

# May ISD



# Wellness Implementation Plan

Revised December 2015

## May 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:

<b>(LOCAL) policy requirements (choose any that apply or none)</b>	<b>Plan (activities/strategies) for implementation</b>	<b>Person (s) Responsible</b>	<b>Collaborative Resources</b>	<b>Timeline</b>
1. Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations.	Adhere to the USDA/TDA requirements and guidelines for reimbursable school meals.  Communicate the age-appropriate USDA/TDA guidelines for food and beverages for classroom parties or school celebrations to teachers and parents.	Campus Administration, Food Service  Campus Administration, Teachers, Food Service	<a href="http://www.squaremeals.org">www.squaremeals.org</a>	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.	The school nurse provides education on nutrition. EX: Smart Snack Nutrition Training	School nurse	<a href="http://www.squaremeals.org">www.squaremeals.org</a>  <a href="http://www.regulations.org">http://www.regulations.org</a>	Yearly
3. Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food.	According to CO (LEGAL): Selling items can take place 30 min after last school bell unless an exempt day.	Campus Administration	<u>May ISD Online Board Policy:</u> <a href="http://pol.tasb.org/Policy/Search/236?filter=selling%20food">http://pol.tasb.org/Policy/Search/236?filter=selling%20food</a>	Continuous
5. Review menus for changes that can be made to promote students' interest in making healthy food choices.	Review and add menu items that will increase student interest in healthy food choices.	Cafeteria Manager	<a href="http://www.squaremeals.org">www.squaremeals.org</a>	Monthly

**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:

<b>(LOCAL) policy requirements <i>(must have at least one)</i></b>	<b>Plan (activities/strategies) for implementation</b>	<b>Person (s) Responsible</b>	<b>Collaborative Resources</b>	<b>Timeline</b>
1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	Lunchroom posters highlight the “Balanced Choice” options.	Cafeteria Manager	<a href="http://www.squaremeals.org">www.squaremeals.org</a>	Monthly
2. Nutrition education will be a District-wide priority and shall be integrated into other areas of the curriculum, as appropriate.				
3. Staff responsible for nutrition education will be adequately prepared and shall participate in professional development activities to effectively deliver the program as planned.	The school nurse provides training.	School nurse, Campus Administration	Square meals and smart snack training	Yearly
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.	Posters will be put up in cafeteria and other areas of school that encourage an active lifestyle.	Cafeteria Manager	Play 360	Continuous

**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:

<b>(LOCAL) policy requirements <i>(must have at least one)</i></b>	<b>Plan (activities/strategies) for implementation</b>	<b>Person (s) Responsible</b>	<b>Collaborative Resources</b>	<b>Timeline</b>
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.	<ul style="list-style-type: none"> <li>• In K-5<sup>th</sup> grade, vigorous physical activity is required for 135 minutes a week.</li> <li>• In 6<sup>th</sup>-8<sup>th</sup> grade, vigorous physical activity is required for 225 minutes for every two week period.</li> <li>• 9<sup>th</sup> -12<sup>th</sup> grade is required to have 1 year during high school.</li> <li>• The track is open at all times for anyone to use.</li> </ul>	Athletic Dept.	EHAB (Legal) Policy	Continuous
2. Physical education classes will regularly emphasize moderate to vigorous activity.	<p>In K-5 grade it is required vigorous physical activity for 135 minutes a week.</p> <p>In 6<sup>th</sup>-8<sup>th</sup> grade is required vigorous physical activity for 225 minutes every two week period.</p> <p>In 9<sup>th</sup> -12<sup>th</sup> grade is required to have 1 year during high school.</p>	Athletic Dept.	Policy	Continuous
3. The District shall encourage teachers to integrate physical activity into the academic curriculum where appropriate.	The school nurse will provide teachers with education on encouraging physical activity in classrooms.	School Nurse	Square Meals Play 360	Yearly
4. Before-school and after-school physical activity programs will be offered, and students shall be encouraged to participate.	Youth leagues are encouraged such as football, cheerleading, baseball, basketball, and Pips by passing out registration forms, hanging posters, and posting information on the school's website and Facebook Page. Coaches of these activities include teachers, and parents.	Community, Parents, Staff	May Youth Football Association, May PiPs, Early Youth Council	Continuous

5. Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.	The teacher are encouraged to participate in Walk Across Texas.	Elem. Principal	Texas A&M Agrilife Extension	Yearly
7. The District will encourage students, parents, staff, and community members to use the District's recreational facilities that are available outside the school day. [See GKD]	Track and old gym are open daily for community.	Athletic department		Daily

**Goals for School-based Activities**

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

<b>(LOCAL) policy requirements <i>(must have at least one)</i></b>	<b>Plan (activities/strategies) for implementation</b>	<b>Person (s) Responsible</b>	<b>Collaborative Resources</b>	<b>Timeline</b>
1. Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.	The students have at least 40 minutes for meals.	Campus Administration	Master schedule	Daily
2. Wellness for students and their families will be promoted at suitable school activities.	May ISD sponsors blood drives and a flu clinic for May ISD students, teachers, and community members.	School nurse, Campus Administration	Brown Co. Health dept. and United Blood Services	3 times a 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.