

**Denison ISD  
STUDENT  
WELLNESS AND HEALTH SERVICES  
Plan  
2021-2024**

The Wellness and Health Services Plan is intended to implement Board Policy FFA(LOCAL), to comply with the requirement for a school wellness policy. (Section 9A(a) of the National School Lunch Act, 42 U.S.C. 1758b) Federal law requires that 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) committee 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. (See Board Policy BDF for required membership of the SHAC.)

#### Nutrition Guidelines

All District campuses participate in the United States Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that the District establish nutrition guidelines for foods made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity. The District's nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

The District will annually comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements.

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)].

Outside of smart snacks and reimbursable meals, there are currently no federal requirements for foods or beverages made available to students during the school day. The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function. [See CO(LEGAL)]

In addition, the District will establish local guidelines on foods and beverages made available to students during the school day. Any foods and beverages given away or otherwise made available to students should be for an educational purpose or academic reward, with the exception of celebrations that may occur on campuses up to four days each school year. These celebrations must occur after lunch and must be approved by the principal.

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to the TDA, reviewing foods and beverages that are sold in competition with the regular school meals, reviewing items sold as part of approved District fundraisers, and monitoring the types of foods and beverages made available to student during the school day.

## Nutrition

**GOAL:** The District’s food service staff, teachers, nurses, coaches, and other District personnel shall promote healthy nutrition in cafeterias, classrooms, and other appropriate settings.

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

Action Steps	Methods for Measuring Implementation	Person Responsible
<p>Distribute fliers regarding school food programs within first two weeks of the school year.</p> <p>Send a follow-up letter within first two weeks of second semester</p> <p>Improve the appearance of the cafeteria by using bulletin boards, special holiday or seasonal decorations that promote healthy food choices.</p> <p>Community Eligibility Provision (CEP), which allows for FREE MEALS was implemented beginning the 2021-21 SY for grade PK-6. Due to Covid-19 regulations, the program was switched to the Summer Food Service Program mid-September. This program allowed for ALL students in grades PK-12, and any child in the community under the age of 19 to eat ALL meals FREE. At this time, at the end of summer 2021, we will revert back to CEP. At the end of each year, meal participation will be evaluated to see if CEP can be implemented in the secondary grades.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Participation rates in federal child nutrition programs at beginning, middle, and end of school year.</li> <li>• Number of posters and decorations in each cafeteria</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Development of fliers</li> <li>• Creation of follow-up letters</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Fliers and letters sometimes do not reach the parents</li> <li>• Negative perceptions of school meals</li> <li>• Parents choose not to disclose information related to income or family information to determine eligibility for free or reduced-price meals.</li> <li>• Implementing free meals has increased participation, but it is not possible to calculate a percentage of increase at this time due to remote learning and other causes. Meal participation will continue to be monitored.</li> </ul>	<p>Food Service Director</p>

**GOAL:** The district shall share educational nutrition information with families and the general public to promote health nutrition choices and positively influence the health of students.

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

Action Steps	Methods for Measuring Implementation	Person Responsible
<p>Research food access programs available in the community with which the District could partner (food pantry programs supported by a local area food bank, backpack programs, summer meal programs, etc.).</p> <p>We are in the process of forming a council to bring together community organizations and culinary experts to</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Number of supplemental programs the District currently offers or promotes</li> <li>• The types of food access programs identified and ways the information was communicated to families and the community.</li> </ul> <p>Recourses needed:</p> <ul style="list-style-type: none"> <li>• Partnerships with community organizations/local restaurants,</li> </ul>	<p>Food Service Director</p>

<p>address food insecurity in Denison ISD and the greater Grayson County Area. Additionally, we are considering installing a food pantry to address food insecurity in Denison ISD, and researching a partnership with Grayson County Ag Extension to seed school gardens and provide classroom-based nutrition education. Food Service is providing hands on nutrition education to the students and community through Aramark Feed Your Potential, an email subscription developed through Aramark's partnership with the American Heart Association.</p>	<p>businesses, &amp; Grayson County College culinary program</p> <ul style="list-style-type: none"> <li>Literature to send to families/community</li> <li>Counselors to monitor</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Limited resources/organizations</li> </ul>	
---	--	--

**Objective:** Consistently post in an easily accessible location on the District's or each campus' website the monthly school breakfast and lunch menus, along with the nutritional information of each meal.

Action Steps	Methods for Measuring Implementation	Person Responsible
<p>Work with the District and campus child nutrition directors to develop menus that are in compliance with this objective and are designed at least one month in advance.</p> <p>Post menus and District Wellness Plan on the DISD website.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>The manner in which the menus and nutrition information are communicated to parents currently.</li> <li>The number of times the menus were posted during the school year.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Website location</li> <li>Staff to create and distribute the menus for posting to the website.</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>All nutritional information may not be readily available.</li> <li>Not all families have Internet access.</li> </ul>	<p>Food Service Director</p>

**GOAL:** The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.

**Objective:** One-hundred percent of the exterior displays on vending machines available for student use during the school day will be Smart Snacks compliant.

Action Steps	Methods of Measuring	Person Responsible
<p>A District administrator will communicate this expectation to all campus principals. Work with vendors to provide alternative products. Document whether the 100 percent objective has been met.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>As reported by campus principals, the percent of vending machines with exterior advertisements that are not Smart Snacks compliant at</li> </ul>	<p>Food Service Director</p>

	<p>the beginning and end of the school year.</p> <p>Recourses needed:</p> <ul style="list-style-type: none"> <li>• Alternative exterior displays have been added.</li> <li>•</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Identifying vending machines that are only used outside of the school day and whether any advertisements are accessible to students during the day.</li> <li>• Existing contractual provisions in vendor contracts has been implemented.</li> </ul>	
--	--	--

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

**Objective:** Increase the number of students eating breakfast. (Nineteen percent of parents and students stated they did not eat breakfast.)

Action Steps	Methods of Measuring Implementation	Person Responsible
<p>Visit with high school student organizations to encourage groups to adopt this objective.</p> <p>Analyze the eating patterns of students who participate in before school activities such as band and athletics.</p> <p>If time or opportunity is a factor for not eating breakfast, work with the administration and food service to promote opportunities to eat something before returning to classes.</p> <p>Discuss the value of breakfast in eighth grade health classes. Help determine cause for students to skip that meal.</p>	<ul style="list-style-type: none"> <li>• High school organizations promote the eating of breakfast with signs and slogans.</li> <li>• Food service accommodates students who participate in before school activities with different methods of providing opportunities for students to eat something nutritious in the mornings.</li> <li>• Conduct a student survey to measure if the data has changed from nineteen percent not eating breakfast.</li> </ul>	<p>Food Service Director</p>

## General Health

**GOAL:** The District shall provide general health education that fosters the healthy behaviors.

**Objective:** All students, somewhere between six to eighth grades, are required to complete a one-half credit course of health education.

Action Steps	Methods for Measuring Implementation	Person/s Responsible
<p>All eight grade students are enrolled in a one-half semester health course that meets the Texas State TEKS for grades 7-8.</p> <p>Nutritional information, including encouragement of eating breakfast, will be included in the lessons.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Monitoring of all transcripts to insure every student at the end of the year has completed a health course.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Certified staff to teach the course</li> <li>Completed transcripts showing completion of requirement</li> <li>Nutritional information</li> <li>More educational resources that are more updated than the present textbooks.</li> </ul>	<p>Middle School Principal Health Teachers</p>
<p><b>Objective:</b> Students will be provided social emotion lessons implemented through extracurricular classes.</p>		
Action Steps	Methods for Measuring Implementation	Person/s Responsible
<p>Students will receive 8 lessons on topics such as developing self-awareness and self-management and building relationships and resolving conflicts through the School Connects curriculum.</p>	<p>Implementation of the Denison ISD Thrive Strategic Plan.</p> <ul style="list-style-type: none"> <li>Implemented by October 2020</li> </ul>	<p>Extra curriculum teachers- Professional Communication, Principles of Agriculture, Journey program at Middle/DHS, Resource English, Principals of Human Services and Pathways counselor.</p>
<p><b>Objective:</b> The use of tobacco products or electronic cigarettes by students and others on school property will be prohibited.</p>		
Action Steps	Methods for Measuring Implementation	Person Responsible
<p>Train students on the danger of tobacco and electronic cigarettes. Monitor student behavior on school property and at school-sponsored events. Discipline students who do not comply with school policies.</p>	<ul style="list-style-type: none"> <li>Number of tobacco and electronic cigarette discipline incidents</li> </ul>	<p>Principals Counselors Teachers Students</p>
<p><b>Objective:</b> Nurses will review, revise and implement the Denison ISD Nurses' Wellness Required Procedures Plan.</p>		
Action Steps	Methods for Measuring Implementation	Person Responsible
<p>Nurses will meet to review all requirements. If revisions are needed, the plan will be revised as required by law or policy. Implementation will be applied on all campuses.</p>	<ul style="list-style-type: none"> <li>Implementation of the Denison ISD Nurses' Wellness Plan</li> </ul>	<p>Head of District Nursing Staff</p>

## Physical Activity

<b>GOAL:</b> All students in grades K-8 will be required to participate in physical activity classes unless specifically exempt for medical reasons.		
<b>Objective:</b> Denison ISD students will perform above average on the Fitness Gram evaluation.		
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>	<b>Person/s Responsible</b>
Students in grades 3-8 will be administered the Fitness Gram assessment at the end of the school year.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Reports will be obtained from the state regarding our students' performance.</li> </ul>	Administration Physical Education Teachers
<b>Objective:</b> Fitness activities will be planned to incorporate the enjoyment of physical activity in a safe environment.		
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>	<b>Person Responsible</b>
Activities that incorporate the Texas Essential Knowledge and Skills for Physical Education will be developed and taught regularly.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Daily lesson plans will be reviewed.</li> <li>• Physical Education classes will be observed by campus administration.</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Knowledge of the TEKS by grade level</li> <li>• Time to plan activities</li> <li>• Materials to teach the lesson planned</li> </ul>	Physical Education Teachers
<b>Goal:</b> Students will receive training to help them make healthful decisions, and to improve eating and physically active behaviors outside of school.		
<b>Objective:</b> Students will improve eating and physical activity behaviors outside of school.		
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>	<b>Person Responsible</b>
The CATCH program will be incorporated into the curriculum in elementary and middle school grades.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• The number of lessons taught that deal with nutrition and benefit of physical activity</li> <li>• Lesson plans will reflect the teaching of health concepts.</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• The CATCH program for each campus.</li> <li>• PE teachers trained in the CATCH curriculum</li> </ul>	Physical Education Teachers

## Professional Development

<b>GOAL:</b> The District shall provide staff development to train teachers and staff on relevant health issues, physical education curriculum, the development of physical activities, and nutritional requirements.		
<b>Objective:</b> Training in statutory professional development will be required and provided to employees.		
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>	<b>Person Responsible</b>
Professional development will be provided that improves the knowledge and skills of employees to	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• TEC, Chapter 21.451, required training will be provided to district employees.</li> </ul>	Director of Instruction

insure the necessary response to an emergency situation.	<ul style="list-style-type: none"> <li>District and Campus plans will include provisions for staff development for professional staff of the district.</li> </ul>	
--	---	--

**Objective:** Food service personnel will be knowledgeable about nutrition requirements and menu planning.

<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>	<b>Person Responsible</b>
Food service managers will meet regularly with the Food Service Director to discuss plans for each cafeteria, including plans for menus, nutritional information, food preparation, staff training, food safety, and public awareness.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Menu development and monthly posting on each campus.</li> <li>Posters and information displayed in each cafeteria.</li> <li>Campus cafeteria meetings</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Schedule of meetings</li> <li>Room available</li> <li>Agendas</li> </ul>	Food Service Director

**GOAL:** The District shall provide social -emotional learning education that fosters proactive mental health for educators and students.

**Objective:** Teachers and staff will receive information on social emotional learning to promote resiliency, mental health self-care and knowledge of how to support students with mental health disorders.

<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>	<b>Person/s Responsible</b>
<p>All teachers and staff will participate in a 90-minute presentation that explores how adults can help children navigate stress, challenge, tragedy, trauma, or adversity.</p> <p>Provide all staff with Here for Texas information, brochures, signs of depression and procedures for supporting students in a crisis.</p> <p>All staff will be provided information on how to access mental health care through private insurance or Here for Texas website.</p> <p>Promoted the viewing of <i>Angst, the movie about Anxiety</i> to all teachers, staff, parents and student 7<sup>th</sup> -12 grade provided by the Texoma Behavior Health Leadership Team.</p>	<p>Implementation of the Denison ISD Thrive Strategic Plan Present by August 2020</p> <p>Distribute information to staff by August 2020</p> <p>Distribute via email how to access care by October 2020.</p> <p>Distributed promotion posters to campuses, Denison Main Street, place on Denison ISD website, Twitter, Facebook, each campus promoted to parents.</p>	<p>Thrive Coordinator</p> <p>Thrive Coordinator</p> <p>Thrive Coordinator</p> <p>Thrive Coordinator/ Brian Eaves – Media</p> <p>Thrive Coordinator</p>

<p>Building Resilient Classrooms Through Cognitive Stress Management presentations provided by Center for Brain Health -The University of Texas at Dallas.</p> <p>Educating on procedures and providing school counselors with how access to Texoma Community Center Mobile Crisis Outreach Team, MCOT for students in crisis.</p>	<p>Four – 1 hour sessions implemented from Nov. 2020- Feb. 2021</p> <p>Implemented September 2020</p>	<p>Thrive Coordinator</p>
--	---	---------------------------

**Objective:** Students and teachers will be provided opportunities participate SEL presentations to improve skills and strategies.

Action Steps	Methods for Measuring Implementation	Person/s Responsible
<p>All 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> &amp; 10<sup>th</sup> grade students will participate in Bounce Back presentation to address Resiliency.</p> <p>All elementary students will participate in RISE a bullying presentation.</p> <p>Terrell elementary teachers and staff participated in 3-hour presentation on Zones of Regulation, deep breathing and how the brain response to trauma.</p> <p>All Journey Teachers and staff participated in 3-hour presentation on Zones of Regulation, deep breathing and how the brain response to trauma</p> <p>Provide principals, counselors and teachers educational training on the Quaver SEL program for grades Pre-K-5<sup>th</sup> grade.</p>	<p>Implementation of the Denison ISD Thrive Strategic Plan.</p> <p>All presentations will be provided by the Grant Halliburton Foundation by Dec. 2020.</p> <p>3 -1 hour sessions Implemented Oct. 2020- Dec. 2020</p> <p>3-hour workshop implemented July 2020</p> <p>Training by February 2021</p>	<p>Elementary, Intermediate, Middle &amp; High Schools Counselor</p> <p>Thrive Coordinator</p> <p>Behavior Interventionist</p> <p>Thrive Coordinator</p>



<b>GOAL:</b> The District shall provide suicide prevention, intervention and postvention education to staff and students.		
<b>Objective:</b> All middle and high school teachers, staff, and student will receive information on suicide prevention.		
Action Steps	Methods for Measuring Implementation	Person/s Responsible
All middle and high school teachers and staff participated in QPR, Question, Persuade, Refer suicide prevention program.	Presented August 2020	Thrive Coordinator
Hope Squad staff training for Middle and High School.	Presented August 2020	Thrive Coordinator
Hope Squad students and parents training for High school.	Presented September 2020	Thrive Coordinator
Implementation at high school Hope Squad.	Implement by October 2020	Hope Squad Advisor – Kelli Kempson
Implementation at Middle School Hope Squad.	Implement by Spring 2021	Hope Squad Advisor – Caitlin Hall
All eight grade and 9 <sup>th</sup> students will Participate in the Grant Halliburton # SAFE suicide prevention program.	All student presentations will be provided by the Grant Halliburton Foundation by Dec. 2020	Middle, High and Pathways counselors. Lindy Olsen, Pathways Counselor
All Pathways students will participate in Rhithm, a daily social emotional assessment with individualized coping strategies.	Daily data to support students and monitor students in crisis. Implemented November 2020.	Thrive Coordinator
Revise and review steps for address suicidal ideation for Counseling staff.	Implemented by October 2020	Thrive Coordinator
Revise and Review supports for suicide and grief related to postvention for Counseling staff.	Implement by April 2020	Thrive Coordinator
Provide students 7 <sup>th</sup> -12 <sup>th</sup> grade with access to mental	Implemented August 2020	Middle, High and Pathways Counselors.

care through counseling with Children's Tele Behavioral health program.		
---	--	--