

CCISD FFA(REGULATION) WELLNESS POLICY MEASUREMENT PLAN

Campus: _____ Date: _____

The District shall follow nutrition guidelines that advance student health and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities. Recognizing that nutrition and physical activity enhance education, the District is committed to providing a positive learning environment that supports the development of lifelong wellness practices

Component 1: Nutrition Standards Goals:				
The District shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance, for schools participating in the federal meal programs.				
Guidelines	Exceptional	Acceptable	Needs Improvement	Comments:
1.For schools that participate in in the federal meal programs, the District’s nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be at least as restrictive as federal regulations.				
2. All foods provided, should comply with USDA Smart Snacks in Schools Standards when possible and any foods provided shall not interfere with the school meal program.				
3.All foods sold shall comply with state and local food safety and sanitation regulations. Prepackaged foods, from outside sources, are recommended.				
4.Provide teachers with education regarding nutritious snacks.				
5. School staff shall not withhold food from students as punishment.				
Component 2: Nutrition Education Goals and Guidelines				
The District shall implement, in accordance with law, a coordinated health program with a nutrition education component [see EHAB and EHAC] and shall use a health course curriculum that emphasizes the importance of proper nutrition [see EHAA].				

Guidelines	Exceptional	Acceptable	Needs Improvement	Comments:
1.Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors, including information concerning liquid intake during exercise. Provide documentation.				
2. Nutrition education will be a District wide priority and will be integrated into other areas of the curriculum, as appropriate. Provide documentation.				
3. Staff responsible for nutrition education will participate in professional learning activities. Attach sign in sheets and agenda.				
4. An approved coordinated health program with nutritional education will be implemented in all District elementary schools. List the approved health program.				
5.Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members (for instance, the District Web site, PTA newsletters, the school marquees). Post information on website and provide parents with newsletter, Fueling Our Kids for Success also provide semester menus.				
Component 3: Physical Activity Goals and Guidelines: 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 EHAB and EHAC].				
Guidelines	Exceptional	Acceptable	Needs Improvement	Comments:
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. List fitness activities.				

2. Physical education classes will regularly emphasize moderate to vigorous activity.				
3. Students will be encouraged to drink water prior to, during, and following physical activities. Water fountains are in close proximity to gym.				
4. An approved coordinated physical activity and health program with nutrition education will be implemented in all district elementary schools. Provide implementation documentation.				
5. Time allotted for physical activities will be consistent with state standards.				
Component 4: Other School Based Activities Goals and Guidelines:				
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:				
Guidelines	Exceptional	Acceptable	Needs Improvement	Comments:
1. Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.				
2. Employee wellness education and activities will be promoted				
3. Wellness education for students and their families will be promoted. Website and newsletter. Fit Week.				
4. Each school will establish a wellness committee to develop and implement wellness goals for the campus instructional improvement plan. Attach committee members.				
5. Elementary campuses will emphasize the value of recess for student wellness.				

Component 5: School Health Advisory Council:

The District shall maintain a School Health Advisory Council (SHAC) as required by state law. This component will be measured the SHAC coordinators and parent chair.

Guidelines	Exceptional	Acceptable	Needs Improvement	Comments:
1. Strategies for soliciting involvement by and input from persons interested in the wellness plan will include personal invitation by school board members and SHAC members to those persons with a vested interest in school health and wellness.				
2. Advertising on the District Wellness page with an invitation extended for participation in SHAC.				
3. A District webpage will be established for SHAC and will reflect meetings times, dates, and location of future meetings. Minutes will be posted after conclusion of the SHAC meeting.				
4. An annual report will be submitted to the District's School Board Members to reflect meeting discussions, initiatives, and future endeavors.				

The Departments of Health Services, Child Nutrition, and Health/Physical Education and the School Health Advisory Council (SHAC), shall oversee the implementation of this policy.

Designee(s) responsible for measuring the implementation of the policy:

- 1. _____ Date: _____
- 2. _____ Date: _____
- 3. _____ Date: _____
- 4. _____ Date: _____
- 5. _____ Date: _____
- 6. _____ Date: _____