

Wellness Plan Goal Attainment

Joshua ISD | September 2023

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.

Needs Improvement A Work in Progress Meeting Expectations

Objective 1: The District will increase participation in federal child nutrition programs by one percent by the end of each school year.

Objective 2: Increase awareness of the school lunch program.

Evidence:

- **Letters are e-mailed to parents throughout the school year that discuss the availability of free and reduced –priced meals and the process for applying.**
- **Parents are notified of breakfast availability at all campuses, the summer feeding program, and events or happenings within the Child Nutrition Department.**
- **Flyers are posted at campus sites.**
- **Nutrition education is posted in the cafeterias for students to see.**

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.

Needs Improvement A Work in Progress Meeting Expectations

Objective 1: The District will research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding any programs offered by the District.

Objective 2: Consistently post in an easily accessible location on the District's website the school breakfast and lunch menus, along with the nutritional information.

Evidence:

- **Summer feeding program**
- **Partnered with Joshua UMC for backpack program for students on weekends and during the summer**

- **Menus posted monthly on website include nutritional information for each item**
- **Website offers information on a variety of health and nutrition related topics**
- **Both Middle School school campuses have digital menu boards on the serving lines that offer nutrition information**
- **Child Nutrition supplies after school snacks to Club Excel at 4 campuses**

Goal 3: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Needs Improvement A Work in Progress Meeting Expectations

Objective 1: Healthy lifestyles shall be taught in all physical education and athletic classes.

Evidence:

- **Healthy eating is part of the curriculum in all Health and PE classes.**
- **Healthy Lifestyle weeks at elementary schools**
- **Coach Williams provides healthy eating lessons to students in secondary schools who participate in extracurricular activities**

Goal 4: 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.

Needs Improvement A Work in Progress Meeting Expectations

Objective 1: JISD will implement clubs aimed at fostering appropriate fitness activities.

Objective 2: JISD will make available certain play grounds and tracks for physical activity.

Evidence:

- **After school running clubs at elementary schools**
- **Turkey Trots at campuses**
- **Color runs at campuses**
- **Elementary school playgrounds open during non-school hours**
- **Students participate in Fitnessgram**
- **Information provided about summer camps**

Goal 5: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Needs Improvement A Work in Progress Meeting Expectations

Objective 1: There will be a physical activity component to Club Excel.

Objective 2: JISD will implement clubs and extracurricular programs aimed at fostering appropriate fitness activities.

Evidence:

- **Physical activity every day at Club Excel – in gym or outside if weather permits**
- **After school running clubs at elementary schools**
- **Free use of facilities for outside sports activities that are majority JISD students**

Goal 6: 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.

Needs Improvement A Work in Progress Meeting Expectations

Objective 1: The District will offer a free or low-cost health assessment to employees at least once per year.

Objective 2: The District will implement an employee health awareness and encouragement program.

Evidence:

- **Flu shot clinics**
- **Lifeline screening yearly: assesses risk of stroke, heart disease, and other chronic illnesses**
- **Camp Gladiator uses facilities for workouts with employees**
- **Spring and Fall Wellness campaigns with prize drawings to encourage participation**
- **Weekly Wellness email sent to all employees**
- **Low cost screenings offered for employees**
- **Wellness Wednesday for employees**

Goal 7: 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 of the school day.

Needs Improvement A Work in Progress Meeting Expectations

Objective 1: Continue to encourage the community to use the facilities available outside of the school day.

Evidence:

- **Elementary school playgrounds open during non-school hours with signs posted showing the times they are open to the public**
- **Free use of facilities for outside sports activities that are majority JISD students**

Goal 8: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

___Needs Improvement A Work in Progress ___Meeting Expectations

Objective 1: All campuses will allow for at least ten minutes to eat breakfast and twenty minutes to eat lunch, from the time a student receives his or her meal and is seated.

Evidence:

- **All campuses provide the time specified for meals**

Goal 9: The District shall promote wellness for students and their families at suitable District and campus activities.

___Needs Improvement ___A Work in Progress Meeting Expectations

Objective 1: Provide information on healthy living and nutrition at several district functions.

Evidence:

- **Wellness is promoted by the Child Nutrition Department on the website through the dissemination of healthy recipes, nutrition related activity sheets, and healthy lifestyle tips**
- **Various activities on elementary campuses give students exposure to foods they may not have tried and the healthy benefits of those foods is shared with families**
- **Farm Fresh Fridays in October**
- **Elementary PE sends out Healthy Habits information for teachers to send with their newsletter**

Goal 10: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Needs Improvement A Work in Progress Meeting Expectations

Objective 1: The District will utilize its health insurance provider to encourage wellness by communicating the preventive services covered at 100 percent during each open enrollment period.

Evidence:

- **Information about preventive services covered at 100% is provided on the health insurance provider's website in August of each year.**
- **Annual wellness campaigns for staff in fall and spring of each year**
- **Partnership with American Heart Association for Go Red Friday**