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# Hillsboro ISD

## Wellness Plan

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**WELLNESS PLAN:** This document, referred to as the “wellness plan”, is intended to implement policy FFA(LOCAL), which has been reviewed by the SHAC and adopted by the Board, to comply with the requirements for a school wellness policy.

**WELLNESS PLAN 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.

**IMPLEMENTATION:** 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.

The Executive Director of Curriculum and Instruction is the District official 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.

The SHAC Committee is comprised of the following members:

- District and campus administrators
- Community members
- Parents
- Other representatives of the campuses (teachers and staff)
- Representatives from the HISD School Board
- Campus nurse
- Child Nutrition Director for HISD

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- Food service director for FSMC
- Students

All members of the SHAC Committee are able to assist with Development, Implementation, Assessment, and Updating the Wellness Plan.

- The Executive Director of Curriculum and Instruction is responsible for leading the Development process of the Wellness Plan. Any of the above members listed or additional stakeholder can serve to assist in the development.
- The Executive Director of Curriculum and Instruction is responsible for leading the overall implementation of the Wellness Plan. Each campus principal is responsible for implementation of the Wellness Plan on their campus.
- Assessment of the efficacy of the Wellness Plan is conducted yearly based on feedback from SHAC Committee Members, campus leadership, and other stakeholders in the community. Results of the assessment are available online or upon request by community members.
- Updates to the Wellness Plan are presented and approved at SHAC Meetings and are submitted to the HISD School Board for final approval. The Wellness Plan is reviewed and/or updated annually. The Update Process is overseen by the Executive Director of Curriculum and Instruction.

**REVIEW AND ASSESSMENT:** Annually, the SHAC will review the wellness policy and this plan by gathering information from each principal and appropriate District administrators. The SHAC will assess the progress toward meeting the goals of the policy and plan by reviewing District- and campus-level activities and events tied to the wellness program. A formal assessment will take place every three years, conducted by campus and district administrators, Executive Director of Curriculum and Instruction and the Child Nutrition Director.

**RATIONALE:** The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases, like Type 2 diabetes. Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

**GOAL:** All students in Hillsboro ISD shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Hillsboro ISD are encouraged to model healthy eating and physical activity as a valuable part of daily life.

<b>Area 1: Nutrition Education Goal</b> The school will facilitate learning opportunities which are designed to encourage students to voluntarily adopt eating and other nutrition-related behaviors which are conducive to health and well-being.			
<b>Strategy</b>	<b>Funding</b>	<b>Timeline/Person Responsible</b>	<b>Evaluation</b>
Classroom teachers, including but not limited to Health, Biology and Health Science teachers, will utilize opportunities to incorporate instruction/enrichment related to good nutrition into classroom instruction.	IMA for any required textbooks Local Funds	Classroom Teachers (Including Health, Biology and Health Science) as well as elementary and secondary teachers Campus Principals and APs August-May	Lesson Plans Walkthroughs
The school cafeterias will display posters to promote healthy eating and will display other nutrition education materials.	Gratis posters from food service providers	Chartwells/ Cafeteria managers  August-May	Cafeteria walkthroughs
Educational information related to nutrition will be shared with families and the general public on the district website and through a monthly menu calendar to positively influence the health of students and community members.	Food Service Budget	Website – ongoing throughout the year  Chartwells/ Cafeteria managers  August-May	Calendar Website postings
Students will be encouraged to start each day with a healthy breakfast. Breakfast in the classroom is served at Elementary and Intermediate Campuses.	Reimbursable- Texas Dept. of Agriculture (TDA)	HES & HIS principal, staff Chartwells Cafeteria Manager	Classroom Walkthroughs, Breakfast counts

<p>Nutrition education will promote fruits, vegetables through gardening and growing at the Intermediate and Jr. High Campuses. Culinary classes at HHS will provide nutrition education.</p>	<p>Chartwells Grant Local Funds CTE funds for HS</p>	<p>Chartwells Principals at HJH, HIS, HHS Teachers</p>	<p>Garden Visits Vegetable production</p>
<p><b>Area 2: Physical Activity Goals</b> – The school will provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short-and long-term benefits of a physically active and healthy lifestyle.</p>			
<p><b>Strategy</b></p>	<p><b>Funding</b></p>	<p><b>Timeline/Person Responsible</b></p>	<p><b>Evaluation</b></p>
<p>Physical education classes will meet or exceed the minimum number of minutes of instruction per day or week as required for various grade levels.</p>	<p>Local, State, Federal</p>	<p>Campus Principals  August to May</p>	<p>Class schedules</p>
<p>Physical education teachers will instruct students to meet the required Texas Essential Knowledge and Skills (TEKS) for Physical Education as outlined by the Texas Education Agency for each grade level.</p>		<p>Campus Principals Athletic Director PE Teachers  August to May</p>	<p>Walkthroughs Lesson Plans TEKS</p>
<p>Physical education teachers are encouraged to stay current with best practices in the field of physical education and to participate in professional development opportunities within their field of instruction.</p>	<p>Title II Funds Local Funds</p>	<p>Campus Principals Executive Director of C&amp;I PE Teachers Athletic Director  August to May</p>	<p>Training attendance and certificates</p>

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<p>The District will provide an environment that fosters safe and enjoyable fitness activities for all students including those who are not participating in competitive sports through activities...fun runs, field day, bike hikes to park, etc.</p>	<p>Local Funds</p>	<p>Campus Principals Teachers Athletic Director  August to May</p>	<p>Calendar of events</p>
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Strategy	Funding	Timeline/Person Responsible	Evaluation
<p>The District will encourage students, parents, staff, and community members to use the District’s recreational facilities (track or playgrounds) for exercise and physical activity as available outside of the regular school day/schedule.</p>		<p>District Administration Athletic Director Campus Principals</p> <p>August to May</p>	<p>Use of recreational facilities</p>
<p>Physical education classes will encourage students to participate in and find enjoyment in lifelong sports/activities such as walking, jogging, golf, tennis, aerobics, etc. as well as team sports and activities such as softball, baseball, etc.</p>		<p>Campus Principals PE Teachers Coaches Athletic Director Health Science Teachers</p> <p>August to May</p>	<p>Students exploring various fitness activities</p>
<p>Physical education classes will not exceed the maximum number of students permitted per teacher or per teacher-plus-teaching assistant (i.e., teacher-to-student ratio).</p>		<p>Campus Principals Weekly throughout the Year</p> <p>August to May</p>	<p>Walkthroughs Class Rosters</p>
<p>The District will encourage recess or free-play time (in addition to regular physical education time) during the school day for students in the primary, elementary and intermediate grades.</p>		<p>Campus Principals Classroom Teachers</p> <p>August to May</p>	<p>Class schedules</p>

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<p>In order to graduate from high school, the student shall successfully obtain 1 credit in physical education or an approved substitute course (Band, Athletics, Cheerleading, etc.)</p>		<p>HS Counselors Campus Principals Classroom Teachers Extracurricular Sponsors</p> <p>August to May</p>	<p>Course rosters and completion rates</p>
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<b>Area 3: Nutrition Standards for All Foods Available on School Campus During the School Day</b> - Establish standards to address all foods and beverages sold or served to students including those available outside of the school meal programs.			
<b>Strategy</b>	<b>Funding</b>	<b>Timeline/Person Responsible</b>	<b>Evaluation</b>
The District will follow guidelines for the types of foods or beverages or nutrient standards for items that may be offered to students through various venues including á la carte, vending, student stores or concession stands during school hours.	Local, State, Federal	Food Services Director, Chartwells Superintendent Campus Principals  August to May	Menus Cafeteria audits United States Department of Agriculture (USDA) Federal Guidelines, the Texas Public Schools Nutrition Policy, and the USDA Dietary Guidelines for Americans
Food-related fundraising or the sale of food during the school day will comply with competitive food policies (Smart Snacks).  Only six (6) fundraisers of this type are allowed per campus each year.	Local	Campus Principals Food Services Director, Chartwells Superintendent Business Manager August to May	Approvals by principals Nutrition calculator
The District will allow the sale of competitive foods at all campuses if they choose to do so, at any time during the school day as long as the foods are compliant with “Smart Snacks” nutritional guidelines according to TAC §26.11 <b>Campuses will maintain documentation of items sold and of their compliance with nutritional guidelines via the “Smart Snacks” calculator.</b>	Local	Campus Principals Food Services Director Superintendent  August to May	Approvals by principals Nutrition calculator United States Department of Agriculture (USDA) Federal Guidelines, the Texas Public Schools Nutrition Policy, and the USDA Dietary Guidelines for Americans



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<p>The District will follow guidelines for marketing foods sold that meet the USDA Competitive Food Nutrition Standards. The district will phase out the marketing of items that promote foods of limited nutritional value.</p>		<p>Food Services Director, Chartwells Superintendent Campus Principals</p> <p>August to May</p>	<p>Menus Nutrition Calculator United States Department of Agriculture (USDA) Federal Guidelines, the Texas Public Schools Nutrition Policy, and the USDA Dietary Guidelines for Americans</p>
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<b>Area 4: School Meals Program</b> – The District will serve reimbursable meals that meet USDA’s requirements as well as follow the principles of the Dietary Guidelines for Americans.			
<b>Strategy</b>	<b>Funding</b>	<b>Timeline/Person Responsible</b>	<b>Evaluation</b>
The District Food Services department will comply with the current United States Department of Agriculture (USDA) Federal Guidelines, the Texas Public Schools Nutrition Policy, and the USDA Dietary Guidelines for Americans with regards to program requirements and will meet or exceed nutrition standards of the foods served through the school cafeterias (portion sizes, nutritional values of foods, etc.).	Local, State , Federal	Food Services Director, Chartwells  August to May	Cafeteria Walkthroughs Site Visits
The District Food Services department will attempt to serve food that is tasty, nutritious, and appealing to students.		Food Services Director, Chartwells Cafeteria Managers  August to May	Increase in #s of students eating in cafeterias Surveys
The District cafeterias will be maintained and supervised so as to present a clean, safe and pleasant environment for eating meals.	Local funds for maintenance and custodial services	Maintenance Director Head Custodian, DNC Food Services Director, Chartwells Campus Principals August to May	Cafeteria Walkthroughs Site Visits
The District will ensure that all children who receive cafeteria services will be able to obtain them in a non-stigmatizing manner by having access to the school nutrition program.	Federal Child Nutrition Program Texas Unified Nutrition Programs System	Food Services Director, Chartwells Cafeteria Cashiers Cafeteria Managers  August to May	Cafeteria Walkthroughs Site Visits

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Adequate time will be allotted in the daily cafeteria schedule to allow students to be served and to eat their meals.		Food Services Director, Chartwells Cafeteria Managers Campus Principals August to May	Daily Schedule
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<b>Area 5: Other School-Based Activities Designed to Promote Student Wellness – Create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.</b>			
<b>Strategy</b>	<b>Funding</b>	<b>Timeline/Person Responsible</b>	<b>Evaluation</b>
The District utilizes the School Health Advisory Council (SHAC) to help oversee and coordinate physical activity, nutrition and other aspects of student health and to make recommendations to the District School Board as needed.	Local funds as needed	Superintendent Executive Director of C&I Members of SHAC  August to May	Minutes of SHAC meetings Board minutes
The District communicates with families on topics including physical and/or mental health, nutrition, drug/alcohol abuse, bullying, and other issues involving student wellness. The SHAC will also host a Good to Go, Head to Toe back to school fair.	Local funds as needed	School Nurses School Counselors Campus Principals Classroom Teachers  August to May	Pamphlets available Newsletters and Letters Good to Go, Head to Toe participation
As available, the District will provide staff development opportunities for employees in areas designed to promote improved health and wellness such as stress management, nutrition, physical exercise, safety and first aid, etc.	Local funds as needed Title II as appropriate	District Lead Nurse Athletic Trainer Executive Director C&I  August to May	Staff Development Schedules Sign-in Sheets

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<p>The District will provide through employed staff (school nurses, counselors, and Licensed School Specialists in Psychology (LSSPs) services which safeguard the physical, emotional and social well-being of students, faculty, and staff.</p>	<p>Local, State, Federal</p>	<p>Classroom Teachers School Nurses Counselors, LSSPs Klaras Center  August to May</p>	<p>Reports from counselors related to services provided</p>
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<b>Strategy</b>	<b>Funding</b>	<b>Timeline/Person Responsible</b>	<b>Evaluation</b>
<p>The District will provide assemblies and special programs to promote the health of students and good decision-making so as to assure that students are healthy, in the classroom, and ready to learn.</p>	<p>Local Funds as available</p>	<p>Campus Counselors            Campus Principals            Executive Director C&amp;I</p> <p>August to May</p>	<p>Advertisements, flyers            Sign-in sheets            Photos</p>