



Wellness Plan

Adopted by Student Health Advisory Committee: April 23, 2024

The Board of Trustees has adopted a Wellness Policy (FFA Local) for Cypress-Fairbanks ISD. The wellness plan was adopted by the Student Health Advisory Committee in April 2024 to guide the implementation and measurement of the goals set in FFA Local.

Section 1. 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:

CFISD Nutrition Services will offer students at least daily two fresh fruit or vegetable menu items that are easy to eat and/or take to the classroom for later consumption.

Action Steps:

1. Nutrition Services will provide information to administrators/principals on what this would look like in practice.
2. Nutrition Services will provide share campus administrators with share table implementation options and best practices.
3. Nutrition Services will create and share a student education program to inform on the ability to take fruit or snacks back to class for afternoon snacks.

Measures of Success:

1. Monthly menu review of two items per day. The review is to be completed by Nutrition Services' menu planner.
2. Survey of principals on knowledge of allowing students to bring snacks from the cafeteria. The survey is to be completed by Nutrition Services in September 2024 and reported to SHAC in October 2024.

Goal 2:

The District shall establish and maintain school gardens and farm-to-school programs.

Objective 1:

CFISD Nutrition Services will promote at least four nutrition messages through our social media platforms each month in the 2024-2025 school year.

Action Steps:

1. Nutrition Services will create a monthly calendar with nutrition education messages.
2. Nutrition Services will create a bank of graphics to share in school newsletters.

Measures of Success:

1. Social Media review of CFISD Nutrition Services messages. Review to be completed by Nutrition Services.
2. Survey of schools to determine usage of nutrition education calendars and graphics by schools. The survey is to be completed by Nutrition Services in September 2024 and reported to SHAC in October 2024.

Section 2. Nutrition Education

Goal 1:

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

Objective 1:

CFISD Nutrition Services Nutrition Educator will provide 9 monthly Harvest of the Month Nutrition Education lesson plans to Physical Education teachers & posters for the cafeteria for the 2024-2025 school year.

Action Steps:

1. Nutrition Services will create a Harvest of the Month calendar for school year 2024-2025.
2. Nutrition Services will update CFISD Garden Fresh Google Site with matching lesson plans.
3. Nutrition Services will create and print Harvest of the Month Posters.

Measures of Success:

1. Survey of utilization rates, delivery, and follow-up. The survey is to be completed by Nutrition Services in September 2024 and reported to SHAC in October 2024.

Goal 2:

The District shall establish and maintain school gardens and farm-to-school programs.

Objective 1:

CFISD will provide contact information and maintain contracts with garden contractors to assist schools in the installation, development, and maintenance of school gardens that will be updated yearly.

Action Steps:

1. Collect information from Garden Consultants.
2. Create a document and place it on the district intranet.
3. Work with campus and maintenance staff to develop a set of approved guidelines for new builds of school gardens.

Measures of Success:

1. Annual verification that information is updated and readily available and reported to SHAC in October 2024.

Objective 2:

Nutrition services will increase the offering of Texas-grown produce in schools to three Texas-produced agricultural items per month in the 2024-2025 school year.

Action Steps:

1. Add three items to the menu per month.

Measures of Success:

1. Menu review of three items per month. Review to be completed by Nutrition Services' menu planner each month.

Section 3. Physical Activity

Goal 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.

Objective 1:

CFISD will provide access to Middle School Tracks until dusk.

Action Steps:

1. Market the availability of facilities.

Measures of Success:

1. Nutrition Services will conduct an annual survey of principals to determine accessibility in September 2024 and report to SHAC in October 2024.

Goal 2:

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

Objective 1:

CFISD will promote extra-curricular activities that involve physical activity outside of UIL sports.

Action Steps:

1. Determine the number of extra-curricular clubs that involve physical activity.
2. Promote the availability of non-UIL physical activity opportunities on social media channels.

Measures of Success:

1. Annual survey to determine non-UIL physical activity clubs offered at each site conducted by Nutrition Services in September 2024 and reported to SHAC in October 2024.

Goal 3:

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:

CFISD will promote Family Fitness Nights.

Action Steps:

1. Provide resources (smoothie bikes, nutrition education, healthy recipes) for schools to implement Family Fitness Nights.

Measures of Success:

1. Annual survey to determine usage conducted by Nutrition Services in September 2024 and presented to SHAC in October 2024.

Section 4. Other School-Based Activities

Goal 1:

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

Objective 1:

Define “sufficient time” for students to eat meals in cafeterias.

Action Steps:

1. Analyze mealtimes, time to get students through the lines, and total time available in the school day. This step is to be completed by September 2024.
2. Develop strategies to ensure students have a determined amount of time to eat meals. This step is to be completed by December 2024.

Measures of Success:

1. Report on dining time provided annually by Nutrition Services in September 2024 and presented to SHAC in October 2024.

Goal 2:

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

Objective 1:

Offer and promote the CFISD Health Expo annually.

Action Steps:

1. Identify the location and dates for the CFISD Health Expo.
2. Campuses, Communications Department and Nutrition Services will promote Health Expo through social media channels.

Measures of Success:

1. Health Services will report at SHAC meeting following the Health Expo.

Goal 3:

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

Objective 1:

Identify current site-based wellness activities.

Action Steps:

1. Create a principal survey to determine what is already offered at each campus.

Measures of Success:

1. An annual survey to determine accessibility will be conducted by Nutrition Services in September 2024 and reported to SHAC in October 2024.