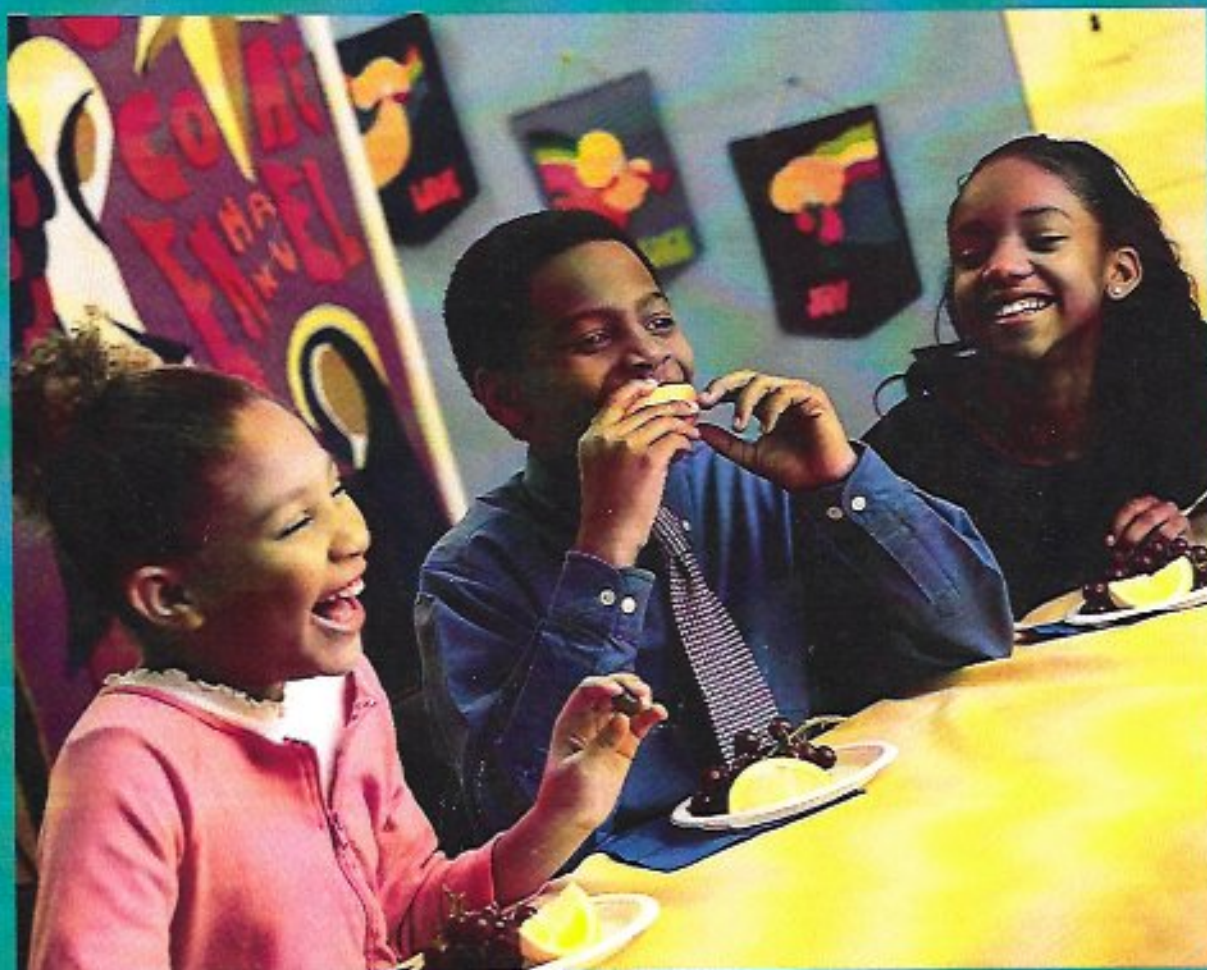


Cleburne Independent School District

# Wellness Policy



February 13, 2006

# Cleburne Independent School District Student /Nutrition/Wellness Plan

## Purpose:

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff are encouraged to model healthy eating and physical activity as a valuable part of daily life. The Cleburne Independent School District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

The implementation of the Wellness Plan will be the responsibility of the Executive Director of Special Projects. The results of the monitoring will be reported in a written summary to the Board of Trustees annually.

## Goals:

The Cleburne Independent School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices. To accomplish these goals:

- Child nutrition Programs comply with federal, state, and local requirement. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals
- All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, Parties, and fundraising) during the school day are consistent with the current Dietary Guidelines for Americans.
- All foods made available on campus adhere to food safety and security guidelines
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.

### Goal 1: Nutrition Guidelines

The district shall ensure that nutritional 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 Texas Department of Agriculture.

Goal	Activity	Person Responsible	Deadline	Check Points	Resources Needed	Measurement
A. Establish age-appropriate guidelines for beverage and foods in the classrooms	1. Develop age-appropriate guidelines for food and beverages in the classroom that do not conflict with Ed. Code 28.002(1-3)(1)	SHAC Committee	08-2014	08-2014	State Guidelines and Federal Guidelines	Copies of developed guidelines
B. Provide teachers with guidelines on the use of food as a reward in the classroom	1. Develop guidelines on the use of food as a reward in the classroom by staff development training	SHAC Committee	08-2014	08-2014	Research for resources regarding this topic	Copies of set of five articles
C. Develop guidelines on time and place for food to be given away	PreK-5 <sup>th</sup> Competitive foods (given away or sold) are not allowed during meal times. 3. Develop guidelines to meet the Smart Snack Regulation	09-2014 Campus Principal	10-2014	10-2014		
		09-2014 Campus Principal			Nutritional Standards to all schools	

## Goal 2: Nutrition Education

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

Goal	Activity	Person Responsible	Deadline	Check Points	Resources Needed	Measurement
A. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors	1. District will continue to implement adopted Coordinated Health Care Program [CATCH] throughout the district in grades K-6	PE Teachers Child Nutrition Staff Nursing Staff	3-06	8-06	Purchased curriculum Lesson Plans demonstrating lessons Communication and documented involvement with parents Lesson plans CATCH Curriculum Adequate supplies and materials	Curriculum integrated into the system  Review of lesson plans Purchase orders
B. Nutrition education will be a District-wide priority and will be integrated into other areas of the curriculum, as appropriate	1. CATCH program will be implemented in grades K-6 2. CATCH, or another states approved coordinated program, will be implemented in grades 7-8	PE Teachers Child Nutrition Staff Nursing Staff PE Teachers Child Nutrition Staff Nursing Staff Health Teachers Athletic staff Home economics staff Nurse education staff	8-05 7-06	12-05 5-06 12-06 5-07	Lesson plans CATCH curriculum, or another states approved coordinated program Adequate supplies and materials	Review of lesson plans Purchase orders
	3. CATCH, or another states approved coordinated health care program will be implemented in grades 9-12	PE Teachers Child Nutrition Staff Nursing Staff Health Teachers Athletic staff Home economics staff Nurse education staff	7-07	12-06 5-07	Lesson plans CATCH curriculum, or another states approved coordinated program Adequate supplies and materials	Review of lesson plans Purchase orders
C. Staff responsible for nutrition education will be adequately prepared and will participate in professional development	1. CATCH teams from each campus will attend annual training	PE Teachers Child Nutrition Staff Nursing Staff	8-05	6-06 7-06	Costs for consultants to provide training Cost of training materials	Staff development agendas Sign in sheets Staff development evaluations

<p>activities to effectively deliver the program as planned</p>	<p>D. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings</p>	<p>I. CATCH teams will develop and promote literature and posters promoting nutrition in the classroom cafeterias and other appropriate settings</p>	<p>CATCH Teams on each campus K-6</p>	<p>7-06</p>	<p>8-06 11-06 2-07 5-07</p>	<p>Facilities</p>	<p>Posters, web-sites, videos promoting nutrition education</p>	<p>Quarterly surveys of on-sit visits to monitor messages in cafeterias and classrooms</p>
<p>E. Education nutrition information will be shared with families and the general public to positively influence the health of students and community members</p>	<p>I. Quarterly newsletters will be provided to parents and the general community regarding nutrition education to positively influence the health of students and community members</p>	<p>Nursing Staff Child Nutrition Director Special Projects Director</p>	<p>7-06</p>	<p>8-06 11-06 2-07 5-07</p>	<p>Printing costs Postage to mail out flyers to community Resources of data for dissemination</p>	<p>Copies of newsletters disseminated</p>		

### GOAL 3: Physical Activity

The district shall implement, in accordance with the 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 [see EHAB and EHAC].

Goal	Activity	Person Responsible	Deadline	Check Points	Resources Needed	Measurement
A. 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.	1. Physical Education teachers will initiate opportunities for all students to become physically active 2. The District will provide safe and clean facilities for students to have enjoyable fitness experiences	Physical Education Teachers Campus Principals District Athletic Director	7-06 7-06	11-06 3-07 9-06 11-06 2-07 3-07 5-07	Access to school facilities Form to use for site visits	Reports from each campus of: <ul style="list-style-type: none"> <li>after school running clubs</li> <li>campus swim teams</li> <li>inter-mural activities for students not in athletics</li> </ul> Documented random site visits throughout the year
B. Physical education classes will regularly emphasize moderate to vigorous activity C. The district will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events	Physical education teacher will implement CATCH curriculum in grades K-6 1. Quarterly newsletters will be provided to parents and the general community regarding nutrition education to positively influence the health of students and community members 2. Special events will be held to promote physical activity to parents and community	Physical Education Teachers Nursing Staff Child Nutrition Director Special Projects Director	8-05 7-06	11-06 3-07 8-06 11-06 2-07 5-07	CATCH Curriculum Physical Education TEKS Printing costs Postage to mail out flyers to community Resources of data for dissemination	Lesson plans Copies of newsletters disseminated
D. The District will encourage students, parents, staff, and community members to use the District's recreational facilities that are available outside of the school day	1. District will notify students, parents, staff, and community members of the availability of school recreational facilities outside of the school day to	Physical Education Teachers Parent Involvement Coordinator District Communications Officer	8-05 8-05	8-06 through 5-07 8-06 12-06 5-07	Supplies to promote and implement each event Access to radio station and weekly program	Buzz Run-Coleman School Health and Physical Education nights for families at campuses Written notices in district newsletter Radio announcement on weekly radio show Tapes of radio shows

[See GKD]

#### Goal 4: School Based Activities

The district established 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

Goal	Activity	Person Responsible	Deadline	Check Points	Resources Needed	Measurement
A. Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.	1. Campus principals will monitor allocated lunch times to determine that sufficient time is allowed for students to eat meal 2. Cafeteria managers will survey cafeterias quarterly and report that facilities are clean, safe and comfortable.	Campus Principals	7-06	9-06 11-06 2-07 4-07	Form to use for cafeteria visits	Documented cafeteria surveys
B. Wellness for students and their families will be promoted at suitable school activities	1. At least one PTA/PTO meeting each year will address wellness	Campus Cafeteria Managers Campus Custodians	7-06	9-06 11-06 2-07 4-07	Form to use for cafeteria visits	Documented cafeteria surveys
C. Employee wellness education and involvement will be promoted at suitable school activities.	1. Staff will be provided notice of special fitness programs available to them 2. Staff will be sent quarterly newsletters / e-mails promoting wellness education	PTA/PTO President Principal Asst. Supt of Human Resources Nursing Staff Child Nutrition Director Special Projects Director	7-06	9-06 5-06 9-06 11-06 2-07 4-07 8-06 11-06 2-07 5-07	Videos, web sites, posters, and speakers, for use at PTA/PTO meetings Access to mass e-mails for staff Resources for ideas to promote staff wellness Access to mass e-mail for staff	Documented agenda of PTA/PTO meeting Copies or notices or e-mails sent to staff regarding special offers for fitness programs Copies of newsletters/e-mails disseminated

### Goal 5: Quality School Meals

The Child Nutrition Department will help students and staff establish and maintain life long, healthy eating patterns. Well-planned and well – implemented school nutrition programs that meet federal and state guidelines will be provided.

Goal	Activity	Person Responsible	Deadline	Check Points	Resources Needed	Measurement
A. The Cleburne Independent School District will offer breakfast and lunch and will participate in a district –wide universal feeding program providing meals that are nutritious and enjoyable. Students and staff are highly encouraged to promote and participate in these programs.	1. Breakfast and lunch will be offered daily	Food Service Director Campus food service managers	7-06	12-06 5-07	Food Facilities USDA & TDA Guidelines Staff	Copies of menus of choices offered for breakfast and lunch
B. School foodservice staff that is properly qualified according to current professional standards and regularly participates in professional development activities will administer the Child Nutrition Program.	2. Promotions will be conducted to encourage staff and students to participate in these programs Staff will be fully certified and will participate in professional development activities related to the Child Nutrition Program	Food Service Director Campus food service managers	7-06	8-06 through 5-07	Posters, models, flyers, and contests	Copies of promotional events, posters, flyers, and newsletters
Food safety will be a part of the school food	Food safety classes will be provided for	Food Service Director	7-06	8-06 through 2-07	Summer workshops Food Certification Management program Ongoing in house training	Copies of staff certification Staff development agendas Sign in sheets Staff development evaluations
					Seminars provided by: Local Health	Workshop agenda Sign in sheets



service operation	all food service staff				Department an/or Workers Comp Risk Management Staff	Evaluations of workshops
<p>Menus will meet the nutrition standards established by the US Department of Agriculture and the Texas Department of Agriculture, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.</p> <p>Student will be given the opportunity to provide input during menu planning</p>	<p>Menus will be developed that meet federal and state guidelines</p>	<p>Food Service Director</p>	<p>7-06</p>	<p>8-06 through 5-07</p>	<p>TDA Guidelines Nutrikids nutrient software</p>	<p>Copies of menus that indicate they are following federal and state guidelines</p>
<p>Student will be given the opportunity to provide input during menu planning</p>	<p>Students from each campus will give input into the menu planning</p>	<p>Food Service Director</p>	<p>7-06</p>	<p>8-06 through 5-07</p>	<p>Access to students Place to meet</p>	<p>Copies of minutes of student planning sessions Sign in sheets</p>