

Name of Campus ECC

**STAFFORD MUNICIPAL SCHOOL DISTRICT**

Date of Completion 12/01/22

**WELLNESS POLICY MEASUREMENT PLAN**

**Wellness Policy Mission Statement:** The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity. (See policy FFA (LOCAL))

| <b>Component 1: Nutrition Standards:</b> The District’s nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules (See CO and FJ) |             |            |                  |  |
|---|-------------|------------|------------------|--|
| Goals/Guidelines  | Exceptional | Acceptable | Need Improvement | Comments/Examples  |
| 1.The District shall establish standards for all foods and beverages provided, but not sold to students during the school day. These standards shall be addressed in the District’s Wellness Plan.  | X           |            |                  | Students are not sold other food & beverages outside of school lunch. During fundraising activities, Students are able to purchase snacks, and parents are encouraged to set snack limits and remind their children about healthy options. |
| <b>Component 2: Nutrition Promotion &amp; Education Standards:</b> The District shall implement, in accordance with law, a coordinated school health program with nutrition education component. (See EHAA) The District’s nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.   |             |            |                  |  |
| Goals/Guidelines  | Exceptional | Acceptable | Need Improvement | Comments/Examples  |
| 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.   |             | X          |                  | Students are reminded to make healthy food choices during morning announcements.   |

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| 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 |  | <b>X</b> |  | Parents are able to access breakfast and lunch menus and nutritional info on the school website. Parents need to be instructed and reminded on how to access nutritional info. |
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| <b>Component 3: Physical Activity Standards:</b> The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. (See BDF, EHAA, EHAB, and EHAC) |                    |                   |                         |  |
|--|--------------------|-------------------|-------------------------|--|
| <b>Goals/Guidelines</b>  | <b>Exceptional</b> | <b>Acceptable</b> | <b>Need Improvement</b> | <b>Comments/Examples</b>   |
| 1.The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.  | <b>X</b>           |                   |                         | Students attend PE, music, art, library, and STEM weekly where they can choose from a variety of activities. Students have daily recess either before or after lunch time. All teachers give students activities where student can learn and move around, such as dancing while learning their colors or alphabet. |
| 2.The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.   | <b>X</b>           |                   |                         | Teachers include physical activity in lesson plans by having students dance, such as when learning colors or singing nursery rhymes.   |
| 3.The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.   |                    | <b>X</b>          |                         | Students are too young to participate in before and after school activities. Students that are in extended day have recess after school.   |
| 4.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.   |                    | <b>X</b>          |                         | During PD days, teachers and staff are given opportunities to chose training with physical activity, such as yoga and salsa, which help promote physical activity and the development of a healthy new hobby.  |

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| 5.The District shall encourage parents to support their children’s participation to be active role models, and to include physical activity in family events.   |  |   | X | Family events do not always include physical activity due to events being held during the evening. Field Day is one day where parents are encouraged to be active role models for their children.                                    |
| 6.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 of the school day (See GKD) |  | X |   | The community is allowed to utilize the playground at certain hours and when school is not in session. Weekly walking Wednesdays are held after school were parents and staff are encouraged to bring their children to participate. |

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| <b>Component 4: Other School-Based Activities Standards:</b> The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities. |                    |                   |                         |   |
|--|--------------------|-------------------|-------------------------|---|
| <b>Goals/Guidelines</b>  | <b>Exceptional</b> | <b>Acceptable</b> | <b>Need Improvement</b> | <b>Comments/Examples</b>  |
| 1.The District shall promote employee wellness activities and involvement at suitable District and campus activities.  |                    | X                 |                         | Employees are encouraged to participate in walking Wednesday, dance classes, and yoga on PD days.   |
| 2.The District shall allow sufficient time for students to eat meals in a cafeteria facility that is clean, safe, comfortable and that visually promotes a message of the importance of healthy eating and overall wellness.   | X                  |                   |                         | Students have 30 minutes to eat their lunch, and they are allowed to eat their lunch with another class in case they missed their lunch, such as when spending lunch time in the clinic. The cafeteria is always maintained clean. Posters are posted in the cafeteria for students and parents to look at. Even though not all ECC students can read, the posters have colorful images that promote healthy choices and are able get a healthy message across to students. |