

Wellness Plan for Crawford ISD

This document, referred to as the “wellness plan” (the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]

The District’s local school health advisory council (SHAC) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

Soliciting Involvement and Input

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC will solicit involvement and input from parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. The dates, times, and location of the SHAC meetings, as well as the topics to be discussed will be posted on the Crawford ISD Website and the front door of the High School 72 hours in advance of the meeting.
2. Post the minutes and an audio of the meeting on the Crawford ISD website.
3. The SHAC will meet 4 times annually, review the wellness plan, and make recommendations to the appropriate District Official.
4. Accept new members to the SHAC as nominated by the School Board and District Administration.

Responsibility for Implementation

The Superintendent is the District official responsible for overall implementation of FFA(LOCAL), including development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

Goals for Nutrition Promotion

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District’s nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District.

The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

Although the District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SHAC will make recommendations when replacements or new contracts are considered.

Implementing Goals for Nutrition Promotion

GOAL 1: The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

Objective 1: Encourage students to eat a healthy breakfast and lunch.

Action Steps:

1. All students may eat breakfast and lunch in the cafeteria free of charge. The cafeteria will provide students several choices of healthy meals for breakfast and lunch daily.
2. Nutritional guidelines for foods available on each campus will be consistent with the federal standards and guidelines.
3. Snacks or fundraisers will not be allowed to be sold at school 30 minutes before breakfast or lunch.
4. Students will be allowed sufficient time to eat meals in cafeteria facilities.
5. Cafeterias will be clean, safe, and comfortable.

The District allows a parent or guardian to provide a food product to classmates of a student on the occasion of the student's birthday or to students at a school – designated function. In addition, the District has established the following standards on foods and beverages made available to students:

Any foods and beverages given away or otherwise made available to students must meet the Smart Snacks standards, with the exception of celebrations that may occur on campuses 2 days each school year. These celebrations must occur after lunch and must be approved by the principal.

Exemptions at the high school will be regulated to fundraisers only, and may occur no later than 30 minutes prior to lunch or after lunch is served. Fundraisers must be approved by the principal.

Resources Needed: nutritional posters, internet access, daily menu announcement

Key Stakeholders: students, parents, and educators

Measures of Success: Increase number of meals served, student participation

Objective 2: Nutrition education will be offered in the cafeterias, classrooms, and other appropriate settings.

Action Steps:

1. Educational aides regarding servings and food choices will be displayed in the cafeterias, classrooms, and other appropriate settings.

2. Information regarding healthy choices shall be posted in the cafeterias and classroom.

Resources Needed: Education opportunities offered by the Region 12 Service Center for Staff, nutritional aids to display and internet access

Key Stakeholders: students, parents, and educators

Measures of Success: Students will choose the correct number of servings, monitored and enforced by cafeteria personnel.

GOAL 2: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

Objective 1: Monthly menus of breakfast and lunch will be displayed in each classroom and the website.

Action Steps: Post menus on the website, classrooms, and cafeteria.

Resources Needed: nutritional posters and internet access

Key Stakeholders: students, parents, and educators

Measures of Success: Monthly menus will be up to date.

GOAL 3: The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.

Objective 1: Food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.

Action Steps: 1. Nutritional guidelines for foods available on each campus will be consistent with the federal standards and guidelines and the Texas Unified-Nutrition Program System.

2. Advertisements for competitive foods are not allowed on Crawford ISD property.

Key Stakeholders: students, parents, and educators

Measures of Success: Monitored and enforced by the appropriate district administrator.



Goals for Nutrition Education

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a component addressing nutrition services and health education at the elementary and middle school levels. [See EHAA]

Implementing Goals for Nutrition Education

GOAL 1: The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

Objective 1: The district shall provide professional development so that staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

Action Steps: 1. Staff responsible for nutrition will stay up to date and actively look for educational opportunities.

Resources Needed: Appropriate classes and nutrition information from Texas Unified-Nutrition Program System and SquareMeals.org.

Key Stakeholders: students, parents, and educators

Measures of Success: Staff responsible for Nutrition Education will stay up to date and deliver up to date Nutrition Education to students.

Goals for Physical Activity

Federal law requires that the District establish goals for physical activity in its wellness policy. In accordance with state law, the District will implement a coordinated health program with physical education and physical activity components. The District will offer at least the required amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC], as follows:

The District 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. [See BDF, EHAA, EHAB, and EHAC]

Implementing Goals for Physical Activity

GOAL 1: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students

Objective 1 District employees will attend appropriate training to promote enjoyable, , lifelong physical activity for District employees and students

Action Steps:

1. Elementary students will be allowed recess after lunch each day, and 30 minutes of Physical Education each day.
2. Secondary Students are encouraged to participate in various forms of structured activity, such as marching band, agriculture, competitive sports, and physical education as well as unstructured activity such as lunch recess.
3. Employees are encouraged to use Crawford ISD facilities to increase physical activity.

Resources Needed: Necessary equipment and facilities for High School sports, covered playground area and appropriate equipment for Elementary school.

Measures of Success: Students will enjoy physical activity and look forward to recess, Physical Education classes and the other activities.

Increase the number of students that participate in competitive sports, as evidenced by the ratio of students participating verses non-participants.

GOAL 2: The District 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. [See GKD]

Objective 1: The District 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. [See GKD]

Action Steps: Community programs (such as Crawford Youth Basketball) will be allowed to utilize CISD facilities for games and practice after hours.

School and Community Stakeholders: students, parents, and educators

Resources Needed: Comfortable clean facilities

Measures of Success: Community programs return year after year to use facilities, and an increase of people utilizing CISD facilities.

Goals for Other School-Based Activities

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness, create an environment that encourages healthful eating and physical activity, and promote a consistent wellness message.

Implementing Goals for Other School-Based Activities

GOAL 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Objective 1: Students will be allowed sufficient time to finish meals in the cafeterias.

Action Steps: Lunch periods are 30 minutes long, giving students ample time to complete meals. At the Elementary School, students have 20 minutes to eat in the cafeteria, then 10 minutes for recess time.

Resources Needed: clock

Key Stakeholders: students, parents, and educators

Measures of Success: Students will have completed meals at the end of lunch time.

Implementation

The Superintendent shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

Evaluation

The District shall comply with federal requirements for evaluating this policy and the wellness plan.

Public Notification

The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.

Records Retention

The District shall retain all the required records associated with the wellness policy, in accordance with law and the District's records management program. [See CPC and FFA(LEGAL)]