Clear Creek ISD
WELLNESS POLICY IMPLEMENTATION PLAN

Date: April 27, 2026

The District shall follow nutrition guidelines that advance student health and shall promote the general wellness of all students through nutrition education, physical activity, and other School-Based activities. Recognizing that nutrition and physical activity enhance education, the District is committed to providing a positive learning environment that supports the development of lifelong wellness practices.

Component 1: Nutrition Standards Goals:
The District shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance, for schools participating in the federal meal programs.

Guidelines	Exceptional	Acceptable	Needs Improvement	Comments:
1. For schools that participate in the federal meal programs, the District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be at least as restrictive as federal regulations.	✓			As per our recent TDA audit, all meals and foods meet federal regulations.
2. For schools that participate in the federal meal programs, all foods provided, should comply with USDA Smart Snacks in Schools Standards when possible and any foods provided shall not interfere with the school meal program.		✓		One instance was observed in a recent TDA audit but was corrected immediately.
3. All foods sold shall comply with state and local food safety and sanitation regulations. Prepackaged foods, from outside sources, are recommended.	✓			
4. Provide teachers with education regarding nutritious snacks.	✓			All campuses have access to the Smart Foods Calculator
5. School staff shall not withhold food from students as punishment.	✓			No knowledge of this happening

Component 2: Healthy Eating & Lifetime Goals and Guidelines
The District shall implement, in accordance with law, a healthy eating and lifetime wellness program designed to prevent obesity, cardiovascular disease, and Type 2 diabetes in elementary and intermediate schools including health education, physical education, nutrition education and parent involvement. [See EHAA, EHAB and EHAC.]

Guidelines	Exceptional	Acceptable	Needs Improvement	Comments:
1. Students will receive instruction on healthy eating that fosters the adoption and maintenance of behaviors, including information concerning liquid intake during exercise.	✓			In a Wellness class, all teachers begin their lessons with an activity that fosters healthy eating and hydration.
2. Healthy eating instruction and lifetime wellness will be a District-wide priority and will be integrated into other areas of the curriculum, as appropriate.	✓			In a Wellness class, all teachers begin their lessons with an activity that fosters healthy eating and hydration and is included in the TEKS.
3. Healthy eating and lifetime wellness information will be shared with families and the general public to positively influence the health of students and community members (for instance, the District Web site, PTA newsletters, the school marquees).	✓			In February, all Wellness teachers provide a FIT WEEK and invite parents and families to learn more about their Wellness classes and healthy eating.
4. The District will provide an environment that fosters safe and enjoyable fitness activities that promotes lifetime wellness for all students, including those who are not participating in competitive sports.	✓			Wellness teachers use activities that foster safe surroundings and competitive play by utilizing equipment that is safe.
5. Health Fitness classes will regularly emphasize moderate to vigorous activity.	✓			Wellness teachers are required to have moderate to vigorous activities for at least 30 minutes each time they are in class.
6. Students will be encouraged to drink water prior to, during, and following physical activities.	✓			Wellness teachers encourage students to bring their own water bottles and provide hydration time prior to, during and after vigorous activities.
7. Time allotted for physical activities that promote lifetime wellness will be consistent with state standards.	✓			Wellness classes meet all time allotted requirements for TEA.

Component 3: Other School-Based Activities Goals and Guidelines:
The District establishes the following goals to create an environment conducive to healthy eating and lifetime wellness to express a consistent wellness message through other school-based activities:

Guidelines	Exceptional	Acceptable	Needs Improvement	Comments:
1. Each campus will promote an environment in which the District's mission, core values, and beliefs support lifetime wellness.	✓			Each campus promotes core values through play and sportsmanship. The Wellness teachers utilize the core value of the month to emphasize during activities.
2. Healthy eating and lifetime wellness education for students and their families will be promoted.	✓			In February, all Wellness teachers provide a FIT WEEK and invite parents and families to learn more about their Wellness classes and healthy eating.
3. Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.	✓			
4. Elementary campuses will emphasize the value of recess for student wellness.	✓			

Component 4: School Health Advisory Council:
The District shall maintain a School Health Advisory Council (SHAC) as required by state law. This component will be measured by the SHAC facilitators and parent chair.

Guidelines	Exceptional	Acceptable	Needs Improvement	Comments:

1. In accordance with BDF(LEGAL) and TEC §28.004 the CCISD SHAC, the majority of members will be parents of students in the district who are not employed by the District. The composition of the CCISD SHAC will include:
• 15 Parents randomly drawn from submitted applications and approved by the school board
  • One elementary school, one intermediate school, and one high school parent from each of the five CCISD Board of Trustee electoral districts
• The Board may also appoint one or more persons as outlined in BDF(LEGAL)
• Five students
• Seven to eight staff members
  • One to two health and fitness teachers from elementary and intermediate
  • One Health Teacher from secondary
  • Assistant Director of Athletics
  • One campus counselor
  • One representative from Child Nutrition
  • One District Prevention Specialist
  • One District nurse
• Three medical/mental health community members
	✓			The 2025-2026 School Health Advisory Council composition complies with BDF (LEGAL) and TEC §28.004 regarding

2. SHAC will meet a minimum of four times a year and will post date, time and location of scheduled meetings on the District website and front offices of each campus at least 72 hours prior to each meeting.	✓			The 2025-2026 School Health Advisory Council met on October 29, 2025, November 19, 2025, February 25, 2026, and April 29, 2026. All meetings were posted 72 hours prior to each meeting on the district website and front offices of each campus at least 72 hours prior to each meeting.

Guidelines	Exceptional	Acceptable	Needs Improvement	Comments:
3. SHAC meeting minutes and audio/video recordings will be submitted to the District no later than the 10th day after the meeting. As soon as practicable, after receipt of the minutes and the audio/video recording, the District shall post the minutes and audio/video recording on the District's webpage.		✓		All meeting minutes were posted to the district website. All meeting audio-video recordings were submitted, with the exception of the February 25th meeting, as there was a technology glitch that did not record the meeting.
4. An annual report will be submitted to the District's School Board Members to reflect on meeting discussions, initiatives, and future endeavors.	✓			

Designee(s) responsible for measuring the implementation, evaluation, and update of the policy:

1. [signature] Date: April 29, 2026
2. [signature] Date: 4/26/2026
3. [signature] Date: 4/29/2026
4. _____ Date: _____
5. _____ Date: _____
6. _____ Date: _____