

**Holland Independent
School District**

Wellness Plan

2016-2017

**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.

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition promotion.

GOAL 1: The district shall establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations.	
Objective 1: The District will ensure that at least one healthy snack and beverage is provided at school celebrations and classroom parties.	
Action Steps	Methods for Measuring Implementation
Campus Principals and Classroom Teachers will collaborate to provide snacks and beverages that are compliant with the Healthy Snacks Program	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The manner in which principals and teachers implement their classroom and campus festivities. • The number of parties that are compliant with this requirement. <p>Resources Needed:</p> <ul style="list-style-type: none"> • Healthy Snacks Requirements • Training and Follow-up on Healthy Snacks by Food Service Director. <p>Obstacles:</p> <ul style="list-style-type: none"> • Time and staff to implement Healthy Snacks Program.

GOAL 2: The district shall provide teachers with education and guidelines on the use of food as a reward in the classroom.	
Objective 1: The District shall provide teachers with education guidelines on Foods of Minimal Nutritional Value.	
Action Steps	Methods for Measuring Implementation
Teacher training on foods of minimal nutritional value	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Training documents <p>Resources Needed:</p>

	<ul style="list-style-type: none"> • Personnel • Training documents. Obstacles: <ul style="list-style-type: none"> • Time
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GOAL 3: The District shall require that healthy food and beverage options be included at concessions at school-related events outside of the school day.	
Objective 1: The District will provide a healthy alternative “Meal Deal” at each concession stand event to promote healthy food choices.	
Action Steps	Methods for Measuring Implementation
The food service director will provide fruit and/or vegetables along with a healthy meat and cheese sandwich to the concession stand for each home game.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Menu items provided • Number of meal deals purchased Resources needed: <ul style="list-style-type: none"> • Fruit and/or vegetables • Healthy Sandwich Choices Obstacles: <ul style="list-style-type: none"> • Time from food service staff and participation
Objective 2: The District will provide healthy food choices at Family Night Events.	
Action Steps	Methods for Measuring Implementation
The campus principals will work with the food service director to develop menus for Family Night Events to provide healthy food choices.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Family Night menus Resources needed: <ul style="list-style-type: none"> • Funds for Meals Obstacles: <ul style="list-style-type: none"> • Funds for Meals

**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 nutrition services and health education component at the elementary and middle school levels. [See EHAA]

The District will implement the nutrition services and health education component through instruction of the essential knowledge and skills related to nutrition and health and the CATCH program, a program approved by the Texas Education Agency, in the District's physical education, health education, and science courses.

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition education.

GOAL 1: Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: The District will provide the CATCH Curriculum for Elementary Students during the school day and in the ACE Afterschool Program.	
Action Steps	Methods for Measuring Implementation
The CATCH Curriculum will be utilized in the Elementary Physical Education Class.	Baseline or benchmark data points: <ul style="list-style-type: none"> • P.E. Lesson Plans Resources needed: <ul style="list-style-type: none"> • CATCH Curriculum, personnel Obstacles: <ul style="list-style-type: none"> • Time
Objective 2: The District will offer Health Curriculum to all Middle School eighth grade students.	
Action Steps	Methods for Measuring Implementation
The principal and teachers will review the nutrition curriculum to align nutrition education goals with the health course.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Unit assessment on project Resources needed: <ul style="list-style-type: none"> • Curriculum • Personnel Obstacles: <ul style="list-style-type: none"> • Scheduling issues

GOAL 2: Nutrition education will be a Districtwide priority and will be integrated into other areas of the curriculum, as appropriate.

Objective 1: The District will provide a nutrition unit in all science classes.

Action Steps	Methods for Measuring Implementation
Science teachers will collaborate to review nutrition education taught in the body systems unit.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Unit assessment on projects Resources needed: <ul style="list-style-type: none"> • Updated nutritional guidelines Obstacles: <ul style="list-style-type: none"> • None

GOAL 3: Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.

Objective 1: Physical Education Teachers and Science Education Teachers will deliver an aligned nutrition curriculum.

Action Steps	Methods for Measuring Implementation
Teachers will participate in nutrition education staff development provided by the district twice a year.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Lesson plans/unit plans Resources needed: <ul style="list-style-type: none"> • CATCH Curriculum • Science Nutrition Curriculum • Substitutes Obstacles: <ul style="list-style-type: none"> • Time/Schedules

GOAL 4: 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.

Objective 1: The District will communicate nutrition guidelines to all personnel.	
Action Steps	Methods for Measuring Implementation
<p>Newsletters emphasizing physical fitness will be posted in each bathroom stall and updated monthly.</p> <p>Posters promoting nutritional guidelines in Cafeteria.</p> <p>Middle School Choices Magazine available to all personnel,</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Newsletters posted • Posters in Cafeteria • Magazine available <p>Resources needed:</p> <ul style="list-style-type: none"> • Personnel to update newsletters • Additional Magazine Subscriptions <p>Obstacles:</p> <ul style="list-style-type: none"> • Timely information
<p>GOAL 5: The District shall ensure that educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.</p>	
Objective 1: The District will post timely information on nutrition education.	
Action Steps	Methods for Measuring Implementation
<p>Newsletters emphasizing physical fitness will be posted in each bathroom stall and updated monthly.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Newsletters posted <p>Resources needed:</p> <ul style="list-style-type: none"> • Personnel to update newsletters <p>Obstacles:</p> <ul style="list-style-type: none"> • Timely information

PHYSICAL ACTIVITY

The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]

Federal law requires that the District establish goals for physical activity in its wellness policy.

In accordance with FFA(LOCAL), the District has established the following goal(s) for physical activity.

GOAL 1: The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.	
Objective 1: Students will attend physical education classes each day.	
Action Steps	Methods for Measuring Implementation
All students will participate in physical education class at least 30 minutes per day.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Student rosters for physical education classes. Resources needed: <ul style="list-style-type: none"> • Teachers/Coaches, equipment for fitness activities Obstacles: <ul style="list-style-type: none"> • Facilities during inclement weather.
Objective 2: Elementary students will attend recess on a daily basis.	
Action Steps	Methods for Measuring Implementation
Elementary students will participate in recess each day with activities organized by High School Students and supervision by Elementary Staff.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of students involved in daily recess activities Resources needed: <ul style="list-style-type: none"> • High school Students, equipment, CATCH curriculum Obstacles: <ul style="list-style-type: none"> • Facilities during inclement weather • Scheduling of high school students.
GOAL 2: Physical education classes will regularly emphasize moderate to vigorous activity.	

Objective 1: The District will provide organized physical education classes to all students.

Action Steps	Methods for Measuring Implementation
Elementary, Middle School, and High School students in physical education classes will be provided organized activities to improve speed, strength, and agility.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Fitness gram • Run across Texas information Resources needed: <ul style="list-style-type: none"> • Teacher, weight room, and equipment Obstacles: <ul style="list-style-type: none"> • Time and equipment

GOAL 3: Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.

Objective 1: The District will provide training to the faculty and staff on healthy choices for physical fitness.

Action Steps	Methods for Measuring Implementation
Newsletters emphasizing physical fitness will be posted in each bathroom stall and updated monthly.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Newsletters posted Resources needed: <ul style="list-style-type: none"> • Personnel to update newsletters Obstacles: <ul style="list-style-type: none"> • Timely information

Objective 2: The District will provide training on Safety and First Aid.

Action Steps	Methods for Measuring Implementation
Faculty and Staff will be trained in CPR, Safety and First Aid, AED operation, and Concussion Protocol.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of staff trained annually. Resources needed: <ul style="list-style-type: none"> • Personnel, equipment Obstacles: <ul style="list-style-type: none"> • Time

GOAL 4: The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

Objective 1: The District will provide opportunities for families to participate with their child in school sponsored events promoting physical activity.

Action Steps	Methods for Measuring Implementation
School Sponsored Events include: Walk for Diabetes Jump Rope for Heart The Marathon Mile	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of parents and students participating in each event Resources needed: <ul style="list-style-type: none"> • Personnel, equipment, advertisement. Obstacles: <ul style="list-style-type: none"> • Time and effort of parents to participate.

Objective 2: The District will provide a community workout program.

Action Steps	Methods for Measuring Implementation
Teacher/Community Workout Program Weight Room Use	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of parents and students participating in the workout program. Resources needed: <ul style="list-style-type: none"> • Coordinator to oversee facility use • Equipment Obstacles: <ul style="list-style-type: none"> •

GOAL 5: The District will encourage students, parents, staff, and community members to use the District's recreational facilities that are available outside of the school day.

Objective 1: The District will encourage use of facilities to encourage parents to be active role models in promoting physical activity.

Action Steps	Methods for Measuring Implementation
Walking Lights around the track Open Gym on weekends Weight Room Use Softball, Baseball, and Football Little League Facility Use	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of parents and students using the facilities each month Resources needed: <ul style="list-style-type: none"> • Coordinator to oversee facility use

	<ul style="list-style-type: none"> • Equipment Obstacles: <ul style="list-style-type: none"> • Facility Use Conflict
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**SCHOOL-BASED
ACTIVITIES**

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness.

In accordance with FFA(LOCAL), the District has established the following goal(s) as part of its student wellness policy to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.

GOAL 1: Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.	
Objective 1: The District will provide at least 12 minutes for students to sit and each breakfast and lunch	
Action Steps	Methods for Measuring Implementation
Each campus principal will create a breakfast and lunch schedule that will provide ample time for students to enter the cafeteria, go through the line to receive a meal, and sit for at least 12 minutes to enjoy their meal.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Time students are sitting at their table eating. Resources needed: <ul style="list-style-type: none"> • Appropriate campus lunch schedules • Cafeteria personnel Obstacles: <ul style="list-style-type: none"> • Extra-curricular activities • Personnel
Objective 2: The District will evaluate the Food Service Facilities to ensure a safe, clean, and comfortable environment is available.	
Action Steps	Methods for Measuring Implementation
Perform a semi-annual evaluation of the cafeteria facility	Baseline or benchmark data points: <ul style="list-style-type: none"> • Initial facility evaluation Resources needed:

	<ul style="list-style-type: none"> Evaluation form, evaluation committee Obstacles: <ul style="list-style-type: none"> Time
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GOAL 2: Wellness for students and their families will be promoted at suitable school activities.

Objective 1: The District will provide healthy snack choices to help kids build better physical and mental strength.

Action Steps	Methods for Measuring Implementation
Provide fresh fruit and vegetables along with healthy snacks at school functions.	Baseline or benchmark data points: <ul style="list-style-type: none"> Food and snacks provided at Family Night Events, Concessions, and Field Day. Resources needed: <ul style="list-style-type: none"> Health Snacks, fresh fruits and vegetables. Obstacles: <ul style="list-style-type: none"> Containers to keep snacks fresh.

Objective 2: The District will provide literature to promote wellness to students, faculty, parents, and community members.

Action Steps	Methods for Measuring Implementation
Newsletters emphasizing physical fitness will be posted in each bathroom stall and updated monthly. The District Website will contain the monthly newsletter	Baseline or benchmark data points: <ul style="list-style-type: none"> Newsletters posted Resources needed: <ul style="list-style-type: none"> Personnel to update newsletters Obstacles: <ul style="list-style-type: none"> Timely information

GOAL 3: Employee wellness education and involvement will be promoted at suitable school activities.

Objective 1: The District will provide enrichment activities for employee wellness education.

Action Steps	Methods for Measuring Implementation
Health Center Staff will develop and imple-	Baseline or benchmark data points:

<p>ment a variety of wellness education programs in which the employees can participate.</p>	<ul style="list-style-type: none"> • Number of employees participating in the Community Workout Program. • Number of employees participating in the Hornet Weight Loss Program. <p>Resources needed:</p> <ul style="list-style-type: none"> • Nurse and Health Center Staff • Workout Coordinator <p>Obstacles:</p> <ul style="list-style-type: none"> • Time and effort
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GOAL 4: The District's school-based health center, in conjunction with Scott and White Hospital, will provide for the health care needs of students, faculty, and community members to promote healthy living and increase awareness of the importance of healthy eating habits and regular exercise.

Objective 1: The District and Baylor Scott & White will collaborate to provide weekly clinics for students, faculty, and community members.

Action Steps	Methods for Measuring Implementation
<p>The school nurse will develop the clinic schedule with Residents from Baylor Scott & White.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Clinic Schedule <p>Resources needed:</p> <ul style="list-style-type: none"> • School Nurse • Medical Director for Residents <p>Obstacles:</p> <ul style="list-style-type: none"> • Commitment from Baylor Scott & White each year.

GOAL 5: Employee wellness education and involvement will be promoted at suitable school activities.

Objective 1: The District will provide activities to involvement faculty and staff promoting a healthy lifestyle.

Action Steps	Methods for Measuring Implementation
<p>The School-Based Health Center staff will provide motivational activities throughout the year to promote healthy lifestyles.</p> <ul style="list-style-type: none"> • Hornet Weight Loss Club • After School Workouts • Flu Vaccines 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Participation in projects <p>Resources needed:</p> <ul style="list-style-type: none"> • Health Center Personnel <p>Obstacles:</p> <ul style="list-style-type: none"> • Participation and Commitment from employees

The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as “Smart Snacks” standards or requirements. The following websites have information regarding meal and Smart Snacks requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>

**EXCEPTION—
FUNDRAISERS**

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

The District will allow the following exempted fundraisers for the 2015–2016 school year:

Campus or Organization	Food/Beverage	Number of Days
Holland Elementary	UIL Concession Summer Fun Field Day Bazaar Reward Center	One Day One Day One Day One Day Two Days
Holland Middle School	UIL Concession Summer Fun Basketball Tournament Hornet Hangout Campus Sponsored Fund-raiser	One Day One Day One Day Two Days One Day
Holland High School	Summer Fun Basketball Tournament Campus Sponsored Fund-raisers	One Day One Day Four Days

FOODS MADE AVAILABLE

There are currently no federal requirements for foods or beverages made available to students during the school day. The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function. [See CO(LEGAL)]

MEASURING COMPLIANCE

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to the TDA, reviewing foods and beverages that are sold in competition with the regular school meals, reviewing items sold as part of approved District fundraisers, and monitoring the types of foods and beverages made available to students during the school day.