

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES 2019-2020 Evaluation

FFA  
(REGULATION)

WELLNESS PLAN	<p>This document, referred to as the “wellness plan” (the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board, to comply with the requirements for a school wellness policy. [Section 9A (a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b]</p>
STRATEGIES TO SOLICIT INVOLVEMENT	<p>Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following persons to work with the SHAC on the District’s wellness policy and plan: parents, students, the District’s food service personnel, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit the involvement and input of these other interested persons by:</p> <ol style="list-style-type: none"><li>1. <i>Formally requesting participation and providing contact information of person(s) responsible for the oversight of the District’s SHAC and wellness policy and plan development.</i></li><li>2. <i>Publicizing the opportunity to engage in matters of the SHAC on the website and in other district publications</i></li></ol>
IMPLEMENTATION	<p>Each campus principal is responsible for the implementation of FFA (LOCAL) and this wellness plan at his or her campus, including the submission of the necessary information to the SHAC for evaluation.</p> <p>The Superintendent is the District official responsible for the overall implementation of FFA (LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.</p>
EVALUATION	<p>In accordance with law, the District will periodically measure and make available to the public an assessment of the implementation of the District’s wellness policy, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. Absent federal regulations to the contrary, the District commits to the evaluation activities described below.</p> <p>At least annually, the SHAC will prepare a report on the wellness policy and this plan by gathering information from each principal</p>

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and appropriate District administrators. The SHAC will assess the District's and each campus's progress toward meeting the goals of the policy and plan by reviewing District- and campus-level activities and events tied to the wellness program.

The SHAC may use one or more of the following tools for that analysis:

- A comprehensive review of district and campus-level activities and events tied to the wellness program.
- Stakeholder input
- Annual audits to measure alignment with defined action steps, available resources, and specified evidence of success.

PUBLIC  
NOTIFICATION

To comply with the legal requirement to inform and update the public about the content and implementation of the local wellness policy, the District will maintain a wellness page on its website to document information and activity related to the school wellness policy, including:

1. A copy of the wellness policy [see FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's annual report on the District's wellness policy and plan; and
6. Any other relevant information.

The District will also publish the above information in appropriate District or campus publications.

RECORDS  
RETENTION

Records regarding the District's wellness policy will be retained in accordance with the law and the District's records management program. Questions may be directed to the Chief Financial Officer, the District's designated records management officer.

GUIDELINES AND  
GOALS

The following provisions describe the District's nutrition guidelines and activities and objectives chosen by the SHAC to implement the Board-adopted wellness goals in policy FFA (LOCAL).

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NUTRITION  
GUIDELINES

All District campuses participate in the U.S. Department of Agriculture's (USDA's) child nutrition programs, including the National

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School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that the District establish nutrition guidelines for foods made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity. The school day is defined as the time period beginning at midnight until 30 minutes after the last bell.

FOODS SOLD

The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements. The following websites have information regarding meal and Smart Snacks requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>

EXCEPTION—  
FUNDRAISERS

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO (LEGAL).]

The District will allow the following exempted fundraisers for the 2016-17, 2017-18, 2018-2019, 2019-2020 school years:

Campus or Organization	Food / Beverage	Number of Days
Lackland Elementary School	Food and Beverages	6 days
Stacey Jr./Sr. High School	Food and Beverages	6 days

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FOODS MADE  
AVAILABLE

There are currently no federal requirements for foods or beverages made available to students during the school day. The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function. [See CO (LEGAL).]

The district will share with parents and grandparents the preference for pre-packaged and store-bought materials that identify ingredients to ensure the safety of students with food-related allergies.

In addition, the District provides that with the exception of exemption days, foods and beverages made available to students shall be approved by the campus principal. Students will not have access to vending machines containing items that are not considered smart snacks.

MEASURING  
COMPLIANCE

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to the TDA, reviewing foods and beverages that are sold in competition with the regular school meals, reviewing items sold as part of approved District fundraisers, and monitoring the types of foods and beverages made available to students during the school day.

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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.

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

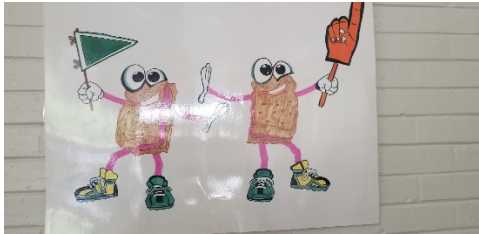

**GOAL I:** The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

**Objective 1:**

Action Steps	Methods for Measuring Implementation
The school district will display posters and wall art in the cafeteria, classrooms, and hallways that promote nutritional eating habits and overall healthy lifestyles.	Resources needed: <ul style="list-style-type: none"><li>• Posters</li><li>• Schedule for postings</li></ul>

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	<p>Evidence of Success:</p> <ul style="list-style-type: none"> <li>Artifacts of posted materials</li> </ul>
<p>2019-2020 Evaluation Comments:</p> <p>Posters are prominently displayed in the cafeteria and other areas of the campus.</p> <div style="display: flex; justify-content: space-around;">   </div>	

**GOAL II:** 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.

**Objective 1:**

Action Steps	Methods for Measuring Implementation
<p>Nutrition information will be posted on the district website.</p>	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>Annual SHAC assessment tool</li> </ul> <p>Evidence of Success:</p> <ul style="list-style-type: none"> <li>Documentation of postings</li> </ul>

2019-2020 Evaluation Comments:

*Following are examples of information that the district provides on its website at <https://www.lacklandisd.net/departments/operations/child-nutrition-services>*

*The child nutrition program continued to provide nutritionally balanced meals free of charge to all Lackland ISD students during the COVID-19 Pandemic. These menu items were very similar to what would have been offered during the school year.*

## Helpful Information

Helpful information for both parents and students:

- Students must take at least three items for lunch. One must be a serving of fruit or vegetable for the meal to be reimbursable.

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**FOOD SAFETY INFORMATION:** Safe steps in food handling, cooking, and storage are essential to prevent food-borne illness and the spread of viruses. You can't see, smell, or taste harmful bacteria that may cause illness. Follow these steps to keep food safe:

1. **Clean** – Wash hands and surfaces often. Always wash hands with warm water and soap for 20 seconds before and after handling food.
2. **Separate** – Don't cross-contaminate. Keep raw meat, poultry, fish, and their juices away from other food. After cutting raw meats, wash cutting board, utensils, and countertops with hot, soapy water.
3. **Cook** – Cook to the right temperature. Heat hot food to 165 degrees and keep cold foods cold, below 40 degrees.
4. **Chill** – Refrigerate promptly.
5. Perishable food should not be left out more than 2 hours at room temperature—1 hour when the temperature is above 90 degrees.
6. Discard any food left out at room temperature for more than 2 hours.
7. **Consume your curbside meals within four days.**



**February Lunch Menu (Grades K-8)**

Monday 2/3	Tuesday 2/4	Wednesday 2/5	Thursday 2/6	Friday 2/7
Popcorn Chicken Salad Bakery Bread Steamed Veggies Hot Dinner Roll Fruit, Milk Lunch Salad Chilled Fruit	Shredded Beef Pasta Hot Apple Pie w/ Fruit Peanut Butter Sandwich Peanut Butter Peanut Butter Peanut Butter Peanut Butter Peanut Butter	Shredded Beef Pasta Hot Apple Pie w/ Fruit Peanut Butter Sandwich Peanut Butter Peanut Butter Peanut Butter Peanut Butter Peanut Butter	Shredded Beef Pasta Hot Apple Pie w/ Fruit Peanut Butter Sandwich Peanut Butter Peanut Butter Peanut Butter Peanut Butter Peanut Butter	Shredded Beef Pasta Hot Apple Pie w/ Fruit Peanut Butter Sandwich Peanut Butter Peanut Butter Peanut Butter Peanut Butter Peanut Butter

**Monday 2/10**  
Shredded Beef Pasta  
Hot Apple Pie w/ Fruit  
Peanut Butter Sandwich  
Peanut Butter  
Peanut Butter  
Peanut Butter  
Peanut Butter  
Peanut Butter

**Tuesday 2/11**  
Shredded Beef Pasta  
Hot Apple Pie w/ Fruit  
Peanut Butter Sandwich  
Peanut Butter  
Peanut Butter  
Peanut Butter  
Peanut Butter  
Peanut Butter

**Wednesday 2/12**  
Shredded Beef Pasta  
Hot Apple Pie w/ Fruit  
Peanut Butter Sandwich  
Peanut Butter  
Peanut Butter  
Peanut Butter  
Peanut Butter  
Peanut Butter

**Thursday 2/13**  
Shredded Beef Pasta  
Hot Apple Pie w/ Fruit  
Peanut Butter Sandwich  
Peanut Butter  
Peanut Butter  
Peanut Butter  
Peanut Butter  
Peanut Butter

**Friday 2/14**  
Shredded Beef Pasta  
Hot Apple Pie w/ Fruit  
Peanut Butter Sandwich  
Peanut Butter  
Peanut Butter  
Peanut Butter  
Peanut Butter  
Peanut Butter



## Lackland ISD Curbside Menu (COVID-19 School Closure)

- Free meals will be provided for LISD students during the COVID-19 closure commencing 3/23/2020.
- Meals will be available for pickup in front of the High School Cafeteria for all grade levels Monday through Friday from 11:00 am until 1:00 pm. To reduce the number of trips to the school and minimize exposure to the COVID-19 virus both meals will be provided at the same time.
- To comply with CDC social distancing recommendations, we ask that you write the names of your students on a piece of paper and show it to the person handing you the meal.

Breakfast – Monday	Breakfast – Tuesday	Breakfast – Wednesday	Breakfast – Thursday	Breakfast – Friday
Cereal, Milk, Fruit or Juice	Patty, Milk, Fruit or Juice	Cereal, Milk, Fruit or Juice	Patty, Milk, Fruit or Juice	Cereal, Milk, Fruit or Juice
Lunch – Monday	Lunch – Tuesday	Lunch – Wednesday	Lunch – Thursday	Lunch – Friday
Popcorn Chicken Steamed/Fresh Veggies Hot Dinner Roll Fruit, Milk	Hot Dog Tater Tots Steamed/Fresh Veggies Fruit, Milk	Chili Mac Steamed/Fresh Veggies Fruit, Milk	Hamburger Steamed/Fresh Veggies Fruit, Milk	Pizza Steamed/Fresh Veggies w/g Chips Fruit, Milk
OR	OR	OR	OR	OR
(Yogurt Lunch) Yogurt Mozzarella Cheese Stick Fruit, Milk	(Yogurt Lunch) Yogurt Mozzarella Cheese Stick Fruit, Milk	(Yogurt Lunch) Yogurt Mozzarella Cheese Stick Fruit, Milk	(Yogurt Lunch) Yogurt Mozzarella Cheese Stick Fruit, Milk	(Yogurt Lunch) Yogurt Mozzarella Cheese Stick Fruit, Milk

Lackland ISD is an equal opportunity provider. Menu subject to change.



## Child Nutrition Services

**COVID-19 MENU AND INFORMATION:** Lackland ISD will be providing FREE meals for all LISD students during the current school closure. Meal service will start March 23, 2020. Meals will be available for pickup in front of the High School Cafeteria for all grade levels Monday through Friday from 11:00 am until 1:00 pm. To reduce the number of trips to the school and minimize exposure both meals will be provided at the same time.

Students that do not live on the base are able to get meals from participating feeding sites at neighboring school districts. You can find the nearest feeding site at the following link: [https://schoolmealfinder.hoonuit.com/?filter\\_state=tx](https://schoolmealfinder.hoonuit.com/?filter_state=tx)

To comply with social distancing recommendations, we ask that you write the names of your students and students' ID numbers on a piece of paper and show it to the person verifying eligibility. Please do not roll down your window. Once your student's eligibility is confirmed and documented, your breakfast and lunch meals will be placed on a table for you to retrieve your meals. Even though all meals are being provided at no cost to you, USDA regulations require that we verify student eligibility and collect meal consumption information for reporting purposes.



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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.]

For compliance with the state requirement to implement TEA-approved coordinated school health programs, the District will implement *The Great Body Shop* for students in kindergarten through eighth grades.

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

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

**Objective 1:**

Action Steps	Methods for Measuring Implementation
Ensure full implementation of the Texas Education Agency (TEKS) objectives in science, health, and physical education.	Resources needed: <ul style="list-style-type: none"><li>• TEKS based activities (example: Teach-Healthier App.)</li></ul> Evidence of Success: <ul style="list-style-type: none"><li>• Lesson Plans</li><li>• Artifacts of activities</li></ul>

**2019-2020 Evaluation Comments:**

At the elementary level, physical education is offered daily from PreK to 5<sup>th</sup> grade and other various activities that incorporate nutrition education.

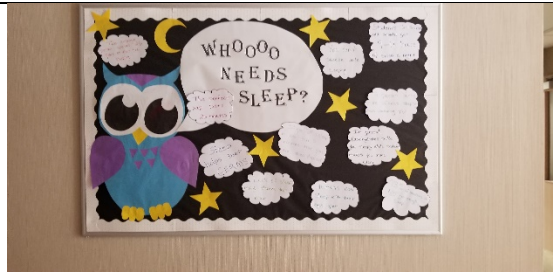
Family Consumer Science is offered at the middle school level, and Lifetime Nutrition and Wellness is offered at the high school level. Health TEKS are covered in PE from 6-12<sup>th</sup> grade.

Teacher lesson plans incorporate appropriate TEKS based activities that share information about the importance of healthy eating. Students also receive additional information through posted literature and age-appropriate handouts. Classroom activities focus on my-plate.gov guidelines regarding appropriate servings of dairy, fruits, grains, vegetables, and protein.



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Here's a poster that is visible in the elementary hallway to share the importance of sleep.

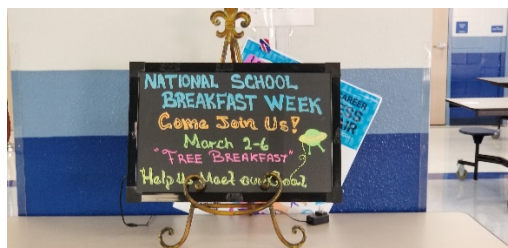
**GOAL IV:** The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

**Objective 1:**

Action Steps	Methods for Measuring Implementation
Ensure implementation of nutrition education in activities and other related curriculum offerings.	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>List of planned activities and nutrition-related opportunities to include National School Breakfast Week, National Nutrition Month, Eagle to Eagle Café, and the culinary arts program.</li> </ul> <p>Evidence of Success:</p> <ul style="list-style-type: none"> <li>Logs and artifacts of activities offered</li> </ul>

2019-2020 Evaluation Comments:

Events such as National School Breakfast Week (pictured below) are hosted throughout the year.





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<b>GOAL V:</b> 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.	
<b>Objective 1:</b>	
Action Steps	Methods for Measuring Implementation
Identify foodservice and instructional personnel to receive training specific to their assignments.	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>Allocation of time to complete training</li> <li>Training appropriate to identified needs</li> <li>Funds to compensate hourly employees for completion of training and professional development outside of their duty schedule, as appropriate</li> </ul> <p>Evidence of Success:</p> <ul style="list-style-type: none"> <li>Professional development agendas</li> <li>SafeSchools training logs</li> </ul>
<p>2019-2020 Evaluation Comments:</p> <p>The Director of Operations has determined required training opportunities for child nutrition to take either using the safeschools modules or in the face to face sessions. Child nutrition staff are provided opportunities to complete training during their duty schedule. Professional development for child nutrition staff meets state and federal requirements.</p> <p>Health and Science teachers participate in professional development opportunities aligned with their curriculum throughout the school year and as scheduled during the summer break.</p>	
<b>Objective 2:</b>	
Action Steps	Methods for Measuring Implementation
Identify opportunities to provide intentional instruction and discussions about age-appropriate health and nutrition practices throughout all academic areas.	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>Scope and Sequence documents that show when instruction will be provided</li> <li>A toolkit of appropriate activities (Teach-Healthier app for teachers, Great Body Shop)</li> </ul> <p>Evidence of Success:</p> <ul style="list-style-type: none"> <li>Artifacts of completed activities</li> <li>Lesson plans</li> <li></li> </ul>

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2019-2020 Evaluation Comments:

Physical education teachers have provided copies of their scope and sequence. These documents share when specific health and nutrition topics will be incorporated into lessons and activities. Scope and Sequence documents are currently housed in TEAMS and on the learning management system platform - Canvas. Students are also encouraged to participate in the Mayor's fitness council. These students develop a year-long health and wellness program in hopes are receiving grant funds for implementation.



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.]

Students will meet the required physical activity minutes in assigned physical education classes. Elementary students will receive according to campus schedule either a minimum of 30 minutes of daily physical activity or 135 minutes of physical activity weekly. Secondary students will enroll in a physical education or athletics course for at least four semesters at the middle school level.

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 VI:** 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.

**Objective 1:**

Action Steps	Methods for Measuring Implementation
Continue the practice of providing open gym and also vary activities bi-weekly.	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>Teacher and staff supervision</li> <li>Schedule reflecting open gym opportunities</li> </ul> <p>Evidence of Success:</p> <ul style="list-style-type: none"> <li>Logs of student participation per activity</li> </ul>
<p>2019-2020 Evaluation Comments:</p> <p>Open gym continues to be a successful opportunity for students to engage in physical and social activities for junior and senior high students. Due to the increase in middle school class sizes students now attend open gym every other day. On alternate days middle school students can participate in outdoor physical activity. High school students have open gym daily. All secondary students have the option of eating their lunch outdoors.</p> 	

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

**Objective 1:**

Action Steps	Methods for Measuring Implementation
Encourage the use of fitness tracking devices and other logs to record engagement in physical activities.	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>Fitness tracking devices/logs</li> <li>Opportunities and methods for collecting and publishing data</li> </ul>


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	<p>Evidence of Success:</p> <ul style="list-style-type: none"> <li>Participation Logs</li> </ul>
<p>2019-2020 Evaluation Comments:</p> <p>Teachers provide opportunities for movement and engagement in physical activities routinely in their lesson cycles. Students are encouraged to participate. Students who have fitness trackers use them to motivate periods of movement throughout the day. However, this is not a district initiative.</p>	
<b>Objective 2:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Provide strategies and a bank of activities that incorporate movement decreasing prolonged periods of being sedentary.	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>Time</li> <li>Bank of Activities</li> </ul> <p>Evidence of Success:</p> <ul style="list-style-type: none"> <li>Identified opportunities used to increase physical activity during instructional blocks and transitions</li> </ul>
<p>2019-2020 Evaluation Comments:</p> <p>Teachers provide opportunities for movement and engagement in physical activities routinely in their lesson cycles. Students are encouraged to participate. At the elementary school, Go Noodle (<a href="http://www.gonoodle.com">www.gonoodle.com</a>) is a favorite medium to provide brain breaks. Opportunities are provided for outdoor instruction.</p>	
<b>Objective 3:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Implement strategies to encourage students to engage in physical activity during recess.	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>Bank of strategies</li> <li>Supplies (jump ropes, balls, etc.)</li> <li>Identified areas for physical activity</li> </ul> <p>Evidence of Success:</p> <ul style="list-style-type: none"> <li>Artifacts of student participation in physical activity during recess</li> </ul>

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	<ul style="list-style-type: none"> <li>Emphasis on the importance of not taking recess away as a punishment or for work completion.</li> </ul>
<p>2019-2020 Evaluation Comments:</p> <p>Teachers are using a variety of tools from their classroom outdoor equipment supplies to engage students in physical activity including joining them in the fun. Students also have opportunities to participate in non-structured activities.</p> 	

**GOAL VIII:** The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for District employees and students.

**Objective 1:**

Action Steps	Methods for Measuring Implementation
Incorporate brain-based and physical activities into staff training and professional development opportunities emphasizing the need to make it a natural part of our practice.	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>Time in the professional development schedule</li> <li>Posters of activities for teachers to use in their classroom</li> </ul> <p>Evidence of Success:</p> <ul style="list-style-type: none"> <li>Artifacts of training and professional development offerings</li> </ul>

2019-2020 Evaluation Comments:

The staff attends professional development such as AVID, SFA, Brain-Based Learning, Differentiated Instruction, and New to Lackland Teacher Induction and Mentoring. These professional development opportunities incorporate movement model and engage staff in using strategies to embed movement in learning in accordance with student age.

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<b>GOAL IX:</b> The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events. Evaluated by: <b>TRAXLER</b>	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Continue the practice of offering physical fitness-related family engagement activities such as PTSO skate parties, fun runs, and walk-a-thons.	Resources needed: <ul style="list-style-type: none"> <li>Encouraged the use of incentives appropriate to grade level.</li> <li>Calendar of opportunities.</li> </ul> Evidence of Success: <ul style="list-style-type: none"> <li>Participation logs and artifacts</li> </ul>
2019-2020 Evaluation Comments:  The PTSO has continued to offer physical fitness-related family engagement activities such as the PTSO skate parties.	

<b>GOAL X:</b> 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 for use outside the school day.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Post and publicize the opportunity for community use of recreational facilities during non-school hours and scheduled activities on the district website and in other prominent places.	Resources needed: <ul style="list-style-type: none"> <li>Website posting</li> <li>E-newsletter publications</li> <li>Maintenance of equipment</li> </ul> Evidence of Success: <ul style="list-style-type: none"> <li>Artifacts of community use</li> <li>Artifacts of postings</li> </ul>
Signs are posted to share an expectation of community use of outdoor recreation areas. The track has remained open during the COVID-19 pandemic. However, families have been discouraged from using the playground equipment because it is not currently being sanitized.	

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**GOAL XI:** The District shall daily provide for elementary school students the appropriate time, supervision, facilities, and equipment necessary for a safe, productive, unstructured, and enjoyable recess period when weather and modified schedules permit.

**Objective 1:**

Action Steps	Methods for Measuring Implementation
Publish a recess schedule that identifies the time and location of recess for each class.	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>Master schedule</li> <li>The appropriate number of recess areas</li> <li>Teacher collaboration to determine the use of specific recess locations</li> </ul> <p>Evidence of Success:</p> <ul style="list-style-type: none"> <li>Student engagement in recess</li> <li>Teacher full implementation of schedules</li> </ul>

**2019-2020 Evaluation Comments:**

Schedules are available reflecting the time for recess. Teachers collaborate as needed to determine the location for recess. The elementary playground for 4<sup>th</sup> and 5<sup>th</sup>-grade students was completed with an open house ceremony held on Friday, March 6.

**Objective 2:**

Action Steps	Methods for Measuring Implementation
Provide resources for equipment to allow for physical activity options at recess	Resources needed:



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	<ul style="list-style-type: none"> <li>Budget to maintain and add new equipment</li> </ul> <p>Evidence of Success:</p> <ul style="list-style-type: none"> <li>Teacher use of budget allocations to secure materials relevant to their students</li> </ul>
<p>2019-2020 Evaluation Comments:</p> <p>Teachers purchase materials based on student interests and ongoing use.</p>	

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.

<b>GOAL XII:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Master schedules allot 30 minutes for lunch a minimum of 15 minutes of this time will be used for food consumption.	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>Master schedule</li> </ul> <p>Evidence of success:</p> <ul style="list-style-type: none"> <li>Student use of time</li> </ul>
<p>2019-2020 Evaluation Comments:</p> <p>Lunch schedules provide a 30-minute lunchtime with a minimum of 15 minutes for food consumption. This year's staff has proven to be more effective than in the past. Parents also report that even when a class arrives late that they are provided sufficient time to eat.</p>	

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**GOAL XIII:** The District shall promote employee wellness activities and involvement at suitable District and campus activities.

**Objective 1:**

Action Steps	Methods for Measuring Implementation
Share and encourage staff engagement in wellness activities such as District yoga and cardio exercise opportunities, fitness challenges, and Wellness Wednesday publications.	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>Funds</li> <li>Continued Wellness Wednesday Publications</li> </ul> <p>Evidence of Success:</p> <ul style="list-style-type: none"> <li>Staff Participation</li> </ul>

2019-2020 Evaluation Comments:

District employees participate in cardio and strength exercises through DVD programs. Fourteen employees have participated throughout the school year, some more consistent than others. Participation logs are maintained monthly and submitted to the elementary principal's secretary.





Staff members have continued to participate in the Wellness Wednesday activities With many receiving the participation incentives provided by TRS and Edwards Risk Management.

Participating employees have reported:

- 1) Experiencing health benefits since becoming involved with staff exercise including better quantity and quality of sleep, loss of inches, increased energy levels, relief of stress from the workday, better mood, better food choices, starting to feel stronger, and toned body areas.
- 2) All participating employees reported the convenience of having an activity after work makes them feel motivated and makes the choice to exercise easier.
- 3) Six to eight staff members participate consistently from 2 to 3 times per week.
- 4) They appreciate and can count on the motivation, encouragement, and support form each other
- 5) Meeting new friends and building relationships with colleagues.
- 6) Having fun!!!

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Objective 2:	
Action Steps	Methods for Measuring Implementation
Ensure availability of appropriate exercise facilities by upgrading staff exercise room facilities	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>Funds to fix, upgrade, and update equipment</li> </ul> <p>Evidence of Success:</p> <ul style="list-style-type: none"> <li>Staff use</li> <li>Maintenance logs</li> </ul>
<p>2019-2020 Evaluation Comments:</p> <p>Participating staff who use the exercise equipment feel the equipment needs maintenance to function properly or need newer equipment. Two new items were purchased and have become favorites to use. Work orders continue to be submitted to keep current items in proper working condition.</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	

Objective 3:	
Action Steps	Methods for Measuring Implementation
Identify alternative spaces for staff engagement in physical activity	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>Availability of spaces</li> <li>List of potential spaces to include the TRAC, Lyon Center, cafeterias, etc.</li> </ul> <p>Evidence of Success:</p> <ul style="list-style-type: none"> <li>Staff participation logs</li> </ul>

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		<ul style="list-style-type: none"> <li>List of spaces utilized</li> </ul>
<p>At this time, we meet in the Staff Wellness Exercise Room above the HS gym. The room accommodates 9 people comfortably. We have used the TRAC at one time, but most experienced the hard impact on knees due to the hard floor. If the group grows larger, we will need to explore potential spaces with a TV and DVD player. Staff participated in a 1 hour Camp Gladiator camp in the spring.</p>		
<b>Objective 4:</b>		
<b>Action Steps</b>		<b>Methods for Measuring Implementation</b>
<p>Explore the ability to provide discounts or full gym memberships to teachers and staff to meet the needs of individuals opposed to exercising at work.</p>		<p>Resources needed:</p> <ul style="list-style-type: none"> <li>Funding</li> <li>Contact gymnasiums and make a list of available discounts</li> <li>Determine the level of interest on the part of the staff</li> </ul> <p>Evidence of Success:</p> <ul style="list-style-type: none"> <li>Staff use</li> </ul>
<p>2019-2020 Evaluation Comments:</p> <p>Staff members were surveyed during the 2018-2019 school year and the results yielded little interest in full gym memberships. They did express continued interest in being able to use the JBSA gym facilities. Dr. Roper coordinated with installation officials to have this access continue.</p>		