



MIDLAND INDEPENDANT SCHOOL DISTRICT

615 W. Missouri Avenue, Midland, Texas 79701

Office: 432.240.1394 | www.midlandisd.net

NUTRITION / WELLNESS PLAN

I. Purpose and Commitment

Midland ISD recognizes that student health and academic success are interdependent. The district is committed to providing equitable access to wellness opportunities and to complying with all applicable federal and state child nutrition and wellness requirements. This plan outlines district-wide guidelines and goals for nutrition, physical activity, and wellness, developed in consultation with the School Health Advisory Council (SHAC), representatives from child nutrition, school administration, staff, parents, and the community.

II. Development and Oversight

Midland ISD will ensure the effective implementation, monitoring, and public accountability of this Wellness Plan through the following processes:

- The Superintendent shall appoint a District Wellness Coordinator responsible for plan implementation, compliance, and communication with the Superintendent and Board of Trustees.
- The District SHAC will meet at least four times per year to review progress, recommend updates, and post minutes publicly on the district website.
- The District will invite parents, students, community members, and staff to participate in the development, review, and assessment of the plan.
- The SHAC will conduct an annual review and a triennial assessment of the wellness plan to evaluate progress and compliance with state and federal standards.
- Documentation, including meeting agendas, minutes, assessment results, and the current wellness plan, will be maintained at the district level.
- The Board of Trustees shall review and approve the district's Wellness Plan at least once every three years.

III. Nutrition Guidelines



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The District shall ensure that all foods and beverages sold, served, or provided to students during the school day meet or exceed the nutrition standards established by the USDA Smart Snacks in School regulations and the Texas Department of Agriculture.

- Provide access to nutritious, appealing, and affordable foods in a safe and pleasant environment.
- Ensure water is available to students at all times during the school day.
- Encourage healthy options at all school-related events and concessions.
- Prohibit marketing of foods and beverages that do not meet Smart Snacks standards.
- Encourage non-food rewards and healthy celebration practices.
- Require all fundraising activities during the school day to comply with Smart Snacks guidelines.

Compliance will be assessed using district checklists, the Wellness Policy Assessment Tool, and SHAC review.

IV. Nutrition Education

The District will implement a coordinated health program aligned with the Texas Essential Knowledge and Skills (TEKS) that includes nutrition education for all grade levels.

- Integrate nutrition lessons into health, science, and family and consumer science courses.
- Use evidence-based programs such as CATCH to promote healthy eating habits.
- Provide nutrition education resources for families through newsletters, websites, and school events.
- Offer professional development to teachers and staff on nutrition and wellness promotion.
- Coordinate messaging across classrooms, cafeterias, and community settings to reinforce healthy choices.

V. Physical Activity

The District will implement physical education and activity programs consistent with state requirements and best practices to encourage lifelong physical fitness.



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- Ensure all elementary students receive at least 135 minutes of physical activity weekly.
- Provide safe, inclusive, and engaging physical activity opportunities for all students.
- Integrate short physical activity breaks into the school day.
- Encourage parent and community involvement in fitness programs and events.
- Prohibit withholding of recess or physical activity as a disciplinary consequence.

VI. School-Based Activities

The District supports the development of a school environment that promotes overall wellness, including physical, mental, and emotional health.

- Provide adequate time and comfortable, safe spaces for students to eat meals (minimum 20 minutes for breakfast and 30 minutes for lunch).
- Promote staff wellness activities and resources throughout the year.
- Encourage healthy celebrations, rewards, and classroom snack practices.
- Promote hydration and reduce sedentary screen time through awareness initiatives.
- Encourage family engagement in district wellness programs.

VII. Evaluation and Continuous Improvement

The District SHAC will annually evaluate the effectiveness of this Wellness Plan and recommend updates as needed. The triennial assessment will include comparisons to model policies, participation data, and goal progress. Findings will be reported publicly and used to inform improvements to the plan.

VIII. Appendices

Appendix A: Definitions (SHAC, Smart Snacks, Triennial Assessment)

Appendix B: Sample Campus Wellness Goals

Appendix C: Legal References (Texas Education Code §28.004, USDA Smart Snacks, TDA Guidelines)

Updated: October 2025