

Holland Independent School District



Wellness Plan Evaluation 2016-2017

Overview:

The Holland ISD Wellness Plan is created by the School Health Advisory Council made up of parents, teachers, students, community members, board members, and administrators. Agendas and minutes are posted on the Holland ISD Website at www.hollandisd.org. The Holland ISD Superintendent is responsible for ensuring that the Local Wellness Plan is implemented appropriately and updated based upon the annual evaluation.

Evaluation:

Each year, the SHAC Committee analyzes the components of the Holland ISD Wellness Plan to determine the program effectiveness. Committee members assigned to sub-committees determine if the district implemented the four major components of the plan and to update the plan accordingly. Results of the evaluation are presented to the Holland ISD School Board and then posted on the Holland ISD website.

The goals were analyzed and the sub-committees provided feedback as to whether the objectives were accomplished for each goal. The following information represents the findings of the School Health Advisory Council.

Upon completion of the evaluation, the SHAC sub-committees updated the School Wellness Plan for the 2017-2018 school year.

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
<p>Campus Principals and Classroom Teachers will collaborate to provide snacks and beverages that are compliant with the Healthy Snacks Program</p>	<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.
<p>Evaluation:</p>	<p>The principals and teachers reviewed the Healthy Snack suggestions from the Square Meals website at the beginning of the school year. Teachers worked with the Food Service Director to ensure that fresh fruit was available at each festivity.</p> <p>The campuses remained under three parties and were compliant with the state mandate.</p>

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	Baseline or benchmark data points: <ul style="list-style-type: none"> • Training documents Resources Needed: <ul style="list-style-type: none"> • Personnel • Training documents. Obstacles: <ul style="list-style-type: none"> • Time
Evaluation:	During the Back To School Staff Development, the Food Service Director reviewed the guidelines on foods of Minimal Nutritional Value.

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
<p>The campus principals will work with the food service director to develop menus for Family Night Events to provide healthy food choices.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Family Night menus <p>Resources needed:</p> <ul style="list-style-type: none"> • Funds for Meals <p>Obstacles:</p> <ul style="list-style-type: none"> • Funds for Meals
<p>Evaluation:</p>	<p>During Basketball Games, turkey and cheese sandwiches were made by the cafeteria staff and sold at the concessions stand. However, this was not accomplished during football games or volleyball games.</p>

**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
<p>The CATCH Curriculum will be utilized in the Elementary Physical Education Class.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • P.E. Lesson Plans <p>Resources needed:</p> <ul style="list-style-type: none"> • CATCH Curriculum, personnel <p>Obstacles:</p> <ul style="list-style-type: none"> • Time
<p>Evaluation:</p>	<p>The Elementary Physical Education Teacher consistently used the CATCH Curriculum.</p>

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
Evaluation:	The Health Curriculum is offered to seventh grade students and not the eighth graders in order to align the curriculum with the TEKS.

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
Evaluation:	Science teachers integrate nutrition education into the science curriculum when teaching body systems.

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
Evaluation:	Staff Development only occurred once last year instead of the stated two times per year.

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
Newsletters emphasizing physical fitness will be posted in each bathroom stall and updated monthly. Posters promoting nutritional guidelines in Cafeteria. Middle School Choices Magazine available to all personnel,	Baseline or benchmark data points: <ul style="list-style-type: none"> • Newsletters posted • Posters in Cafeteria • Magazine available Resources needed: <ul style="list-style-type: none"> • Personnel to update newsletters • Additional Magazine Subscriptions Obstacles: <ul style="list-style-type: none"> • Timely information
Evaluation:	This goal was not accomplished. No posters were placed in bathroom stalls.

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.	
Objective 1: The District will post timely information on nutrition education.	
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
Evaluation:	This goal was not accomplished. No posters were placed in bathroom stalls. However, parent newsletters occasionally contained nutritional articles.

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.
Evaluation:	This objective was successfully implemented.

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.
Evaluation:	This objective was successfully implemented.

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	Baseline or benchmark data points:

School students in physical education classes will be provided organized activities to improve speed, strength, and agility.	<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
Evaluation:	This objective was successfully implemented.

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
Evaluation:	This objective was not implemented successfully. The posters were not installed.
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
Evaluation:	This objective was successfully implemented

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.
Evaluation:	This objective was successfully implemented
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">
Evaluation:	The community workout program did not form this year. The objective was not accomplished.

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 Equipment Obstacles: <ul style="list-style-type: none"> Facility Use Conflict
Evaluation:	This objective was successfully implemented

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

	<ul style="list-style-type: none"> • Cafeteria personnel Obstacles: <ul style="list-style-type: none"> • Extra-curricular activities • Personnel
Evaluation:	This objective was successfully implemented.
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
Evaluation:	This objective was successfully implemented.

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.
Evaluation:	This objective was successfully implemented.

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

Action Steps	Methods for Measuring Implementation
<p>Newsletters emphasizing physical fitness will be posted in each bathroom stall and updated monthly.</p> <p>The District Website will contain the monthly newsletter</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
<p>Evaluation:</p>	<p>This objective was not fully implemented. Newsletters were not posted.</p>

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
<p>Health Center Staff will develop and implement a variety of wellness education programs in which the employees can participate.</p>	<p>Baseline or benchmark data points:</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
<p>Evaluation:</p>	<p>The Hornet Weight Loss Program was successful with eighteen employees participating in the fall program and fifteen employees participating in the spring program. However, there was not a Community Workout Program provided.</p>

<p>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.</p>	
<p>Objective 1: The District and Baylor Scott & White will collaborate to provide weekly clinics for students, faculty, and community members.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<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.
<p>Evaluation:</p>	<p>This objective was successfully implemented.</p>
<p>GOAL 5: Employee wellness education and involvement will be promoted at suitable school activities.</p>	
<p>Objective 1: The District will provide activities to involvement faculty and staff promoting a healthy lifestyle.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<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

Evaluation:	This objective was partially successful except for the workout program.
--------------------	--

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	One Day
	Summer Fun	One Day
	Field Day	One Day
	Bazaar	One Day
	Reward Center	Two Days

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