

WELLNESS PLAN

This document, referred to as the “wellness 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; 7 C.F.R. Part 210]

**STRATEGIES TO
SOLICIT
INVOLVEMENT**

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 provider, physical education teachers, school health professionals, Board members, administrators, and members of the public.

IMPLEMENTATION

The Coordinated School Health Leadership team are the District officials 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.

Each campus principal is responsible for the implementation of FFA (LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.

EVALUATION

At least every three years, as required by law, the District will measure and make available to the public the results of 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. This will be referred to as the “triennial assessment.”

Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

**PUBLIC
NOTIFICATION**

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness policy, the District will create 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. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
5. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
6. The SHAC's triennial assessment; and
7. 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 law and the District's records management program. Questions may be directed to the District's designated records management officer. [See CPC(LOCAL)]

**GUIDELINES AND
GOALS**

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

**NUTRITION
GUIDELINES**

All District campuses participate in the U.S. Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that the District establish nutrition guidelines for foods and beverages sold to students during the school day on each campus that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold or marketed to students during the school day adheres to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

FOODS AND
BEVERAGES
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.squaremeals.org/Publications/Handbooks.aspx> (see the Complete *Administrator Reference Manual [ARM]*, Section 20, Competitive Foods)

The District has also incorporated the following stricter standards that are not prohibited by federal or state law: Deep fat frying is prohibited.

*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)]

Notice of exempted fundraiser dates will be provided to the Director of Child Nutrition by the campus principal, or designee, no less than one month in advance of the event. These notices will be recorded and tracked as per USDA regulations.

Campus or Organization	Food / Beverage	Number of Days
All campuses	All	Six

**FOODS AND
BEVERAGES
PROVIDED**

There are no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. However, each school district must set its own standards. 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)]

In addition, the District has established the following local standards for foods and beverages made available to students:

Elementary school: All food or beverage given away at no charge to students, or sold within the 6 allowed exempt days, must be approved and monitored by the campus principal and/or their designee. This includes special situations, including but not limited to food or beverages given away or provided by an adult acting on behalf of a student's parents or guardian and food or beverages delivered by businesses to students on the school campus.

Middle/junior high school: All food or beverage given away at no charge to students, or sold within the 6 allowed exempt days, must be approved and monitored by the campus principal and/or their designee. This includes special situations, including but not limited to food or beverages given away or provided by an adult acting on behalf of a student's parent or guardian and food or beverages delivered by businesses to students on the school campus.

High school: All food or beverage given away at no charge to students, or sold within the 6 allowed exempt days, must be approved and monitored by the campus principal and/or their designee. This includes special situations, including but not limited to food or beverages given away or provided by an adult acting on behalf of a student's parents or guardian and food or beverages delivered by businesses to students on the school campus.

**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.

**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 SHAC will monitor this by annual reports prepared by the Director of Child Nutrition Services and Director of Health Fitness from end of year measurement plans completed by campus administration.

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 SHAC will periodically monitor these and make recommendations when replacements or new contracts are considered.

All future food and beverage contracts will consider the nutritional value of products and product decision making will be in collaboration with Child Nutrition Services.

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

<p>GOAL: The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.</p>	
<p>Objective 1: Promote healthy eating habits in USDA meal programs.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Post USDA certified menus on child nutrition website and in cafeterias. • Participate in various nutrition education promotions throughout the school year. • Child Nutrition Services offers student taste testing as appropriate. • A la carte offerings sold by Child Nutrition Services will meet USDA Smart Snack regulations. • Campuses will make available drinking fountains or another water source in school dining rooms during meal periods. Students will be allowed unrestricted access to this water source during meal periods. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Current nutrition education activities <p>Resources needed:</p> <ul style="list-style-type: none"> • Web master, web page, poster printer, and promotional incentives • Smart Snack calculator (online) <p>Obstacles:</p> <ul style="list-style-type: none"> • Web master time and expense

<p>GOAL: The District shall provide campuses educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.</p>	
<p>Objective 1: Schools will follow Spring Branch ISD policy for students with life threatening food allergies.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> Child Nutrition Services will maintain and implement physician's orders as they are received. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Current physician orders on file <p>Resources needed:</p> <ul style="list-style-type: none"> Electronic tracking of food allergies at point of sale (cash register) <p>Obstacles:</p> <ul style="list-style-type: none"> Timely submission of physician's orders by families Careful monitoring of point-of-sale notes by cashiers
<p>Objective 2: Schools will follow Spring Branch ISD anaphylaxis and allergy guidelines to ensure student health and safety.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> Parent will complete Student Health Inventory upon enrollment. School nurse will verify the allergy with the physician. Physicians will develop an individual healthcare plan to meet the student's needs. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Current individual healthcare plan on file. <p>Resources needed:</p> <ul style="list-style-type: none"> Sufficient time allotment for school nurse to develop and implement the plan. <p>Obstacles:</p> <ul style="list-style-type: none"> Timely submission of physicians orders by families Parent review and approval in timely fashion Communication with staff regarding the plan

<p>GOAL: 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>Objective 1: To ensure that by July 1, 2021, the District is in full compliance with federal requirements that all future marketing for food and beverages marketed on the school campus during the school day meets the Competitive Food Nutrition Standards.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Director of Child Nutrition will develop strategy and timeline benchmarks for implementation by deadline. • The Director of Child Nutrition will work with finance personnel to develop guidelines for vendor compliance. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Director of Child Nutrition will monitor advertisements related to products purchased by and served by child nutrition and the campus principal will ensure that all other advertisements comply <p>Obstacles:</p> <ul style="list-style-type: none"> • Training on competitive food nutrition standards for District personnel

**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.

<p>GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p>	
<p>Objective 1: Child Nutrition will provide visual learning experience for students.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Child Nutrition Services will conduct annual nutrition education sessions for fourth grade students. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Annual increases in meal participation for the site Support healthy meals by enrolling and participating as Team Nutrition School through the U.S. Department of Agriculture <p>Resources needed:</p> <ul style="list-style-type: none"> PowerPoint presentation and give away items Team Nutrition Schools - https://www.fns.usda.gov/tn/schools <p>Obstacles:</p> <ul style="list-style-type: none"> Participation by staff at all campuses

GOAL: 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.	
Objective 1: Provide professional development for staff to meet USDA required annual hours of professional development.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> The director of child nutrition will identify and offer appropriate professional development training hours to all child nutrition staff annually. Assistant superintendents will work with campus principals to ensure that professional development is offered to other campus personnel on an annual basis. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Current training records <p>Resources needed:</p> <ul style="list-style-type: none"> Electronic database <p>Obstacles:</p> <ul style="list-style-type: none"> Office clerical time for posting

GOAL: 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: Schools will educate, encourage, and support healthy eating by all students.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Nutrition education will be integrated into other areas of the curriculum, such as math, science, language arts, and social studies. Health curriculum will be used to support nutrition education including nutritional guidelines to reduce obesity. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Wellness Policy Measurement Tool Lesson plans Documented in wellness policy <p>Resources needed:</p> <ul style="list-style-type: none"> Board approved health curriculum <p>Obstacles:</p> <ul style="list-style-type: none"> Continued training and costs for teacher turnover

**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 that are consistent with TEA [See EHAB and EHAC].

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.

<p>GOAL: The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.</p>	
<p>Objective 1: Ensure that the district and schools provide age appropriate fitness activities that meet state standards (TEKS) and offer opportunities for students to receive credit for off campus physical education that also align with state standards.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Schools will implement physical activities from the approved curriculum for students in kindergarten–grade 12. • Schools will implement lessons following the Health Fitness Scope and Sequence calendar during Health Fitness Classes. • Students in grades 3 – 12 health fitness classes will participate in health-related fitness testing (FitnessGram) on an annual basis. • Off campus Health Fitness is offered to middle and high school students who qualify. • Off Campus Health Fitness allows students in grades 6 - 12 to earn credits that meet the district and state physical education requirements. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Wellness Policy Measurement Tool • Approved District curriculums • Scope and Sequence calendar • FitnessGram • Proof of TEKS being taught through teacher lesson plans • Off-campus credit PE waiver packet • State and national standards <p>Resources needed:</p> <ul style="list-style-type: none"> • Database to track off campus credit, student enrollment and grades • FitnessGram assessment tool

GOAL: Physical Education classes shall regularly emphasize moderate to vigorous activity. Time allotted for PE will be consistent with research and state standards as provided by TEA.

Objective 1: To provide an optimal learning environment for wellness and healthy lifestyle activities for lifelong wellness.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Health Fitness Teachers will plan and follow lesson plans from the scope and sequence calendar that include daily moderate to vigorous activity for students to be in their healthy heart rate zone. • Schools will follow time requirements for physical activity to align with TEA and state and/or national standards. • Students in kindergarten-grade 5; including students with disabilities, special health-care needs, and in alternative educational settings will receive daily physical education for 135 minutes per week throughout the school year. Shortened weeks, due to holidays are the exception. • Students in grades 6-8 will receive moderate or vigorous daily physical activity for at least 30 minutes in physical educational settings for at least four semesters or 225 minutes during each period of two school weeks (for block scheduling). • Students in grades 9-12 must meet statutory physical education requirements and complete one year or two semesters of required PE. • Students in grades 6 -12 are required to dress out daily in Health Fitness classes. Uniforms are sold through the campus health fitness department. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Wellness Policy Measurement Tool • TEC §28.002(l) • Scope and sequence calendar • Lesson plans • Health Fitness Schedule • Health Fitness uniform sales or syllabus stating rules on HF uniforms

<p>GOAL: The District shall encourage a campus safety plan for Health Fitness classes with a student-to-staff ratio greater than 45:1.</p>	
<p>Objective 1: To ensure the safety of students participating in physical education.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Health Fitness teachers will work with their campus principal to create a safety plan when classes exceed the 45:1 ratio. • Administrator to oversee implementation of safety plan. • Coordination with campus counselors in scheduling to maintain at least 45:1 or less student to staff ratio. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Wellness Policy Measurement Tool • Safety Plan document, signed by Health Fitness teacher and campus principal submitted to Health Fitness Department before the first day of class <p>Resources needed:</p> <ul style="list-style-type: none"> • Safety plan document • Administrative and/or staff support • Campus lead counselor and/or master scheduler

GOAL: The District shall encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
Objective 1: Schools will encourage classroom teachers to provide short activity breaks between lessons or as part of their lessons.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Provide professional development in which teachers will receive staff development related to the importance of physical activity breaks. • Provide professional learning for teachers about action-based learning. • Continued implementation of whole-child/action-based learning on campuses with or without a lab. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Wellness Policy Measurement Tool • Certificate of attendance for action-based learning trainings • Data records reflecting usage of labs on campuses <p>Resources needed:</p> <ul style="list-style-type: none"> • Continued purchase of equipment for action-based learning labs and materials <p>Obstacles:</p> <ul style="list-style-type: none"> • Funding • Staffing

<p>GOAL: All Elementary students shall receive daily physical activity, preferably outdoors, for recess.</p>	
<p>Objective 1: To ensure students have the opportunity to develop healthy habits and build social and physical skills through the movement experiences.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • All elementary students will receive a minimum of 20 minutes of supervised recess which must consist of physical activity. • Recess should promote moderate to vigorous physical activity by providing space, equipment, and verbal encouragement. • The campus administrative staff will secure funds to provide recess equipment. Health Fitness equipment is not to be used for recess. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Wellness Policy Measurement Tool • Recess schedule embedded and posted in daily classroom schedules <p>Resources needed:</p> <ul style="list-style-type: none"> • Large play space, pod area, hardtop, grass area, and recess equipment • District approved websites • Indoor games and/or online games

GOAL: Teachers and other school and community personnel shall not use physical activity (e.g., running laps or pushups) as punishment, nor shall they withhold opportunities for physical activity (e.g. recess or physical education) as disciplinary measures.	
Objective 1: To provide daily 20 minutes of recess for all elementary students.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Recess is defined as a regularly scheduled period during the school day for physical activity and play that is monitored by trained staff. • Recess periods can be offered multiple times of day. • Recess should not be a replacement for physical education class. • Recess shall not be used as punishment nor withheld as disciplinary measures. Only campus administrators may withhold recess time due to safety concerns. • Recess is to provide student-selected opportunities to engage in physical activity and to take a break from academic work in the school day. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Wellness Policy Measurement Tool • Recess schedule embedded and posted in daily classroom schedules <p>Resources needed:</p> <ul style="list-style-type: none"> • Large play space, pod area, hardtop, grass area, and recess equipment • District approved websites. • Indoor games and/or online games

GOAL: Before-, during-, or after-school physical activity programs may be offered, and students shall be encouraged to participate.	
Objective 1: Students will have the opportunity to choose appropriate before-school and after-school physical activity programs.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Students are given opportunities for physical activity through a range of before-, during-, and/or after school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs. • Recognize campuses that participate in District Advanced Movers opportunities. • Partnerships will continue with District approved partners 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Wellness Policy Measurement Tool <p>Resources needed:</p> <ul style="list-style-type: none"> • Tracking tools/devices <p>Obstacles:</p> <ul style="list-style-type: none"> • Funding • Staffing • Transportation

GOAL: The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.	
Objective 1: Schools will provide opportunities for students and families to develop the knowledge and skills for specific physical activities that promote wellness.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Promote family activity events (e.g. health fairs, wellness nights, fun runs) Health Fitness Extravaganza for first – sixth graders. Advanced Movers opportunities for elementary and middle school students and their families. High school student volunteers at elementary and middle school events. 	Baseline or benchmark data points: <ul style="list-style-type: none"> Wellness Policy Measurement Tool Permission slips and sign in sheets Volunteer certificates Parent/volunteer registrations through district website

GOAL: 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. [See GKD]	
Objective 1: Schools will provide access to District recreational facilities under the guidelines of Spring Branch ISD Board Policy.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Open-campus physical activity facilities before- and after-school hours of operation, when not in conflict with District-sponsored activities. At each facility, the grounds area listed as “nonathletic use grounds” will remain open for use by the general public on a first-come, first-served basis for individual (non-organized) recreational activity 	Baseline or benchmark data points: <ul style="list-style-type: none"> Wellness Policy Measurement Tool Cameras Campus/ District calendar Approval process through Athletic department Spring Branch ISD Board policy GKC (LE- GAL), (LOCAL), and (REGULATION)and GKD(LEGAL) and (LOCAL)

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 express a consistent wellness message through other school-based activities.

GOAL: Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.	
Objective 1: Each campus principal shall be held accountable to ensure that students have adequate time for meals in clean, safe, and comfortable campus facilities.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Community superintendents and the support services department will ensure that each campus meets these objectives. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Monitoring through regular visits by community superintendents Monitoring through regular visits by support services personnel Open discussion between campuses and community superintendents and support services personnel to address individual issues <p>Obstacles:</p> <ul style="list-style-type: none"> Ongoing training of campus, cafeteria, and custodial personnel

GOAL: Wellness for students and their families shall be promoted at suitable District and school activities.	
Objective 1: Raise awareness of the benefits that are associated with living a healthy lifestyle.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Encourage participation in family fitness activities as part of curriculum nights, parenting classes, and community events. Provide information regarding family fitness events locally and statewide. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Wellness Policy Measurement Tool <p>Resources needed:</p> <ul style="list-style-type: none"> District webpage updates Spring Branch ISD communication to employees and families

GOAL: Employee wellness education and involvement shall be promoted at suitable District and school activities.	
Objective 1: Raise awareness of the benefits and importance of lifelong health and wellness.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Encourage school-organized wellness committees to be comprised of students, staff, administrators, parents, and community members. District participation in various wellness activities in our area and/or region. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Wellness Policy Measurement Tool CSH Leadership, DSHAC, CSHAC and KSHAC <p>Resources needed:</p> <ul style="list-style-type: none"> District-wide promotion through public information <p>Obstacles:</p> <ul style="list-style-type: none"> Generating interest and keeping a group of individuals committed to the health and well-being of students, staff, and families

<p>GOAL: The District shall promote community partnerships and out-reach activities that support access to comprehensive healthcare and wellness activities.</p>	
<p>Objective 1: Raise awareness of the benefits and importance of lifelong health and wellness.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Develop and nurture partnerships with non-profit and wellness-focused entities. • Support connections and engagement planning between partners and campuses to meet identified student and family needs. • Facilitate partner engagement at campus or district events such as health fairs, vaccine drives, etc. • Support use of Peachjar as communication tool to families for applicable and approved partners/events • Partner with county and local health organizations to provide vaccination clinics for required immunizations and optional vaccinations for infectious diseases such as the flu and COVID 19. • Partner with local hospital so that they can review health plans and procedures regarding infectious diseases. • Provide staff development for nurses regarding vision, hearing and scoliosis screening. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Wellness Policy Measurement Tool • Number of campus needs met • Number of Good Neighbors recognized due to sustained, strategic engagement • Peachjar flyer data analytics • Schedule of clinics that are offered at schools to the community • Develop and review health and safety plan • Review agendas and training dates for school nurses

<p>GOAL: The District shall provide a planned, sequential, age-appropriate health education curriculum that addresses the physical, mental, social, and emotional dimensions of health.</p>	
<p>Objective 1: Ensure that the district and schools provide age appropriate health education that meet state standards (TEKS).</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Health Fitness teachers will incorporate an approved health curriculum lesson each week in their Health Fitness classes in K-12, following the scope and sequence plan. • Health Education as a high school course will be taught using board approved health curriculum. • Human Sexuality curriculum will be taught as part of the middle school health lessons taught in health fitness (parents must opt in). This will occur in the spring semester. • Nurses will present information to 5th grade students (parents must opt in) on Growth and Development. This will occur in the spring semester 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Wellness Policy Measurement Tool <p>Resources needed:</p> <ul style="list-style-type: none"> • Elementary board approved Health Curriculum • High School board approved Health Curriculum • Board approved Human Sexuality and Growth and Development curriculum <p>Obstacles:</p> <ul style="list-style-type: none"> • High school health curriculum is only offered at 1 middle school and 2 high school campuses • Staff

<p>GOAL: The District shall ensure that school buildings and grounds, structures, and equipment meet current safety standards and fire codes.</p>	
<p>Objective 1: Yearly safety audits will be conducted on all campus playgrounds.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Conduct yearly safety audit on campus playgrounds. • Include playground safety on state required safety audit which is required every three years. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Wellness Policy Measurement Tool <p>Resources needed:</p> <ul style="list-style-type: none"> • Playground safety guidelines and audits

GOAL: The District shall provide guidance and counseling programs to maintain and/or improve students' mental, behavioral, emotional, and social well-being through coordinated efforts that include students, parents, staff, and community members.

Objective 1: Implementation of Positive Behavior Interventions and Supports

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Identify 2nd Cohort of PBIS Campuses • Present PBIS Overview to faculty on designated campuses (85% campus buy in) • Identify campus-based leadership teams 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Wellness Policy Measurement Tool <p>Resources needed:</p> <ul style="list-style-type: none"> • School Evaluation Tool (SET Visit) • Effective Behavior Survey (EBS) • 3-day PBIS Training by System of Care • Walkthroughs, and PBIS Snapshots

Objective 2: Implementation of a Comprehensive Guidance Program

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Counselors trained on the different components of the Comprehensive Guidance Program • Campus counselors implement a Comprehensive Guidance program using data sources to determine campus needs 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Wellness Policy Measurement Tool <p>Resources needed:</p> <ul style="list-style-type: none"> • Training for counselors on best practices

<p>GOAL: The District shall provide appropriate school-based health services in partnership with students, parents, staff, and the community. Where appropriate, school-based health services may also provide care and programs to staff, families, and community members.</p>	
<p>Objective 1: Raise awareness of the benefits that are associated with living a healthy lifestyle.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Department of Health, Safety and Security will encourage and facilitate campus nurse to partner with local health agencies to provide services, such as health fairs and vaccine clinics for their students and community. • SBISD will partner with local health agencies to provide testing and vaccines for infectious diseases as appropriate 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Wellness Policy Measurement Tool <p>Resources needed:</p> <ul style="list-style-type: none"> • Current partners will have signed MOUs with the District. • Calendar for vaccine clinics