

Como-Pickton CISD

Wellness Plan

Purpose: To establish a policy that addresses nutrition education goals, physical activity goals, nutrition standards for all foods available on school campuses during the school day when school is in session and other school-based activity goals designed to promote student wellness and maintain a healthy lifestyle.

Development of guidelines and goals: The District shall develop nutrition 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.

Overview of Goals

- The primary goal of the nutrition education component is to influence students' eating behaviors. All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime.
- The primary goal for CPCISD physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long term benefits of a physically active and healthy lifestyle.
- The primary goal for CPCISD nutrition guidelines component is to ensure that school meals meet the program requirements and nutrition standards.
- The primary goal for CPCISD's wellness component is to create and maintain a school environment that provides consistent information and activities that promote wellness and are conducive to a healthy lifestyle

Activities to Promote Nutrition Education

The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition. The goal of the nutrition education program is to promote healthy eating habits by influencing eating behaviors.

- The Coordinated Approach to Child Health (CATCH) curriculum will be implemented at Como-Pickton Elementary
- The District shall discourage using food as a reward in the classroom.
- Students will be encouraged to eat a healthy breakfast and learn to choose healthy foods.
- Faculty and staff will receive Wellness Education information throughout the school year
- The Food Service Staff, teachers and other school personnel shall coordinate the promotion of nutritional messages in the cafeteria, the classroom and other appropriate settings.

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.

Activities to Promote Physical Activity

- 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.
- Physical education classes shall regularly emphasize moderate to vigorous activity
- Physical education will include the instruction of individual activities as well as competitive and non-competitive sports to encourage life-long physical activity.
- Jump Rope for Heart (elementary): engages students in jumping rope while learning lifelong benefits of physical activity, the seriousness of heart disease and stroke, volunteering and fundraising.
- FitnessGram: performed once yearly for all students to evaluate student fitness levels.
- Time allotted for physical activity will be consistent with research, national and state standards.
- CPCISD will promote extra-curricular activities such as band, athletics, and FFA, and encourage all students to become more physically active outside of school.

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 available on each campus are in accordance with the National School Lunch and Breakfast Program. CPCISD follows the Texas Public School Nutrition Policy which guides the effort in reducing childhood obesity by stating specific guidelines on availability and sale of Food of Minimal Nutrition Value (FMNV), competitive foods, as well as portion size limitations on certain items.

- Only food/drink items meeting USDA and SFE guidelines are served at all sites.
- Daily menu items are displayed at each site with information regarding a reimbursable meal.
- Cafeteria staff is trained regarding guidelines pertaining to serving portions
- Schools will continue to make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced price school meals. The schools will use electric identification and such other methods and strategies as practical to promote this end.
- Currently, there are not any vendors that provide services at CPCISD. Any future marketing or provided services by vendors would reflect "Smart Snack" standards.

Activities to Promote Overall Wellness and Healthy Lifestyles

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

- CPCISD will maintain a School Health Advisory Council (SHAC). In addition to its other duties, the SHAC will monitor, review and as necessary recommend revision of the school nutrition and wellness policy to the Board and/or Superintendent. The council will serve as a resource to the CPCISD in the implementation of this policy.
- Support for the health of the students is demonstrated by having vision, hearing and scoliosis screenings for CPCISD students.
- The school will offer a range of activities that meet the needs, interest, and abilities of all students, including boys, girls, students with disabilities, and students with special health care needs.
- Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe and comfortable. The District will ensure that lunch is scheduled as near to the middle of the school day as possible.
- Flu shots are offered yearly to staff members with emphasis on wellness.
- The SHAC will work with administrators, teachers, and auxiliary staff to develop and implement procedures to reduce the spread of communicable diseases.

Monitoring of the Wellness Plan

The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

- The school food service director and staff will ensure compliance with nutrition policies within school food service areas and will report compliance issues to the superintendent.
- The school's food service director will report to the Superintendent on any changes that occur during the school year regarding the USDA School Meals Initiative (SMI).
- The School Health Advisory Council (SHAC) for the district will meet four times annually, develop and monitor wellness and nutrition goals, review the wellness plan, and report annually to the board of trustees.
- School nurses will serve as advisors to the SHAC committee, maintain records and compliance with state health initiatives and laws, such as immunizations, and report compliance issues to the superintendent or designee.

Communication to the public concerning the District Wellness Plan

- Found under the Nutritional/Health tab of District's website
- Post links annually using social media