

Wellness Plan Assessment 2023-2024

NUTRITION AND WELLNESS

CISD shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health to reduce childhood obesity.

GOALS AND GUIDELINES

CISD shall maintain guidelines and wellness goals in consultation with local school health advisory committee and with involvement of representation of parents, students, school food service, the school board, school administrators, and the public. The general wellness of all students shall be promoted through nutrition education, physical activity, and other school-based activities.

NUTRITIONAL GUIDELINES

CISD's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall not be less restrictive than federal regulations and guidance.

- Comply with the applicable sections of the Texas School Nutrition Policy and USDA Smart Snacks.

Supporting Documentation (Met Objective)

CISD standards for all foods and beverages provided to students in grades PK to 12 during the school day must meet USDA Smart Snack guidelines. Exceptions include 6 exempt fundraising days per campus and school year. During these exempt days, food and beverages that are sold to students may not be done so in competition with breakfast and/or lunch service. In addition, the items should not be consumed in areas where reimbursable meals are sold and/or consumed.

NUTRITION EDUCATION

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

- Nutrition Education shall include:
 - CISD's food service staff, teachers, and other District personnel promote healthy nutrition messages in cafeterias, classrooms and other appropriate settings.
 - Sharing educational nutrition information with families and the general public

Supporting Documentation (Met Objective)

Nutrition education is regularly promoted through several outlets. Schools promote nutrition through classroom lessons as well as part of the P.E. curriculum. The district dietitian coordinates promotions in the cafeteria environment including the benefits of making

healthy eating choices focused on program foods including whole grains, milk and protein foods.

- Monthly nutrition information on web page
- Nutrition messages promoted throughout the campuses including classrooms, clinics and cafeteria
- CISD during PK/ Kinder Round-up
 - Provided assistance with free and reduced lunch applications

Tarrant Area Food Bank provided food donations for families.

Please List other things: Gardens at Elementary campuses and the tasting of fresh foods at campuses

COMPETITIVE FOODS

Foods sold at CISD schools during the school day on the school campus must follow the Competitive Food Nutrition Standards.

Supporting Documentation (Met Objective)

Any items sold in vending and on campus are reviewed to see if they meet competitive food standards.

FUNDRAISING

Fundraisers conducted at CISD schools must meet all nutritional requirements according to the USDA's Food and Nutrition Services Federal Code 7 CFR parts 2010 and 220 (FNS-2011-0019) and the Texas Department of Agriculture Administrative Code (Title 4, Part 1, Chapter 26 Subchapter A), and shall comply with one of the categories listed below:

1. Food items that meet competitive food service nutrition standards. Smart Snacks: <http://www.squaremeals.org/Programs/NationalSchoolLunchProgram/SmartSnacks.aspx>
2. Food items that are not intended to be consumed at school, for example ready-to-bake cookie dough.
3. Non-food items

EXEMPT FUNDRAISERS

CISD schools may sell food and/or beverages as part of a fundraiser that does not meet the Nutritional Requirements, as outlined above, during the school day for up to six (6) days per school year on each school campus. Such fundraisers must comply with the rules listed below:

1. Food and beverages sold during an exempt fundraiser must not be sold in competition with school meal service (breakfast and lunch).
2. Food and beverages sold during an exempt fundraiser must not be consumed in the school meal service area (i.e, school cafeteria).

Supporting Documentation (Met Objective)

If a campus elects to do an exempt fundraiser, they must fill out an exempt fundraiser form and send it into the CISD Child Nutrition Office.

PHYSICAL ACTIVITY

CISD shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. CISD 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.

- CISD shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.
- CISD shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.
- CISD shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
- CISD shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, playgrounds, and the like, that are available outside of the school day.

Supporting Documentation (Met Objective)

- Elementary (k-5): 30 minutes daily or 135/weekly
- Middle School (6-7): 30 minutes daily for 4 semesters
 - Physical Education will be offered as an elective and students will be encouraged to participate.
- High School 9-12: 2-1/2 credits of physical education.
- Schools will not pull students from Physical Education unless for administrative reasons such as discipline or counseling issues.
- State-certified physical education instructors who will participate in professional staff development opportunities that are aligned with district requirements will teach all Physical Education courses.
- Schools are encouraged at all elementary campuses to schedule recess before lunch. The benefits of having recess before lunch includes: better behavior on the playground, in the cafeteria and in afternoon classes. Additionally, there is less food waste, increased beverage consumption and an improved cafeteria atmosphere.
- Schools are encouraged to hold family events that will promote the benefits of physical activity and healthy lifestyle choices. Information shall be provided to families to help them consider and know how to make healthy choices and incorporate physical activity into their daily routines.
- Fun Run
- Field Day
- Dance Clubs

HEALTH SERVICES

- The District shall provide quality health screening and services to students at all levels.

Goals of the Screening Program include:

- Teaching prevention and developmental health
- Staff trained in CPR and AED
- Assigning registered nurses to all schools
- Conduct AED Drills on each campus

Supporting Documentation

- Teaching prevention and developmental health
- Employee FLEX hours include: Bloodborne Pathogens, Anaphylaxis, Seizures and Diabetes
- Growth and Development (Puberty) Videos are shown to 4th girls and 5th grade boys and girls
- Staff trained in CPR and AED •
- Assigning registered nurses to all schools
- Conduct Vision, Hearing, AN, and Spinal Screening for grades: PK, K, 1, 3, 5, 7
- Conduct AED Drills - All campuses perform an AED drill every semester.
- Staff trained in CPR and AED
 - CPR/AED/FA Classes were held on:

07/26/2023 09/22/2023

07/06/2023 10/20/2023

07/25/2023 11/13/2023

07/28/2023 11/15/2023

08/03/2023 12/06/2023

08/09/2023 12/14/2023

08/16/2023 01/08/2024

09/06/2023 01/24/2024

09/20/2023 02/02/2024

09/22/2023 03/06/2024

10/20/2023 03/18/2024

11/13/2023 04/03/2024

11/15/2023 04/18/2024

12/06/2023

- Assigning registered nurses to all schools
 - Yes
- “Stop the Bleed” training for school nurses BOY
 - June 17, 2023 Stop the Bleed Training (STB) for Crowley PD

- Medication administration, UDCA, AED, Emergency medications (Epi, Naloxone, Albuterol) to campus secretaries 03/06/2024

SCHOOL-BASED ACTIVITIES

CISD shall establish an environment conducive to healthful eating and physical activity by implementing, in accordance with law, a coordinated school health program with a nutrition education component. The District shall also promote and express a consistent wellness message through other school-based activities like a quality health screening process and other health services to make the student's school experience a positive one so that their fullest potential can be reached, becoming happy, healthy, contributing members of society.

- Schools will set schedules that allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. (10 minutes for breakfast and 20 min. lunch not including waiting in line)
- Wellness for students and their families will be promoted at suitable school activities.
- Employee wellness education and involvement will be promoted at suitable school activities.

Supporting Documentation (Met Objective)

- CISD Special Olympics- Spring 2024
- Counselors serve as a strong connection for the many resources within the school district and the numerous community resources available in the Southwest Tarrant County area.
- Parent Dyslexia Night
- Parent University:
 - How to talk to Your Children about Abuse
 - Cyberbullying, Sexting and Online Safety
 - Dating Violence and Healthy Relationships
 - Help Prevent and Address Violence through a Trauma-Informed Lens
- Red Ribbon Campaign
 - October 23-31, 2022

MONITORING & IMPLEMENTATION

The School Health Advisory Council (SHAC), on behalf of the District shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of CISD's food service provider, physical education teachers, school health professionals, members of the Board, school administrators and members of the public. The Director of Health shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

Supporting Documentation (Met Objective)

- A nutritional analysis for all items sold in CISD is provided on the CISD Child Nutrition website along with food allergy information
- Students participate in physical activities to meet the minimum standards while at school during P.E. and recess times.

SHAC Meetings: Posted Online