

2023-24 Friendswood ISD Wellness Policy Measurement Plan

County District Number: 084-911

Mission Statement

The mission of Friendswood Independent School District Wellness Policy committee is to provide a healthy learning environment for all students, parents, teachers and community members. This mission will be accomplished by the development and implementation of our district wellness policy, which will incorporate nutrition education standards, physical activity and any other school related activities.

Component 1: Nutrition Standards Goals

1. All schools will educate, encourage and support healthy eating by all students.
2. All schools will comply with the current USDA Dietary Guidelines for Americans and the Texas Public School Nutrition

Guidelines	Exceptional	Acceptable	Needs Improvement	Comments
1. Food service (Aramark) shall offer a variety of age appropriate healthy food and beverage selections for all schools.	✓			Follows K-5 federal school guidelines. All new menu/limited time items are promoted on the service line.
2. Healthy food products offered in snack bars, a la carte, and school stores shall be readily available near the point of purchase.	✓			All a la carte items meet USDA Smart Snack guidelines.
3. All school cafeterias shall display educational materials to promote healthy eating habits.	✓			Healthy for Life posters in cafeterias and gyms. The cafeteria posters are updated each month to promote healthy eating habits
4. K-8 schools will implement Healthy and Wise program to supply the development of new activities and resources to support the nutrition standards goals.		✓		Provide professional learning opportunities with health programming and TEKS

Component 2: Physical Activity Goals

All schools will highlight appropriate curriculum and activities that are grade level specific and designed to improve physical fitness and prevent cardiovascular disease, obesity and type II diabetes.

Guidelines	Exceptional	Acceptable	Needs Improvement	Comments
1.Policies shall ensure that physical education instructors are encouraged to participate in professional development opportunities.		✓		Physical education instructors attend professional development during the summer. PE teachers also attend district wide PLC's.
2. The time allotted for physical activity shall be a minimum of 30 minutes daily physical activity or a minimum of 135 minutes a week in grades K-6.		✓		Campuses meet state guidelines. Schedules are being reviewed to increase recess time across grade levels.
3. Schools shall provide training to enable teachers and other school staff to promote enjoyable lifelong physical activity among students.		✓		PE PLCs will research and present findings to their campus staff.
4. Schools will implement and integrate physical activities across curricula and throughout the school day.			✓	PE PLCs will research and present findings to their campus staff.
5. K-8 schools will provide programs to supply the development of new activities and resources to support the physical activity goal.		✓		Topic to be added to list of PLC study areas.

Component 3: Nutrition Education Goals

1. All schools will provide nutrition education for students.
2. All schools will provide nutrition education, information and involvement activities for parents.

Guidelines	Exceptional	Acceptable	Needs Improvement	Comments
1. The staff responsible for nutrition education shall participate regularly in professional development activities to effectively deliver the nutrition education program.		✓		In K - 3 nutrition is taught in the classroom and through the physical ed classes. In 4 - 12 nutrition is taught during Health and Science classes.
2. Nutrition education shall educate students on the importance of healthy food preparation methods and health enhancing nutrition practices.		✓		Health and Science TEKS cover this requirement.
3. Nutrition education shall involve sharing information with families and the broader community to positively impact students and the health of the community.		✓		Nutrition information is posted in the school cafeteria and in school gyms. Nutritional information for all cafeteria menu items is posted on the FISD Food Service website. FHS students are partnering with elementary campuses to host "Teddy Bear Clinic".
4. Schools shall have an annual Health Fair and encourage community partnerships.			✓	District nurses and human resources dept has sponsored district wide health fair in the past. Reviewing the continuation for the future. The district benefits department produces a monthly newsletter for all district staff to provide information on different health topics.

Component 4: Other School Based Activities

1. All schools will provide opportunities for students to develop the knowledge and skills for specific physical activities.
2. Patterns of meaningful physical activity connect to student’s lives outside of physical education classes.

Guidelines	Exceptional	Acceptable	Needs Improvement	Comments
1. Physical activity participation will take into consideration the “balancing equation” of food intake and physical activity.		✓		Define in curriculum
2. Schools will have a daily recess period, which is not used as a punishment or reward.		✓		Communicate expectations to teachers/staff
3. Schools shall encourage parents/guardians to support their children’s participation in physical activity, to be physically active role models, and to include physical activity in family events.			✓	PE PLCs will research and present findings to their campus staff.
4. Schools shall partner with local fitness agencies to provide discounted enrollment fees for employees.		✓		Benefits Coordinator is seeking these partnerships. She sends out a quarterly newsletter alerting employees of health and wellness options.

Designees responsible for measuring the implementation of the policy:

Superintendent: _____

Date: _____

SHAC Chair: _____

Date: _____

Food Service Director: _____

Date: _____