

Nixon-Smiley Consolidated Independent School District Wellness Plan

Revised October, 2016

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

Nutrition Promotion and Education Guidelines

The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance. The District will follow state rules adopted by the Texas Department of Agriculture and allow an exemption to the Smart Snacks requirements for up to six days per year. All District campuses will participate in the UDSA's National School Lunch and School Breakfast Programs.

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.

Guidelines to meet goal:

- *Food service staff will be responsible for posting monthly menus with nutritional information included.*
- *Posters of healthy food choices will be posted in the cafeteria, school hallways, and other appropriate places.*

Measuring compliance and implementation:

- *Implementation will be by the cafeteria staff and school personnel. Compliance will be monitored by the Director of Business and Operations.*

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.

Guidelines to meet goal:

- *Menus will be posted on District website and on each campus.*
- *Teachers will integrate nutritional information into their lessons and curriculum beginning at the pre-kindergarten level and extending through high school.*
- *SHAC will disseminate nutritional information at community events like Trunk or Treat, family nights, and fitness events.*

Measuring compliance and implementation:

- *Implementation will be by the cafeteria staff, SHAC Committee, and school personnel. Compliance will be monitored by campus principals.*

Goal: The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.

Guidelines to meet goal:

- *All advertisements of food products will be Smart Snack compliant.*

Measuring compliance and implementation:

- *Implementation will be by cafeteria staff and school personnel. Compliance will be monitored by campus principals.*

Goal: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Guidelines to meet goal:

- *PE teachers, classroom teachers, and coaches will integrate the importance of nutrition and healthy food choices into their lessons, curriculum, and the athletic program.*

Measuring compliance and implementation:

- *Implementation will be by teachers and coaches. Compliance will be monitored by campus principals.*

Goal: The District shall make nutrition education a District-wide priority and shall integrate nutrition into other areas of the curriculum, as appropriate.

Guidelines to meet goal:

- *Spark, or a similar research based coordinated health program, will be the District-wide program used to integrate nutrition into other areas of the curriculum. Catch, or a similar research based coordinated health program, will be a supplemental program for the elementary grades.*

Measuring compliance and implementation:

- *PE teachers and school personnel will follow the SPARK lesson design and lesson plans. Compliance will be monitored by campus principals.*

Goal: The District shall provide professional development so that teachers and other staff are adequately prepared to effectively deliver the program.

Guidelines to meet goal:

- *Professional development planning and training will include research based coordinated health topics in beginning of the year activities for District staff, campus nurses, and food service personnel.*

Measuring compliance and implementation:

- *The Director of Special Programs will arrange for appropriate training. Agendas and sign in sheets will be monitored and kept by the campus principals.*

Physical Activity Guidelines

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.

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.

Guidelines to meet goal:

- *All students will be in PE or athletics PK-8, and HS students will have access to PE, athletics, and elective courses.*
- *Elementary students have 150 minutes of PE per week and an additional 10 minutes daily of recess after lunch and a 20 minute recess during the day with classroom teachers.*
- *Middle School students participate in PE or athletics. Additionally, 5th and 6th grade are provided a 15 minute recess period after lunch. Students in 7th and 8th grade will have the opportunity for additional recreation time during their lunch period.*

Measuring compliance and implementation:

- *PE teachers, coaches, and classroom teachers will implement campus master schedules. Class rosters and master schedules will be monitored by campus principals.*

Goal: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Guidelines to meet goal:

- *The District will provide District-wide and campus professional development, for example, Eric Jensen's brain based learning strategies, that encourages physical movement and "brain breaks" during classroom time.*

Measuring compliance and implementation:

- *Teachers and staff will implement physical movement, such as Eric Jensen's researched based practices, in their classroom routines. The campus principal, or designee, will monitor implementation through classroom observations.*

Goal: The District shall make appropriate before and after-school physical activity programs available and shall encourage students to participate.

Guidelines to meet goal:

- *School facilities including playgrounds, outdoor basketball courts, tennis courts, tracks will be available before and after school hours as well as on weekends.*
- *The weight room will be open in the summer months.*

- *The Elementary gym will be open from 7:00-7:20 for early bus arrivals.*
- *Recreational facilities will be available to the RISE afterschool program.*

Measuring compliance and implementation:

- *Teachers, staff, coaches will implement and monitor availability and usage.*

Goal: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

Guidelines to meet goal:

- *Online courses and workshops, onsite training, and in house training will be available to provide appropriate training and activities to District employees.*

Measuring compliance and implementation:

- *Teachers and staff will request or be required to attend training activities to promote life-long physical activity. Staff training will be monitored by campus principals.*

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.

Guidelines to meet goal:

- *School activities will be placed on school marquees, website, Facebook page informing parents of activities and encouraging parent support and active participation in physical activities including the whole family.*
- *Flyers and notes in planners will be sent home with students informing parents of events that promote physical activity for the whole family.*

Measuring compliance and implementation:

- *Designated school personnel will be responsible for putting information on the marquees, website, and Facebook page. The campus principals will monitor the shared information.*

Goal: The District shall encourage students, parents, staff, and community members to use the District's recreational facilities that are available for use outside of the school day, such as tracks, playgrounds, and basketball courts.

Guidelines to meet goal:

- *School announcements will be made informing the students of the availability of the District's recreational facilities (playgrounds, outside basketball venues, tennis courts, tracks) during after school hours.*
- *Signs will be posted announcing the availability of the track for community use.*

Measuring compliance and implementation:

- *The campus principals, or designee, will inform the students of the availability of the recreational facilities. The Maintenance Director will monitor the signs posted welcoming the community to use the school's facilities.*

School-Based Activities Guidelines

The District has established the following goals 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.

Goal: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Guidelines to meet goal:

- *Master schedules will reflect at least 10 minutes for breakfast and 30 minutes for lunch for each grade level.*
- *School personnel will be assigned to monitor lunch periods for adherence to cafeteria rules and monitor overall safety.*

Measuring compliance and implementation:

- *Principals will complete the master schedules and duty rosters for the lunch periods and be responsible for compliance.*

Goal: The District shall promote wellness for students and their families at suitable District and campus activities.

Guidelines to meet goal:

- *SHAC will sponsor health and wellness activities, such as an adventure race, for students and families.*
- *District Health & Wellness Newsletter will be published monthly.*
- *The Teacher Excellence Stipend will be used to encourage involvement.*

Measuring compliance and implementation:

- *The SHAC Committee will advertise, plan, and put on a spring event for our students and their families. The committee will maintain the sign in sheets and planning documents. The nurses will be responsible for the wellness newsletters and keeping a copy of each one shared District-wide. Campus principals will keep teacher records of those involved in wellness events.*

Goal: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Guidelines to meet goal:

- *The District will utilize its health insurance provider to encourage wellness by communicating the preventive services and wellness information.*
- *Flu shot clinics and similar health wellness clinics will be held at school facilities for staff.*

Measuring compliance and implementation:

- *The Human Resource Department will send out the information using school email and personal conversations. The school nurses will keep records of clinics provided to staff.*