

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:

Child Nutrition and School Administrative Personnel monitoring school nutrition advertising.

In accordance with FFA (LOCAL), the District has established the following goal 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.	
Objective 1: The District will increase participation in federal child nutrition National School Lunch Program by one to two percent by the end of each school year.	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> Utilize continuous improvement in child nutrition menus, added items, and innovative menu ideas to drive participation. Ensure healthy message marketing at all elementary schools. 	Baseline or benchmark data points: <ul style="list-style-type: none"> Participation rates in federal child nutrition programs and a la carte at beginning (end of grace period), middle, and end of school year. Measure participation in free, reduced and paid lunches for overall percentage increase each year.

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 for nutrition education:

GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective: The District will support the campuses' inclusion of healthy initiative programs that feature wellness goals.	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. Promote campus health fairs or include health/wellness education in campus math/science or family nights. 2. Promote health/wellness information through family engagement classes/communications. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Increased number of nutrition or wellness activities at campus events each year. • Health /Wellness information is included in Family Engagement newsletter.

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:

- Elementary students (grades 1-5) will participate in organized Physical Education classes for 135 minutes per week. In addition, there is a minimum of 30 minutes of recess per day.
- Middle School (grades 6-8) students will be enrolled in Physical Education class for four (4) semesters.
- High school students (grades 9-12) will be enrolled in one credit of Physical Education per District policy.

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 goals for physical activity:

<p>GOAL 1: The District shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, tennis courts, and the like, that are available outside the school day.</p>	
<p>Objective: Inform the community of the facilities that are available for use outside of the school day by including a statement in at least one District or campus publication, by posting information on the District or campus website, or through the use of appropriate signs.</p>	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. Place on the district athletics website that junior and high school tracks/tennis courts, and all areas that are available for public use. 2. Use social media to encourage family exercise time together. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Website presence on both district athletics sites as well as campus sites updated regularly with locations of facilities and availability. <p>Resources needed:</p> <ul style="list-style-type: none"> • Junior and High School tracks • Junior and High School tennis courts

	<p>Obstacles:</p> <ul style="list-style-type: none"> • Vandalism of property • Misuse of facilities
--	---

<p>GOAL 2: 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: Each campus will have a well-equipped gym with games and activities supporting physical activity goals.</p>	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. Allocate sufficient campus funds for well-rounded P.E./physical activity program. 2. Maintain gyms/activity spaces/playgrounds free of safety barriers. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Amount of campus funds allocated yearly to maintain P.E./physical activity programs. • Number of work orders completed to provide well-rounded program free of safety barriers. <p>Resources needed:</p> <ul style="list-style-type: none"> • District budget

OTHER 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 goals as part of its student wellness policy to promote and express a consistent wellness message.

<p>GOAL 1: The District will develop a cell phone/electronic device policy that is followed consistently by grade level across the district that is designed to improve mental health outcomes of HEB students.</p>	
<p>Objective: School administration will ensure that a reasonable policy is applied to all campuses according to grade level that decreases class disruptions, missed instruction time, and cyberbullying of students.</p>	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. Research what has worked in other districts regarding cell phones and improvement in mental health outcomes. 2. Collect data regarding current cell phone disruptions, confiscation, and disciplinary actions. 3. Make recommendations to the school board and administration regarding electronic device policies. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Cell phone policy in place is being followed consistently for each grade level across the district. • Decrease in the amount of disciplinary actions regarding cell phones.

GUIDANCE AND COUNSELING ACTIVITIES

In accordance with FFA (LOCAL), the District has established the following goal for guidance and counseling activities:

<p>GOAL 1: The district shall provide opportunities for all students, staff, and parents to learn about behavioral health to include social and emotional wellness and skills.</p>	
<p>Objective: To improve all students' knowledge about mental health issues and provide them with options and tools to deal with social, emotional, and mental health issues when they arise.</p>	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. Have counselors available at each campus; consult crisis team according to risk guidelines. 2. Social-Emotional Resources available to all on the HEB district website. 3. Mind Above Matter Program 4. TCHAT program 5. Go Guardian BEACON Alert program 6. Make sure suicide resources are available through website, campus, social media, campus, and SEL newsletters. 7. Add links to resources on email tagline of counselors and nurses. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Increased awareness of available resources for students and parents. • Resources are available through district website, social media, SEL newsletter, and campuses. <p>Resources needed:</p> <ul style="list-style-type: none"> • Crisis Intervention Counselors • Meeting facilities, such as classrooms, counseling offices and/or conference rooms, potables • Outside provider sources