



Grady Independent School District

Wellness Plan and Guidelines

2023-2024

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]

<p>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.</p>	
<p>Objective 1: Consistently post the monthly school breakfast and lunch menus in an easily accessible location, on the district’s website, Grady app and daily school announcements.</p>	
Action Steps	Methods for Measuring Implementation
<p>Work with the child nutrition director to have menus published in a timely manner for publication on FB, Grady app, Gradyisd.org, and paper copies.</p> <p>Announce the menu daily on the daily announcements for broadcasting in all classes and grade levels.</p> <p>Ensure accuracy of the menus, so that students and families can plan appropriately.</p>	<p>Baseline data point:</p> <ul style="list-style-type: none"> ● How is the current menu getting shared with students and families? <p>Resources needed:</p> <ul style="list-style-type: none"> ● computer ● Paper and Printing Materials ● Videography tools <p>Obstacles:</p> <ul style="list-style-type: none"> ● publishing in a timely manner ● Last minute menu changes

GOAL 2: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: Consistently share messages about nutrition and making healthy choices.	
Action Steps	Methods for Measuring Implementation
<p>Post nutrition information in the cafeteria about the day's menu.</p> <p>Feature bulletin boards with healthy messages around the school.</p> <p>Occasionally share nutrition messages on the daily announcements.</p>	<p>Baseline data point:</p> <ul style="list-style-type: none"> How often are students taught about nutrition and healthy food/drink choices? <p>Resources needed:</p> <ul style="list-style-type: none"> Bulletin boards Video equipments and video class Menu nutrition facts <p>Obstacles:</p> <ul style="list-style-type: none"> Engagement of students of all ages

GOAL 3: The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.	
Objective 1: Offer an event each year that encourages physical activity participation from students and families.	
Action Steps	Methods for Measuring Implementation
<p>Set up an event that encourages parents and students to be physically active together.</p> <p>Encourage participation in extracurricular sports.</p>	<p>Baseline data point:</p> <ul style="list-style-type: none"> Participation rates from year to year <p>Resources needed:</p> <ul style="list-style-type: none"> Distribute information about event to families <p>Obstacles:</p> <ul style="list-style-type: none"> Possible low participation rates

GOAL 4: The district shall promote employee wellness activities and involvement at suitable district and campus activities.

Objective 1: The district shall provide and encourage involvement in wellness activities during the school year.

Action Steps	Methods for Measuring Implementation
<p>Decide on types of wellness activities to offer.</p> <p>Implement wellness activities and encourage participation of staff members.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Staff participation in past wellness activities <p>Resources needed:</p> <ul style="list-style-type: none"> ● List of preventive services provided. ● Advertisement and distribution of information on activities <p>Obstacles:</p> <ul style="list-style-type: none"> ● Busy schedules that may prevent staff from participating

The District will allow the following exempted fundraisers for the 2023-2024 school year:

Campus or Organization	Food/Beverage	Number of Days
PreK- 5	School Party Related Items approved by the principal and cafeteria manager	3
6-12	School Party Related Items approved by the principal and cafeteria manager	3

