

DICKINSON ISD WELLNESS PLAN 2018-2019

Introduction

This is a district-wide wellness plan intended to implement FFA (LOCAL) to ensure compliance of the school wellness policy.

Wellness

The District shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities and shall follow nutrition guidelines that advance student health and reduce childhood obesity.

Development

The District shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council (SHAC) and with involvement from representatives of the student body, school food service, school administration, physical education teachers, school health professionals, the Board, parents, and the public. [See BDF and EHAA]

Wellness Goals

The District shall implement, in accordance with law, a coordinated health program with a nutrition promotion and education component and shall use health course curriculum that emphasizes the importance of proper nutrition. [See EHAA, EHAB, and EHAC]

Nutrition Promotion

The District shall encourage healthy habits by use of healthy messages in the cafeteria and the classroom, dissemination of nutrition information to families and to the public, and the inclusion of food advertisements meeting federal guidelines.

Goal 1: Nutrition Promotion within the District	
Objective 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.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none">• Healthful messages are posted in dining areas• Physical educators and classroom teachers will post healthful messages in their classrooms• Staff will incorporate healthy nutritional-messaging at applicable campus-based events	Baseline or benchmark data points: <ul style="list-style-type: none">• Annual School Health Board Report• Wellness Policy Checklist Resources needed: <ul style="list-style-type: none">• Staff access to media and other marketing materials that promote healthful messages Obstacles: <ul style="list-style-type: none">• Access to resources

<ul style="list-style-type: none"> • Cafeteria will implement line placement strategies that encourage healthy food selection • Campuses will utilize marketing materials that promote healthy nutrition messaging 	<ul style="list-style-type: none"> • Staff resistance • Staff attrition
<p>Objective 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.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> • Cafeteria staff will ensure a monthly menu is available to students and families • Campus administration will provide appropriate information to families about birthday celebration guidelines • Cafeteria staff will share nutrition messaging consistent with federal guidelines • Campus will promote and encourage families and community members to attend school-based health fairs or wellness events 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual school Health Board Report • Wellness Policy Checklist <p>Resources needed:</p> <ul style="list-style-type: none"> • Food and Nutrition Services website • USDA guidelines <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition
<p>Objective 3: The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> • Vending machines accessible by students will only display marketing messages for foods and beverages identified by the USDA's Smart Snack guidelines • Campus administration will request that any advertisements that do not meet the federal guidelines be transitioned out as appropriate 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual School Health Board Report • Wellness Policy Checklist <p>Resources needed:</p> <ul style="list-style-type: none"> • USDA's Smart Snack guidelines <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff resistance • Staff attrition

Nutrition Education

The District will ensure education of healthy eating behaviors to all students and make curriculum including nutrition education a district-wide priority.

Goal 1: Nutrition Education within the District	
Objective 1: The District’s shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Campus faculty and staff will utilize available resources and events to deliver nutrition education as appropriate • Cafeteria supervisors will ensure media and static displays in the serving lines provide appropriate nutrition education messages • District will coordinate celebration and focus on importance of healthy eating during National School Breakfast Week, School Lunch Week, and our Farm-to-School Programs 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual School Health Board Report • Wellness Policy Checklist <p>Resources needed:</p> <ul style="list-style-type: none"> • Access to District materials regarding nutrition campaigns • Access to media and display materials for the cafeteria <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff training/education • Staff attrition
Objective 2: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • The District will provide current evidence-based strategies for healthful eating practices • District encourages staff development to support the coordination and delivery of nutrition education curriculum, as appropriate 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual School Health Board Report • Wellness Policy Checklist <p>Resources needed:</p> <ul style="list-style-type: none"> • Food and Nutrition Services website • Access to training and curriculum materials <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition

Physical Activity

Schools will provide a safe, enjoyable environment for students to participate in regular physical activity to promote personal lifelong behavior and maintain physical wellbeing. Schools will provide opportunities for students to develop the knowledge and skills for physical activities through integrated curriculum in accordance with guidelines. Before- and after-school physical activity programs will also be made available to all students. [See EHAA, EHAB, and EHAC]

Goal 1: Physical Activity within the District	
Objective 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.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Physical education staff will provide TEKS-guided curriculum for fitness standards • Physical education teachers will provide lessons during physical education that are age and developmentally appropriate • Physical education teachers will be provided the opportunity for professional development through standard-based instruction and administration of CPR/AED • Physical activity will not be withheld or given as a form of punishment • Instruction will be focused on ensuring that students enjoy physical activity and have the skills and knowledge to make healthy choices • Physical activity curriculum will provide for student choice • Student self-testing and individualized fitness plans will be encouraged 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual School Health Board Report • Wellness Policy Checklist <p>Resources needed:</p> <ul style="list-style-type: none"> • Access to physical activity instructional materials • TEKS guidelines • Access to CPR/AED instruction • Physical education equipment • Access to information regarding student empowerment strategies <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition • Inadequate facilities or equipment for physical education classes
Objective 2: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
Action Steps	Methods for Measuring Implementation

<ul style="list-style-type: none"> • Campuses will be encouraged to reinforce and advocate the importance of physical activity through ongoing messages to teachers and posted signage in the classrooms • The District will provide content to teachers and staff on the evidence-based benefits of incorporating physical activity into the classroom environment 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual School Health Board Report • Wellness Policy Checklist <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff access to online physical activity resources • Access to information on the ben <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff resistance • Staff attrition
<p>Objective 3: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> • Campuses will be encouraged to provide various organized physical activities before school and after school, such as running clubs and open gyms • Campuses will post and communicate information about upcoming physical activity and sports programs through announcements, flyers, posters, and school and District websites • Campuses will inform parents of opportunities for their children to participate in physical activity both within and outside of the school 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual School Health Board Report • Wellness Policy Checklist <p>Resources needed:</p> <ul style="list-style-type: none"> • Physical education equipment • Before- and after-school supervisory staff • Access to physical activity events throughout Galveston County • Access to marketing materials <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Access to physical activity facilities and equipment • Staff attrition

School-Based Activities

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities, such as sufficient time allowed for students to eat meals in dining rooms that are clean, safe, well-lit and comfortable, the promotion of health and fitness for students and their families at school activities, and the promotion of employee wellness education and involvement.

<p>Goal 1: School-Based Activities within the District</p>

<p>Objective 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p>	
<p>Action Steps</p> <ul style="list-style-type: none"> • Meal time schedules will be based on enrollment, cafeteria serving, and seating capacity to minimize wait time and allow sufficient time to eat • The minimum eating times after being served are 10 minutes for breakfast and 20 minutes for lunch • Lunch will be scheduled as close to midday as possible with special consideration of time between meals for the elementary students • Dining room facilities are maintained for safety, cleanliness, and comfort, and provide adequate seating • Students are always provided an opportunity to eat, even if meetings or activities are scheduled during meal time • Handwashing is facilitated • Water is available during meals and encouraged throughout the day • Custodial and Food services staff will ensure cleaning supplies are not visible during meal service • All ServSafe food safety regulations will be followed by food service staff 	<p>Methods for Measuring Implementation</p> <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual School Health Board Report • Wellness Policy Checklist <p>Resources needed:</p> <ul style="list-style-type: none"> • Professional development for food services staff • Custodial personnel • ServSafe and Food Handlers training <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition • Scheduling conflicts • Overcrowding in the schools
<p>Objective 2: The District shall promote wellness for students and their families at suitable District and campus activities.</p>	
<p>Action Steps</p> <ul style="list-style-type: none"> • Campus administration will make information available about the use of recreational facilities to campus community and encourage students and parents to use those facilities 	<p>Methods for Measuring Implementation</p> <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual School Health Board Report • Wellness Policy Checklist <p>Resources needed:</p>

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<ul style="list-style-type: none"> The District will advocate the importance of healthy eating and physical activity to overall wellness through a variety of avenues to students, parents, and the overall community Staff will provide educational resources on nutrition and physical activity during District events when appropriate Families and community members will be invited to all School Health Advisory Council (SHAC) meetings 	<ul style="list-style-type: none"> Parent access to information on school and District websites Staff access to marketing materials that is family-centered <p>Obstacles:</p> <ul style="list-style-type: none"> Access to resources Ensuring safety of community on District property after school hours
<p>Objective 3: The District shall promote employee wellness activities and involvement at suitable District and campus activities.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> Employees will be provided monthly EAP, Wellness, and Interlink newsletters to disseminate information on topics of physical, nutritional, mental, and emotional wellbeing Employees will be provided access to an Employee Assistance Program (EAP) that can link them to resources Employees will be invited to participate and serve on the board at all School Health Advisory Council (SHAC) meetings 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Annual School Health Board Report Wellness Policy Checklist <p>Resources needed:</p> <ul style="list-style-type: none"> Access to District emails Liaison for the EAP <p>Obstacles:</p> <ul style="list-style-type: none"> Program awareness

Nutrition Guidelines

The District shall ensure that nutrition guidelines for reimbursable school meals shall meet all federal regulations and guidance; and that all foods and/or beverages sold on each campus are in accordance with the standards set forth by the United States Department of Agriculture. Food brought from home for the student’s own consumption is exempt from these regulations. [See CO]

For purposes of this section, *soft drinks are defined as non-juice, carbonated beverages that contain natural or artificial sweeteners.*

Goal 1: Nutrition Guidelines within the District

Objective 1: The District shall provide assurance that school meals promote safety, wellness, prevent and reduce childhood obesity.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Campus is in compliance with age-appropriate guidelines and recommendations for healthy food and beverage choices • Soft drinks are prohibited from being sold during the school day to any age/grade group • Campus is not dependent on revenue from high-fat, low-nutrient density foods to support school programs • Students may not share their food or beverages with other students as some students have physician-ordered dietary restrictions 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual School Health Board Report • Wellness Policy Checklist <p>Resources needed:</p> <ul style="list-style-type: none"> • USDA Guidelines <p>Obstacles:</p> <ul style="list-style-type: none"> • Lack of resources • Staff attrition

Fundraising Activities

Each school campus shall be allowed an allotted number of *exempt food fundraisers or school-designated events* per campus per school year. The food and beverages sold for fundraisers on allowable days are not required to meet standards outlined in the Code of Federal Regulations.

Goal 1: Fundraising Activities within the District	
Objective 1: The District shall allow an allotted number of food fundraisers or school-designated events at every campus within the district that are not required to comply with federal regulations.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Each campus is allowed 3 exempt food fundraisers or school-designated events per school year • Events will not be held during campus meal times and/or where meals are served • Foods and beverages sold for fundraisers may not be sold in competition to school meals 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual School Health Board Report • Wellness Policy Checklist <p>Resources needed:</p> <ul style="list-style-type: none"> • Administration to oversee extracurricular or school-designated events <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff resistance • Lack of extracurricular activity oversight • Staff attrition

Competitive Foods

Competitive foods include any food and/or beverage items sold to students that are not part of the school’s operation of the National School Lunch or National School Breakfast Programs. Competitive foods sold to students must meet all federal regulations, including Smart Snacks.

Goal 1: Competitive Food Guidelines within the District	
Objective 1: All competitive foods sold to students within the District must comply with federal regulations, as well as age-appropriate time and place restrictions.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> All competitive foods and beverages must meet USDA Guidelines An elementary school campus may not sell competitive foods to students anywhere on the school campus throughout the school day except for those food items made available by the school food and nutrition department A middle or junior high school campus may not sell competitive foods to students anywhere on the school campus from 30 minutes before to 30 minutes after meal periods except for those food items made available by the school food and nutrition department High schools may not sell competitive foods to students during meal periods in areas where reimbursable school meals are served except for those food items made available by the school food and nutrition department 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Annual School Health Board Report Wellness Policy Checklist <p>Resources needed:</p> <ul style="list-style-type: none"> Administration to oversee competitive food regulations USDA Guidelines <p>Obstacles:</p> <ul style="list-style-type: none"> Staff resistance Lack of staff oversight Staff attrition

Additional Food-Related Guidelines

Goal 1: Additional Food-Related Guidelines within the District including food provided, but not sold to students.	
Objective 1: All campuses within the District must abide by guidelines for classroom celebrations, parental authority to deliver meals, and the use of food as rewards or incentives.	
Action Steps	Methods for Measuring Implementation

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<ul style="list-style-type: none">• Elementary classroom parties must be after the class lunch period unless the lunch meal is provided by the food and nutrition department• Campuses will create procedures to define how and when a parent gives “official” authority to another adult to provide food and/or beverages to a student during the school day• School staff shall not use food as a reward, incentive or punishment for students• Food provided, not sold to students are recommended to follow smart snack regulations.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none">• Annual School Health Board Report• Wellness Policy Checklist <p>Resources needed:</p> <ul style="list-style-type: none">• Education of staff and administration• Access to smart snack food lists on district website. <p>Obstacles:</p> <ul style="list-style-type: none">• Lack of staff training/education• Staff resistance• Staff attrition
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Implementation

The director of special programs shall oversee the implementation of this policy and ensure each school complies. District administrative staff shall conduct periodic assessments to measure the implementation of the Wellness Policy and Well Plan (for example, the Wellness Policy Checklist). Dickinson ISD shall provide a yearly statement regarding the Wellness Plan to the school board through the annual SHAC School Board Report. [See FFA (EXHIBIT)]

Evaluation

The District will release an assessment per local wellness policy guidelines in accordance with federal regulations.

Public Notification

The District shall annually inform and update the public per local wellness policy.