

**Denison ISD
STUDENT
WELLNESS AND HEALTH SERVICES
Plan
2017-2020**

The Wellness and Health Services Plan is intended to implement Board Policy FFA(LOCAL), to comply with the requirement for a school wellness policy. (Section 9A(a) of the National School Lunch Act, 42 U.S.C. 1758b) Federal law requires that stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) committee to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. (See Board Policy BDF for required membership of the SHAC.)

Nutrition Guidelines

All District campuses participate in the United States Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that the District establish nutrition guidelines for foods made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity. The District's nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

The District will annually 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.

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)].

Outside of smart snacks and reimbursable meals, 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)]

In addition, the District will establish local guidelines on foods and beverages made available to students during the school day. Any foods and beverages given away or otherwise made available to students should be for an educational purpose or academic reward, with the exception of celebrations that may occur on campuses up to four days each school year. These celebrations must occur after lunch and must be approved by the principal.

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 student during the school day.

Nutrition

GOAL: The District's food service staff, teachers, nurses, coaches, and other District personnel shall promote healthy nutrition in cafeterias, classrooms, and other appropriate settings.

Objective: The District will increase participation in federal child nutrition programs by two percent by the end of the school year.

| Action Steps | Methods for Measuring Implementation | Person Responsible |
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| Distribute fliers regarding school food programs within first two weeks of the school year. Send a follow-up letter within first two weeks of second semester Improve the appearance of the cafeteria by using bulletin boards, special holiday or seasonal decorations that promote healthy food choices. | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Participation rates in federal child nutrition programs at beginning, middle, and end of school year. Number of posters and decorations in each cafeteria <p>Resources needed:</p> <ul style="list-style-type: none"> Development of fliers Creation of follow-up letters <p>Obstacles:</p> <ul style="list-style-type: none"> Fliers and letters sometimes do not reach the parents Negative perceptions of school meals Parents choose not to disclose information related to income or family information to determine eligibility for free or reduced-price meals. | Food Service Director |

GOAL: The district shall share educational nutrition information with families and the general public to promote health nutrition choices and positively influence the health of students.

Objective: The District will research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding any program offered by the District.

| Action Steps | Methods for Measuring Implementation | Person Responsible |
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| Research food access programs available in the community with which the District could partner (food pantry programs supported by a local area food bank, backpack programs, summer meal programs, etc.). | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Number of supplemental programs the District currently offers or promotes The types of food access programs identified and ways the information was communicated to families and the community. <p>Resources needed:</p> <ul style="list-style-type: none"> Partnerships with community organizations Literature to send to families/community Counselors to monitor <p>Obstacles:</p> <ul style="list-style-type: none"> Limited resources/organizations | Food Service Director |

Objective: Consistently post in an easily accessible location on the District's or each campus' website the monthly school breakfast and lunch menus, along with the nutritional information of each meal.

| Action Steps | Methods for Measuring Implementation | Person Responsible |
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| Work with the District and campus child nutrition directors to develop menus that are in compliance with this objective and are designed at least one month in advance. Post menus and District Wellness Plan on the DISD website. | Baseline or benchmark data points: <ul style="list-style-type: none"> The manner in which the menus and nutrition information are communicated to parents currently. The number of times the menus were posted during the school year. Resources needed: <ul style="list-style-type: none"> Website location Staff to create and distribute the menus for posting to the website. Obstacles: <ul style="list-style-type: none"> All nutritional information may not be readily available. Not all families have Internet access. | Food Service Director |

GOAL: The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.

Objective: One-hundred percent of the exterior displays on vending machines available for student use during the school day will be Smart Snacks compliant.

| Action Steps | Methods of Measuring | Person Responsible |
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| A District administrator will communicate this expectation to all campus principals. Work with vendors to provide alternative products. Document whether the 100 percent objective has been met. | Baseline or benchmark data points: <ul style="list-style-type: none"> As reported by campus principals, the percent of vending machines with exterior advertisements that are not Smart Snacks compliant at the beginning and end of the school year. Resources needed: <ul style="list-style-type: none"> Alternative exterior displays Obstacles: <ul style="list-style-type: none"> Identifying vending machines that are only used outside of the school day and whether any advertisements are accessible to students during the day. Existing contractual provisions in vendor contracts. | Food Service Director |

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective: Increase the number of students eating breakfast. (Nineteen percent of parents and students stated they did not eat breakfast.)

| Action Steps | Methods of Measuring Implementation | Person Responsible |
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| <p>Visit with high school student organizations to encourage groups to adopt this objective.</p> <p>Analyze the eating patterns of students who participate in before school activities such as band and athletics.</p> <p>If time or opportunity is a factor for not eating breakfast, work with the administration and food service to promote opportunities to eat something before returning to classes.</p> <p>Discuss the value of breakfast in eighth grade health classes. Help determine cause for students to skip that meal.</p> | <ul style="list-style-type: none"> High school organizations promote the eating of breakfast with signs and slogans. Food service accommodates students who participate in before school activities with different methods of providing opportunities for students to eat something nutritious in the mornings. Conduct a student survey to measure if the data has changed from nineteen percent not eating breakfast. | Food Service Director |

General Health

GOAL: The District shall provide general health education that fosters the healthy behaviors.

Objective: All students, somewhere between six to eighth grades, are required to complete a one-half credit course of health education.

| Action Steps | Methods for Measuring Implementation | Person/s Responsible |
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| <p>All eight grade students are enrolled in a one-half semester health course that meets the Texas State TEKS for grades 7-8.</p> <p>Nutritional information, including encouragement of eating breakfast, will be included in the lessons.</p> | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Monitoring of all transcripts to insure every student at the end of the year has completed a health course. <p>Resources needed:</p> <ul style="list-style-type: none"> Certified staff to teach the course Completed transcripts showing completion of requirement Nutritional information More educational resources that are more updated than the present textbooks. | Middle School Principal Health Teachers |

Objective: Students will receive information on how to stop personal and cyber bullying.

| Action Steps | Methods for Measuring Implementation | Person/s Responsible |
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| <p>The SHAC committee will decide on a company to make a presentation(s) on personal and cyber bullying to our students.</p> <p>Teachers, counselors, and principals will be available for students to</p> | <ul style="list-style-type: none"> Companies will share information with SHAC committee members. A contract and payment will be made to a company for services provided to our students. District policies prohibiting bullying and the consequences. FFI (Local), | SHAC Committee Members Administrators Counselors Teachers |

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| report any act of bullying without retaliation. | FFI Legal) | |
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Objective: Involve the secondary students in promoting healthy habits.

| Action Steps | Methods for Measuring Implementation | Person Responsible |
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| Students will be involved in planning and implementing health education programs for youth. (Current survey showed 88% of students stated they were not involved now.) | <ul style="list-style-type: none"> Posters will be made by students and posted on campuses encouraging students to abstain from the use of drugs, alcohol and tobacco (including e-cigarettes). Conduct survey to measure opportunities for promoting healthy habits. | Campus Administration |

Objective: Encourage high school students to monitor hours of sleep each night.

| Action Steps | Methods for Measuring Implementation | Person Responsible |
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| Encourage and inform high school students of the value of getting enough sleep each night. Notify students of the health dangers of not receiving enough sleep on a regular basis. (Survey indicated 48% of students got five or less hours of sleep nightly) | <ul style="list-style-type: none"> Conduct survey to measure amount of sleep nightly high school students receive. | Administration |

Objective: Nurses will review, revise and implement the Denison ISD Nurses' Wellness Required Procedures Plan.

| Action Steps | Methods for Measuring Implementation | Person Responsible |
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| Nurses will meet to review all requirements. If revisions are needed, the plan will be revised as required by law or policy. Implementation will be applied on all campuses. | <ul style="list-style-type: none"> Implementation of the Denison ISD Nurses' Wellness Plan | Head of District Nursing Staff |

Physical Activity

GOAL: All students in grades K-8 will be required to participate in physical activity classes unless specifically exempt for medical reasons.

Objective: Denison ISD students will perform above average on the Fitness Gram evaluation.

| Action Steps | Methods for Measuring Implementation | Person/s Responsible |
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| Students in grades 3-8 will be administered the Fitness Gram assessment at the end of the school year. | Baseline or benchmark data points: <ul style="list-style-type: none"> Reports will be obtained from the state regarding our students' performance. Resources needed: | Administration Physical Education Teachers |

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| | <ul style="list-style-type: none"> • Fitness Gram software and SmartCoach content library with an array of customized health-related resources. • Coaches to conduct the evaluations <p>Obstacles:</p> <ul style="list-style-type: none"> • Training new coaches to the district | |
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Objective: Fitness activities will be planned to incorporate the enjoyment of physical activity in a safe environment.

| Action Steps | Methods for Measuring Implementation | Person Responsible |
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| Activities that incorporate the Texas Essential Knowledge and Skills for Physical Education will be developed and taught regularly. | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Daily lesson plans will be reviewed. • Physical Education classes will be observed by campus administration. <p>Resources needed:</p> <ul style="list-style-type: none"> • Knowledge of the TEKS by grade level • Time to plan activities • Materials to teach the lesson planned | Physical Education Teachers |

Goal: Students will receive training to help them make healthful decisions, and to improve eating and physically active behaviors outside of school.

Objective: Students will improve eating and physical activity behaviors outside of school.

| Action Steps | Methods for Measuring Implementation | Person Responsible |
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| The CATCH program will be incorporated into the curriculum in elementary and middle school grades. | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The number of lessons taught that deal with nutrition and benefit of physical activity • Lesson plans will reflect the teaching of health concepts. <p>Resources needed:</p> <ul style="list-style-type: none"> • The CATCH program for each campus. • PE teachers trained in the CATCH curriculum | Physical Education Teachers |

Professional Development

GOAL: The District shall provide staff development to train teachers and staff on relevant health issues, physical education curriculum, the development of physical activities, and nutritional requirements.

Objective: Training in statutory professional development will be required and provided to employees.

| Action Steps | Methods for Measuring Implementation | Person Responsible |
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| Professional development will be provided that improves the knowledge and skills of employees to insure the necessary response to an emergency situation. | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • TEC, Chapter 21.451, required training will be provided to district employees. • District and Campus plans will include provisions for staff development for professional staff of the district. <p>Resources needed:</p> | Director of Instruction |

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| | <ul style="list-style-type: none"> • Online computer training for staff • Time allotments for completion of training • Funds for paying for training • Monitoring and recording of required training | |
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Objective: Physical Education teachers will have an opportunity to share new activities, plan lessons, and discuss ways to improve their program.

| Action Steps | Methods for Measuring Implementation | Person Responsible |
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| Determine in-service days that teachers will receive staff development related to the importance of physical activities. Create an agenda for each session scheduled and appoint or hire a PE teachers or consultant to lead the training. | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of teachers who attend the training sessions and incorporate shared ideas into their curriculum • Lesson plans <p>Resources needed:</p> <ul style="list-style-type: none"> • Training schedule posted and reported to teachers • Consultants or Lead PE teachers to conduct training • Needs assessments for development of training sessions • Agenda for training | Director of Instruction |

Objective: Food service personnel will be knowledgeable about nutrition requirements and menu planning.

| Action Steps | Methods for Measuring Implementation | Person Responsible |
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| Food service managers will meet regularly with the Food Service Director to discuss plans for each cafeteria, including plans for menus, nutritional information, food preparation, staff training, food safety, and public awareness. | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Menu development and monthly posting on each campus. • Posters and information displayed in each cafeteria. • Campus cafeteria meetings <p>Resources needed:</p> <ul style="list-style-type: none"> • Schedule of meetings • Room available • Agendas | Food Service Director |