**Wildorado ISD Wellness Implementation Plan-Self Audit**

**Nutrition Guidelines**

The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy. (See Policy CO)

In addition to legal requirements, the District shall:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **(LOCAL) policy requirements** | **Plan (activities/strategies) for implementation** | **Person (s)**  **Responsible** | **Collaborative Resources** | **Timeline** |
| 1. Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations (See CO). | Adhere to the USDA/TDA requirements and guidelines for reimbursable school meals.  Communicate the age-appropriate USDA/TDA guidelines for food and beverages a classroom parties or school celebrations to teachers and parents. | Campus Administration,  Food Service  Campus Administration, Teachers, Food Service | [www.squaremeals.org](http://www.squaremeals.org)  TXUNPS  Texas Adm. Code 4.26:  <http://info.sos.state.tx.us/pls/pub/readtac$ext.TacPage?sl=R&app=9&p_dir=&p_rloc=&p_tloc=&p_ploc=&pg=1&p_tac=&ti=4&pt=1&ch=26&rl=7> | Upon enrollment, then yearly  Upon enrollment, then yearly |
| 2. Provide teachers with education and guidelines on the use of food as a reward in the classroom. | Give teachers a list of healthy foods to use as rewards. Encourage non-food items to be given as rewards. | Food Service Personnel, Principal | See above and  <http://www.squaremeals.org/FampNResources/ToolsampLinks/NutrientCalculator.aspx> and  <http://www.squaremeals.org/Portals/8/files/publications/Non%20Food%20Ways%20to%20Reward.pdf> | Upon enrollment  Then yearly |

**Goals for Nutrition Education**

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component (see Policy EHAB and EHAC) and shall use health course curriculum that emphasizes the importance of proper nutrition (see Policy EHAA).

In addition, the District establishes the following goals for nutrition education:

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| --- | --- | --- | --- | --- |
| **(LOCAL) policy requirements** | **Plan (activities/strategies) for implementation** | **Person (s)**  **Responsible** | **Collaborative Resources** | **Timeline** |
| 1. Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors. | Posters in Cafeteria.  Encourage students to start their day with a healthy breakfast.  Teachers integrate classroom based nutrition education with other health education content.  Handouts from squaremeals.org. | PE Teacher, School Nurse, Food Personnel | CSH Program | Throughout the year |
| 2. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings. | See ideas in #1 | PE Teacher,  School Nurse,  Food Personnel | CHS Program | Throughout the year |
| 3. Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members. | See ideas in #1  Students are encouraged to start their day with a healthy breakfast.  Provide information to families to encourage them to teach their children about health and nutrition and to provide nutritious meals for their families. | Admin., Teachers, Food Service Director,  School Nurse | Squaremeals.org  <http://www.squaremeals.org/Portals/8/files/publications/School%20Lunch%20parent%20flyer%20Eng.pdf> | Throughout the year |

**Goals for Physical Activity**

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 Policy EHAB and EHAC)

In addition, the District establishes the following goals for physical activity:

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| --- | --- | --- | --- | --- |
| **(LOCAL) policy requirements** | **Plan (activities/strategies) for implementation** | **Person (s)**  **Responsible** | **Collaborative Resources** | **Timeline** |
| 1. Physical education classes will regularly emphasize moderate to vigorous activity. | CSH PE activities.  Meet or exceed PE requirement for MVPA in PE classes. K-6th grade MVPA at least 135 min during each school week.  PE teacher receives professional development for teaching physical education. | Admin., PE Teacher | TX Ed. Code,  www.tahperd.org/ | Daily/Weekly |
| 2. Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students. | Zumba for employees.  Walking during lunch/free time. | Volunteers | www.texasroundup.org/ | Yearly or  As requested |
| 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. | Family Activity Night. | Admin., Teachers |  | Yearly |
| 4. The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities that are available outside the school day. [See GKD] | Gym is open to the community.  Track and playground are open to the community. | Admin. Teachers, Janitors |  | Yearly or as requested |

**Goals for School-based Activities**

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

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| **(LOCAL) policy requirements** | **Plan (activities/strategies) for implementation** | **Person (s)**  **Responsible** | **Collaborative Resources** | **Timeline** |
| 1. Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable. | Maintain facilities in a clean, safe and comfortable manner.  Dining area is attractive and has enough space for seating all students.  Drinking water is available for students at meals.  Serving line moves quickly to allow sufficient eating time. | Food Service Personnel,  Janitors | Squaremeeals.org | Daily |
| 2. Wellness for students and their families shall be promoted at suitable school activities. | Local Wellness Policy goals are considered in planning all school-based activities such as school events, field trips and assemblies.  School personnel will encourage students to develop the healthy practice of hand washing or cleaning before and after meals.  Provide access to facilities for physical activity after school hours for students, families or community groups.  CSH model approach to guide school decision making related to physical activity and nutrition that encompasses all aspects of the school, from education to tobacco use.  All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools. | Teachers,  School Nurse,  SHAC,  Admin.,  Janitors | Company that provides hand soap and hand cleaner | Throughout the year |

**Implementation**

**The Superintendent shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.**

--*Adapted from materials developed by Rosa Winn, Child Nutrition Specialist, Region 18 ECS, Twila Albertson, School Health, Specialist*

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