

EDNA ISD WELLNESS PLAN

2015-2017



Robert O'Connor

**Coordinated School Health Plan
Edna Independent School District**

Student Nutrition/CSHP/Wellness Action Plan

Mission Statement:

The Mission of Edna Independent School District is to ensure a quality education for all.

Goal: Edna I.S.D. integrates its School Health Advisory Committee (SHAC) with its District Improvement Team (DIT) to coordinate school health services and policy. The SHAC's goal shall be to monitor district-wide nutrition and physical activity issues and to assist the district in developing, implementing, and evaluating guidelines that support a healthy school environment. The SHAC will have on-going monitoring status and may make amendment suggestions to the Superintendent.

Component 1: A Commitment to Health Education

- A. In support of the District's Coordinated School Health Plan, health classrooms utilizes as a TEKS-based springboard *Lifetime Health* adopted textbook from Holt Reinhart Publishers.
 - B. Principals will monitor the classroom curriculum through observations, walk throughs, reviewing lesson plans, and teacher conferences to assure optimum student success.
 - C. Nutrition education shall be integrated across the curriculum as well as seminars given on healthy food choices by SFE, Texas AgriLife Extension, and the Jackson County Hospital district.
 - D. Guest speakers from surrounding communities and counties will be invited to enhance and reinforce the campus-specific classroom health lesson(s). A Community Health Fair will occur annually before school where booths will present healthy choices in terms of nutrition, outdoor activity, Scouts, leadership, and immunization requirements. The Lion's Club will conduct a vision screening as well. First Responders will educate the youth on their duties and responsibilities to the community.
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- E. Campus nurse and PE teachers will record Body Mass Indexes for students as she completes the height, weight, vision, hearing, and other wellness indicators. EISD will give the Fitness Gram physical fitness test annually.
- F. District nurses will offer assistance to staff in maintaining updated vaccination and flu shots. Flu shots will be provided by the district on an annual basis to both students and staff.
- G. Health plans through Section 504 will be maintained and monitored for all students with identified severe health risks such as diabetes and allergies. Protocols for all meds and epi-pens shall be reviewed and monitored.

Component 2: A Commitment to Physical Activity

- A. Physical activity may be integrated across curricula and throughout the school day. Movement can be made a part of science, math, and social Studies, language arts, etc. The CATCH program will be implemented at K-6 grade levels.
 - B. A short snack-free recess for elementary campuses will be scheduled so children will come to lunch ready to eat. Afternoon recesses will be explored as needed.
 - C. Elementary teachers will be encouraged to provide students with a short recess in the afternoon hours in an effort to maximize the students' post-lunch academic tasks.
 - D. Students kindergarten through 6th grade will receive a daily scheduled Physical Education class taught by a certified physical education teacher who maps the year's lessons via the TEKS appropriate to each grade level. Students will have the option of participating in Athletics class in grades 7-12.
 - E. Elementary students may take part in activities such as Jump Rope for Heart, Mileage Club, a Bicycle Rodeo, and a district coordinated annual elementary Fun Day; each special activity serves to unite the students, staff, and community-volunteers present in physical activity that promotes a healthy heart and a healthy body. It is the goal of the CSHP and the SHAC that each of these special campus activities will generate within each participant a
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commitment to physical activity that will bind school-family and home-family health and wellness.

- F. Parent groups organize, implement, and run athletic team opportunities for children (PK-6) – outside the regular school day (i.e.: Edna Youth Soccer, Edna Little League, and Edna Youth Football League). The district will supervise summer camps for team sports and cheerleading.
- G. District supported UIL extra-curricular activities – i.e.: football, volleyball, Cross country, golf, tennis, basketball, softball, baseball, power lifting, and track. Each sport is sponsored by a district-provided coach.
- H. The district will have a discounted membership for all employees to the Jackson County Wellness Center.
- I. Staff classes in Zumba and or other rhythmic exercise(s) will be offered at a campus as an employees after school fitness activity.
- J. EISD will participate in the TRS Active Health Care Challenge and the Walk Across Texas (Ag Extension Service) to promote wellness and physical activity among staff.

Component 3: A Commitment to Nutrition Education and Food Safety Services

- A. The Edna Independent School District will offer breakfast and lunch on a daily basis and after school snacks on days students stay for specially established tutorial sessions. Families are provided with free or reduced meal forms in order to assure/provide each student with a minimum of two nutritional meals each day.
 - B. SFE staff will be responsible for nutrition education that will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities, and instructional techniques and strategies designed to promote healthy eating habits.
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- C. Food safety will be a key part of the food service operation – ie: frequent hand washing by staff, the use of colored band aids by staff for easy detection, and hand sanitizers at the beginning of each campus food line. Nutrition education information will be reviewed by a qualified, credentialed nutrition professional.
 - D. SFE will construct menus that will meet the nutritional standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture, conforming to good menu planning, principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent nutritional quality, and are served at proper temperature. Weekly menus are published in the *Weekly Happenings* and are posted on the website at www.ednaisd.org and published in the newspaper.
 - E. Students will be given the opportunity to provide input on their local, cultural, and ethnic (food) favorites. In addition, students have the daily option of a la carte or hot lunch and in addition options at the snack bar and salad bar.
 - F. School personnel, along with parents, will encourage students to choose and consume balanced meals. A computerized calorie counter is attached to the Edna ISD website at www.ednaisd.org .
 - G. The SHAC may review and make recommendations to the administration and School Board on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions.
 - H. The school district shall provide nutritional information to parents to encourage them to use the home setting to teach their children about health and nutrition and to encourage them to provide nutritious meals for their families. SFE will publish a newsletter (*SFE LINK- Putting Child Nutrition First*) on the Edna ISD website at www.ednaisd.org .
 - I. Organizations shall only use non-food items or foods designed for delivery and consumption after school hours as fund-raisers. For example, barbeque plate sales after school hours would be acceptable.
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- J. Drinking fountains will be available for students to get water at meals and throughout the day.
- K. School personnel will assist all students in developing the healthy practice of washing hands prior to eating and will be provided hand sanitizer at the beginning of the lunch line.
- L. School personnel will schedule enough time to reduce the students' wait-time in the lunch line.
- M. Schools shall not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during meal times.
- N. Adequate time to eat in a pleasant dining atmosphere shall be provided. Nutritional posters will be displayed in the dining area on each campus.
- O. Teachers and students may make use of web-based health and nutrition programs to enhance classroom instruction/campus-home connection.

Component 4: Commitment to Family and Community Involvement

- A. Each campus' school nurse will post on line and at each campus, periodic health bulletins (available at the National Center for Disease Control and Prevention) in an effort to keep home and school working together as one.
 - B. Guest speakers will support/enhance the classroom health and P.E. lessons.
 - C. Local health services/hospitals/organizations will be invited to do health, nutrition, and/or wellness presentations.
 - D. Utilizing the local Extension Service- parents may attend health, nutrition, and/or wellness workshops.
 - E. Campuses shall encourage parents/guardians/grandparents/community members to have lunch with children.
 - F. Letters and bulletins will be sent home and posted on website to encourage compliance with immunization requirements.
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- G. A health plan will be developed (i.e. - 504 plan) for all students with designated health concerns such as severe asthma, diabetes, allergies, etc. Communication of these concerns will be shared with appropriate personnel and the nurse will have access if necessary to appropriate medicine (i.e. - insulin, epi-pen, etc.).

Component 5: Implementation

- A. The SHAC shall be composed of a parent(s), a local business person, and school district staff. Each campus principal will secure the parent(s) and staff member(s) for their campus. Permanent members of the SHAC shall include the Food Service Director, Superintendent, each Campus principal, the Curriculum Director, and the District Nurse.
- B. SHAC members will hear reports from each campus principal at the Fall meeting and again at the spring meeting. At these times, the SHAC will make recommendations to the Superintendent on any revisions to the CSHP it deems necessary. The Superintendent will take the SHAC recommendation to the School Board for approval.
- C. Each campus principal, as well as the Food Service Director, will report bi-annually to the Superintendent the progress of the campus and the status of compliance by the campus.

Component 6: Evaluation

- A. SHAC review meetings – once in the fall and again in the spring. Principal(s) and Food Service Director bi-annual report to the Superintendent.
 - B. Student BMI (Body Mass Index) data will be compared for fall and Spring semesters to help evaluate activities and guidelines of the plan.
 - C. School Board review of documented efforts toward student health, student nutrition, student physical activity and how this reflects in the overall academic student success.
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