pens, signs of life-threatening allergic reactions, suicide prevention, mental health concerns such as anorexia, substance abuse and dating violence.

Staff Qualifications

All nutrition program directors, managers and staff will meet hiring and annual continuing education/training requirements. Directors will receive 12 hours per year, Managers will receive 10 hours per year and all other staff will receive 6 hours per year.

V. Health Education

To complement the promotion of health and wellness in the District, Eastland ISD will teach students at all school levels about the negative health consequences related to tobacco use, drug use, alcohol use, and the use of performance-enhancing drugs. The district will support all mandates from the state such as CPR for graduating seniors, and fitness gram for grades 3-12.

The District will include in the health education curriculum the following essential topics:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active

- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

IV. Healthy and Safe School Environment

The District commits to supporting a healthy and safe school environment in all grades throughout the school district. Included in these expectations are the physical and aesthetic surroundings, the psychosocial climate and culture of each school. The factors that influence the physical environment include the school building, surrounding areas and anything present that create a safety hazard, including air quality in each school. The most important social condition of the schools can affect the psychological environment and can emotionally affect the well being of students and staff.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs. The physical environment can either support or hinder student achievement. Research suggests that stress and perceptions of fear among students greatly reduce academic performance. Students have been shown to perform better in facilities that are attractive, functional, safe and secure.

A healthy school environment should include:

- A feeling of support by students from administrators, teachers and peers to reach their full potential
- A safe environment free from drugs and weapons
- A positive affiliation with the school environment by the student population
- Acknowledgement that students are more likely to remain academically engaged and less likely to be involved in misconduct at school
- Identification of each campus as a safe haven for students and staff. In an effort to improve upon school safety and security, Texas has enacted legislation addressing requirements pertaining to school-base emergency planning and other areas impacting the daily school environment (e.g., bullying, sexting, school violence)

- Components of district plans and decision making, Texas Education Code (11.252) not only related to evaluating and improving student academic achievement, but requires districts to adopt special programs addressing suicide prevention, dyslexia
- Epinephrine policy that includes Epinephrine pens on each campus as well as pens to have on off campus events
- Strong communication between the parents and teachers/nurses about food and environmental allergies
- Encouragement for student to be their own health advocates

Student and Staff Health Services

The District supports a school nurse on the Siebert Campus. The primary purpose of the nurse is to implement comprehensive programs of health services and strengthen and facilitate the educational process by improving and protecting the health status of students/ staff. Nurses identify and assist in the removal or modification of health related barriers to learning and promote health education and preventative health practices for students, faculty and staff. The District adheres to the immunization requirements of students according to TDSHS. The SHAC recommends that the District address the wellness and health services.

UIL/Cheerleading Participation

A student desiring to participate in the UIL athletic program or cheerleading shall submit a statement from a health care provider authorized under UIL rules indicating that the student has been examined and is physically able to participate in the athletic program or cheerleading. This examination is required on a biennial basis for all grades 7-12th prior to participating in UIL activities and must be completed on the Pre participation Exam form (PPE). It is recommended that band students also have physicals. It is also highly encouraged that parents communicate any pre-existing conditions to the directors or coaches of these organizations or teams.