

**STUDENT WELFARE
WELLNESS AND HEALTH SERVICES
WELLNESS PLAN**

**NUTRITION
PROMOTION**

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District’s nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District.

The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

The SSHAC will monitor this by:

1. *CN (Child Nutrition) Monthly Nutrition Promotion Implementation Plans*
2. *Quarterly Campus Visits to Campus by CN Director or his/her appointee*

Although the District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SSHAC will periodically monitor these and make recommendations when replacements or new contracts are considered.

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition promotion:

GOAL 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. (Board)	
Objective 1: Provide more information to students, and staff regarding nutritional content of food K-12. (Committee)	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> ● Utilize displays in the cafeteria (e.g.video monitors, posters) to communicate nutritional information to students. ● Provide messages outside the cafeteria (via announcements, posters, etc.) that contain nutritional information about the food we eat. 	Baseline or benchmark data points: <ul style="list-style-type: none"> ● EISD Wellness Plan Assessment Resources needed: <ul style="list-style-type: none"> ● Video/Posters; Go/Slow/Whoa ● School PA / Script

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	Obstacles: <ul style="list-style-type: none"> ● Financial ● Time / Participation
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Objective 2: The district will promote healthy messaging through utilizing smarter lunchroom techniques K-12.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> ● Develop an easy-to-use system for coding foods for students to identify healthy choices, e.g., green, yellow, red. ● Display nutritious foods front and center (i.e. white milk in front of other beverages). ● Display a variety of mixed whole fruits. ● Serve plant-based foods on all serving lines. 	Baseline or benchmark data points: <ul style="list-style-type: none"> ● EISD Wellness Plan Assessment Resources needed: Obstacles:

GOAL 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. (Board)

Objective 1: Provide more information to our community and parents about their students' healthy nutrition choices K-12.(Committee)

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> ● Inform parents about the easy to use system for coding food for students to identify healthy choices. ● Communicate to parents choices they have in monitoring the food their children consume. ● Provide parents and students with information on how food impacts the body and brain. 	Baseline or benchmark data points: <ul style="list-style-type: none"> ● EISD Wellness Plan Assessment Resources needed: <ul style="list-style-type: none"> ● Web page on CN Site / Social Media (email blasts) Obstacles: <ul style="list-style-type: none"> ● Oversaturation of information

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**NUTRITION
EDUCATION**

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a nutrition services and health education component at the elementary and middle school levels. [See EHAA]

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition education:

GOAL 3: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors. (Board)	
Objective 1: Deliver an effective K-12 nutrition program. (Committee)	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Deliver instruction on nutrition and health-related issues (Health, science, PE, and athletics, e.g.). • Embed nutrition information in food service messaging. 	Baseline or benchmark data points: <ul style="list-style-type: none"> • EISD Wellness Plan Assessment Resources needed: <ul style="list-style-type: none"> • Health Curriculum • Social Media and Websites Obstacles: <ul style="list-style-type: none"> •

GOAL 4: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate. (Board)	
Objective 1: To promote nutrition education districtwide. (Committee)	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Encourage staff to integrate nutrition information/education into curricula as appropriate. 	Baseline or benchmark data points: <ul style="list-style-type: none"> • EISD Wellness Plan Assessment Resources needed: <ul style="list-style-type: none"> • Time to collaborate • Professional development time with staff on integration of nutrition education Obstacles: <ul style="list-style-type: none"> • Time

Related Board Policies: FFA (LEGAL and LOCAL)
 Administrator: Associate Superintendent
 Approved by Supt.: _____
 Date Approved:

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<p>GOAL 5: The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program. (Board)</p>	
<p>Objective 1: Provide ongoing education for integrating nutrition education into the curricula. (Committee)</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Provide staff development on best instructional practices for teaching nutrition and health in the curricula. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • EISD Wellness Plan Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> • Professional development for staff <p>Obstacles:</p> <ul style="list-style-type: none"> •

**PHYSICAL
ACTIVITY**

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. [See BDF, EHAA, EHAB, and EHAC.]

The following addresses how the District meets the required amount of physical activity:

- *All elementary students have a min. of 25 minutes of physical activity each full school day.*
- *All elementary teachers integrate movement into the curriculum on a daily basis.*
- *All elementary students have a physical education class.*
- *All 6-8 students are required to have a minimum of 4 semesters of physical education.*
- *K-12 staff integrates brain breaks into the school day.*

Federal law requires that the District establish goals for physical activity in its wellness policy.

In accordance with FFA(LOCAL), the District has established the following goal(s) for physical activity:

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GOAL 6: 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. (Board)	
Objective 1: Provide a safe school structure and classroom learning environment that supports opportunities for students to be active during the school day K-12. (Committee)	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Provide elementary students with daily physical activity. • Provide courses for 6-12 grades supporting physical activity (e.g., PE, athletics, marching band). • Ensure accessible/working water fountains. • Ensure all students have access to water during the school day. • Provide adult supervision of students during fitness activities. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • EISD Wellness Plan Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> • Easily accessible/working water fountains <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff for supervision in outside areas • Broken water fountains

GOAL 7: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate. (Board)	
Objective 1: Prioritize and Identify ways to integrate movement into the student learning environment. (Committee)	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Encourage teachers to integrate movement into the student learning environment. • Provide staff development on best instructional practices for incorporating movement into the classroom (e.g., go noodle, brain breaks). • Provide staff development on the impact of physical activity on learning (e.g., focus, stress reduction, brain development). • Encourage administrators and teacher leaders to incorporate movement in staff development, faculty meetings, etc. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • EISD Wellness Plan Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff development on best practices in implementing movement into the classroom • Access to alternative seating within the classroom <p>Obstacles:</p> <ul style="list-style-type: none"> • Testing • Implementation • Availability of alternative seating

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<ul style="list-style-type: none"> Use flexible furniture and spaces within the classroom (e.g., swivel chairs, yoga ball chair, hokey stools). 	
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<p>GOAL 8: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate. (Board)</p>	
<p>Objective 1: Promote current before-and after-school physical activities offered through enrichment programs. (Committee)</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Educate students on how to use school facilities before and after school (e.g. WACC, Open Gym, Playground, etc.). Promote community education opportunities for physical activity through the school and district websites. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> EISD Wellness Plan Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> Available WACC access hours Access to district websites Community education offerings <p>Obstacles:</p> <ul style="list-style-type: none"> WACC hours Space availability

<p>GOAL 9: 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. (Board)</p>	
<p>Objective 1: Identify and utilize community partners. (Committee)</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Communicate information on employee discounts for opportunities for physical activity (e.g., Gold’s Gym, WAAC). 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> EISD Wellness Plan Assessment <p>Resources needed:</p> <p>Obstacles:</p> <ul style="list-style-type: none"> Depends on community business cooperation

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Objective 2: Provide on-campus opportunities for staff to participate in physical activities. (Committee)	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Encourage staff to teach and/or participate in physical activity offerings through community education. Encourage campus activities that promote staff wellness (e.g., fun runs, stress reduction, weight loss, etc.). Provide access to gyms and weight rooms when available. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> EISD Wellness Plan Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> Volunteers to teach classes and coordination with community Education and other programs <p>Obstacles:</p> <ul style="list-style-type: none"> Staff member participation Availability of space and time

GOAL 10: The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events. (Board)	
Objective 1: Identify and communicate EISD family friendly events around physical activity. (Committee)	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Parents are encouraged to explore opportunities for physical activity especially on dates like No Homework Night (e.g., Row Dock discount, WACC activities, family playdate at neighborhood parks, etc.). 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> EISD Wellness Plan Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> Partnership with community to offer reduced rate for families on No Homework nights Calendar with scheduled No Homework nights Access to social media <p>Obstacles:</p> <ul style="list-style-type: none"> Communication

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GOAL 11: The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as tracks, playgrounds, and the like, that are available outside the school day. (Board)	
Objective 1: Ensure that EISD facilities are available outside the school day. (Committee)	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Ensure EISD facilities are available for individual and/or family use if not rented or used. 	Baseline or benchmark data points: <ul style="list-style-type: none"> EISD Wellness Plan Assessment Resources needed: Obstacles: <ul style="list-style-type: none"> Rental times of facilities vary and change frequently
Objective 2: Encourage parents, students, staff, and community members to use the EISD facilities. (Committee)	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Encourage meetups through principal newsletters, social media, etc. Provide the community with information on the availability of facilities. 	Baseline or benchmark data points: <ul style="list-style-type: none"> EISD Wellness Plan Assessment Resources needed: <ul style="list-style-type: none"> Times EISD facilities are available Obstacles: <ul style="list-style-type: none"> Communicating accurate information

SCHOOL-BASED ACTIVITIES

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness.

In accordance with FFA(LOCAL), the District has established the following goal(s) 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:

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GOAL 12: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. (Board)

[Two studies regarding recommended seat time for children to eat meals are available at <http://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/bergman2.asp> and [http://www.andjrnl.org/article/S2212-2672\(15\)01248-4/fulltext.](http://www.andjrnl.org/article/S2212-2672(15)01248-4/fulltext.)]

Objective 1: The district shall allow sufficient time for students to eat meals in the cafeteria facilities.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> ● Observe current seat time for students during lunch. ● Adjust lunchroom practices to ensure maximum nutritional value is consumed with the least amount of food waste. ● Ensure current, visible menus are legible from an appropriate distance in order to speed up services. 	Baseline or benchmark data points: <ul style="list-style-type: none"> ● EISD Wellness Plan Assessment Resources needed: <ul style="list-style-type: none"> ● Average time it takes for students to receive a meal and be seated Obstacles: <ul style="list-style-type: none"> ● Master schedules

Objective 2: Students shall have an eating environment that is safe and clean. (Committee)

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> ● Sufficiently monitor cafeteria through staff and other volunteers. ● Encourage students to clean up after themselves. ● Maintain a clean environment and adequate seating by having custodians on call during meal times ● Ensure operable hand cleaning stations are available close to or in all cafeterias. 	Baseline or benchmark data points: <ul style="list-style-type: none"> ● EISD Wellness Plan Assessment Resources needed: <ul style="list-style-type: none"> ● Seating for students ● Staff members including custodians assigned to cafeteria during lunch Obstacles: <ul style="list-style-type: none"> ● Shortage of seating ● Custodians and staff member having other assignments

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GOAL 13: The District shall promote wellness for students and their families at suitable District and campus activities. (Board)	
Objective 1: Provide wellness education for students and families to ensure responsible decision making. (Committee)	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> ● Offer a speaker series for parents. ● Offer suggested readings and resources for parents and students. ● Educate students on counselors/ student support services. ● Educate students through the integration of SEL within the curriculum. ● Advertise health events to the school community (e.g., Health Nights and shot clinics). ● Encourage booster clubs to provide healthy food choices. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● EISD Wellness Plan Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> ● Volunteers willing to come speak to the parents ● Updated resource list for parents and students ● Guidance counselors and student support counselors <p>Obstacles:</p> <ul style="list-style-type: none"> ● Outdated websites ● Funding for guest speakers and/or programs
Objective 2: Provide a positive school climate.	
Action Steps	Method for Measuring
<ul style="list-style-type: none"> ● Conduct a climate assessment for students at least every three years that measures engagement, hope, and aspirations. ● Set goals for improvement based on survey results. ● Ensure that every student has a significant adult on campus with whom they connect. ● Transition programs are in place for key years (5-6, 8-9, post graduation). 	<ul style="list-style-type: none"> ● EISD Wellness Plan Assessment ● Climate assessment survey and/or SEL survey ● Gallup Student Poll (free every fall - Sept.-Oct) (Measures engagement, hope, entrepreneurial aspiration and career/financial literacy)

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GOAL 14: The District shall promote employee wellness activities and involvement at suitable District and campus activities. (Board)	
Objective 1: The District will utilize its health insurance provider to encourage wellness by communicating the preventive services covered at 100% during each enrollment period. (Committee)	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Distribute materials and post information in high traffic areas that informs employees of the benefits under the health plan. 	Baseline or benchmark data points: <ul style="list-style-type: none"> EISD Wellness Plan Assessment Resources needed: <ul style="list-style-type: none"> List of preventive services covered at 100% Staff needed to send out information Obstacles: <ul style="list-style-type: none"> Different plans may offer different coverage
Objective 2: District will offer a minimum of 2 events that support wellness (Committee)	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Distribute dates for shot clinics. Research partners for wellness assessments. 	Baseline or benchmark data points: <ul style="list-style-type: none"> EISD Wellness Plan Assessment Resources needed: <ul style="list-style-type: none"> List of partnerships for wellness checks Obstacles: <ul style="list-style-type: none"> Participation from employees