

Pearland ISD Wellness Plan

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

GOAL 1: The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	
Objective 1: Participate in the National School Lunch and Breakfast Week celebrations.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Food Services will coordinate the programs at each campus to celebrate National School Lunch and Breakfast Week. 	Baseline or benchmark data points: <ul style="list-style-type: none"> October and March menus Resources needed: <ul style="list-style-type: none"> TDA and USDA resources Obstacles: <ul style="list-style-type: none"> None
Objective 2: Ensure the Food Service web site provides information that promotes healthy nutrition.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Food Service website features Nutrition Education Information 	Baseline or benchmark data points: <ul style="list-style-type: none"> Monitoring Food Service web site and number of visits Resources needed: <ul style="list-style-type: none"> School & Fitness Obstacles: <ul style="list-style-type: none"> Funding for subscription

GOAL 2: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.	
Objective 1: The Food Service web site will include nutritional information.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Food Service web site features nutrition information: Carb counts, allergen information, resource links to “Choose My Plate,” “Fruits and Veggies More Matters,” “Square Meals,” etc. 	Baseline or benchmark data points: <ul style="list-style-type: none"> Monitoring Food Service web site and number of visits

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	<p>Resources needed:</p> <ul style="list-style-type: none"> • Access to web site <p>Obstacles:</p> <ul style="list-style-type: none"> • NA
<p>Objective 2: The District will encourage and support programs and activities that promote wellness.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Coordinate and implement health/wellness activities, such as:</p> <ul style="list-style-type: none"> • Health/wellness Fair • Fun Run • Athletic activities at various campuses • Resources on district website • Awareness Days 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Sign-in sheets and campus self-reports <p>Resources needed:</p> <ul style="list-style-type: none"> • Site locations and equipment <p>Obstacles:</p> <ul style="list-style-type: none"> • Time • Activity conflicts at locations

<p>GOAL 3: The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.</p>	
<p>Objective 1: The District will develop procedures for monitoring advertisements accessible to students outside of school hours on District property.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> • Check all scoreboards and concession stands for advertising • Communicate rules for competitive foods (such as fundraiser activities that involve food) to staff and parents 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Continuous monitoring by Food Services <p>Resources needed:</p> <ul style="list-style-type: none"> • Personnel <p>Obstacles:</p> <ul style="list-style-type: none"> • Personnel • Time

**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

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

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

GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: The District will develop coordinated training for campus personnel.	
Action Steps	Methods for Measuring Implementation
Coordinate training to use the coordinated health program for PE teachers at all grade levels.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Sign in sheets • Lesson Plans Resources needed: <ul style="list-style-type: none"> • Program and time/place to train • SPARK Curriculum Obstacles: <ul style="list-style-type: none"> • Time
Objective 2: The District will use the internet to inform staff and parents about nutrition.	
Action Steps	Methods for Measuring Implementation
The Food Service Department will post Nutritional Information in English and Spanish on the food service webpage monthly.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Monitored by food service Resources needed: <ul style="list-style-type: none"> • Food Service Website Obstacles: <ul style="list-style-type: none"> • Time

GOAL 2: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
Objective 1: The District will use the Food Service Department as a resource for nutrition education.	
Action Steps	Methods for Measuring Implementation
The Food Service Department is available for nutrition education sessions in classrooms.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Food Service Department to monitor and schedule

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	<p>Resources needed:</p> <ul style="list-style-type: none"> • Handouts, prizes, etc. <p>Obstacles:</p> <ul style="list-style-type: none"> • Teachers to schedule session with the food service department
<p>Objective 2: The Food Service Department will share nutritional information with the public.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Food Service Department will post nutrition education posters as provided by the Texas Department of Agriculture (TDA)</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Food Service to monitor <p>Resources needed:</p> <ul style="list-style-type: none"> • TDA Posters <p>Obstacles:</p> <ul style="list-style-type: none"> • Availability and/or age appropriate

<p>GOAL 3: The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.</p>	
<p>Objective 1: The district will provide training as necessary to ensure compliance with nutritional education.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Teachers will receive training at the beginning of the academic year on nutrition education programs.</p> <p>Lead PE teacher will provide nutrition education training to new teachers at the new teacher in service.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Agendas and sign in sheets • Teacher lesson plans <p>Resources needed:</p> <ul style="list-style-type: none"> • Training materials • Lead PE Teachers <p>Obstacles:</p> <ul style="list-style-type: none"> • Scheduling

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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.]

The following addresses how the District meets the required amount of physical activity (TAC §103.1003):

- Elementary K-4 students have Physical Education 3 days per week on a 6-day rotation for a minimum of 225 minutes every 10 days. All students receive a 30-minute recess per day.
- Middle School students attend Physical Education either daily (with a minimum of 135 minutes per week) or on an alternating schedule (with a minimum of 225 minutes every 10 days).
- All students in grades 7 – 8 are required to take two semesters of Physical Education in Junior High.

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 shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

Objective 1: Students participate in safe, enjoyable and developmentally appropriate fitness activities that improve their fitness levels.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Teachers use various resources to engage students in appropriate fitness activities. • Students engage in activities that will increase success on FitnessGram. • Elementary students engage in 30 minutes per day of supervised unstructured recess. • Review current resources and equipment at campuses to support fitness activities and encourage use of varied components to encourage student participation. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • FitnessGram assessments for all students <p>Resources needed:</p> <ul style="list-style-type: none"> • PE Curriculum • PE Equipment <p>Obstacles:</p> <ul style="list-style-type: none"> • Funding for Resources

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Objective 2: Schools provide at least 2 opportunities for students to participate in physical activity and promote a healthy life-style before-school and/or after-school hours.	
Action Steps	Methods for Measuring Implementation
Coordinate and implement opportunities, such as <ul style="list-style-type: none"> • School sponsored fitness/sports clubs • School sponsored track meet • American School Walk for Diabetes • American Heart Jump/Hoop Shoot • School Athletics 	Baseline or benchmark data points: <ul style="list-style-type: none"> • Registration forms, flyers, record of participants, certificates from events Resources needed: <ul style="list-style-type: none"> • Equipment, National Representative Obstacles: <ul style="list-style-type: none"> • Staff Participation and Support
Objective 3: District compliance with state mandated required minutes for physical education and allowances for student removal from physical education.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Student removal from scheduled physical education classes shall not exceed 10 percent of school days on which class is offered. • Elementary students will participate in physical activity for a minimum of either 30 minutes daily or 135 minutes weekly. • Students in grades 6,7,8 must participate in moderate or vigorous activity at least 30 minutes per day or 225 minutes during a two-week period for at least four semesters. 	Baseline or benchmark data points: <ul style="list-style-type: none"> • Removal from PE report • Data on schedules and teacher rosters Resources needed: <ul style="list-style-type: none"> • Report form Obstacles: <ul style="list-style-type: none"> • Staff cooperation

GOAL 2: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
Objective 1: Teachers will receive training opportunities throughout the academic year focusing on integration of physical activities into the curriculum and/or implementation of unstructured play.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Encourage teachers to use Brain Breaks and Active Work Stations in the classroom. 	Baseline or benchmark data points:

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<ul style="list-style-type: none"> • August Back-to-School training opportunities 	<ul style="list-style-type: none"> • Monitor use of physical activity in the classroom. • Report recess in lesson plans <p>Resources needed:</p> <ul style="list-style-type: none"> • Personnel <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff participation and cooperation
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<p>GOAL 3: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.</p>	
<p>Objective 1: Provide training to employees and students.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • District employees and students shall receive appropriate training in order to promote lifelong physical activity. • The District will offer a free or low-cost health assessment to employees at least once per year. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • District Health Fair • Health Screening <p>Resources needed:</p> <ul style="list-style-type: none"> • Medical Personnel <p>Obstacles:</p> <ul style="list-style-type: none"> • Funding • Personnel

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Objective 2: Create awareness of existing and new physical activities and wellness programs.	
Action Steps	Methods for Measuring Implementation
Internal communication activities to include: <ul style="list-style-type: none"> • District and community e-mails • Distribute flyers • Social media 	Baseline or benchmark data points: <ul style="list-style-type: none"> • Attendance and participation at events and activities Resources needed: <ul style="list-style-type: none"> • Internet • Facebook and other social media programs • Personnel Obstacles: <ul style="list-style-type: none"> • Personnel • Time
Objective 3: Provide for District-wide employee physical activity and wellness participation.	
Action Steps	Methods for Measuring Implementation
Implement programs/activities such as: <ul style="list-style-type: none"> • Mobile screenings • Flu shots • CPR training for staff • Health/Wellness Fairs 	Baseline or benchmark data points: <ul style="list-style-type: none"> • Sign-in sheets and attendance rosters Resources needed: <ul style="list-style-type: none"> • Locations for programs • Equipment • Personnel Obstacles: <ul style="list-style-type: none"> • Personnel • Funding

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GOAL 4: The District shall provide opportunities for parents to support their children’s participation, to be active role models, and to include physical activity in family events.	
Objective 1: Parents are informed about opportunities to use district facilities after school hours for family fitness and activities.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Inform parents of community facilities that are available for family physical fitness activities through newsletters and campus/district websites. RISE Mentoring – Opportunities for mentors to meet at community facilities after school and during the summer to meet with their mentee. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Report availability of facilities on district/school websites. <p>Resources needed:</p> <ul style="list-style-type: none"> Websites Newsletters <p>Obstacles:</p> <ul style="list-style-type: none"> Conflicts with schedules using facilities Upkeep of equipment
Objective 2: Schools will plan at least one (1) school wide physical activity event for students and families per academic school year.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Schools will organize at least one (1) event per year that encourage physical fitness and a healthy lifestyle. <p>Examples: Fun runs, fitness events, PE Family Fitness Night, Health Fair, etc.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Self-reports from campus administrators about the events Records of participation Flyers from events <p>Resources needed:</p> <ul style="list-style-type: none"> Flyers Equipment <p>Obstacles:</p> <ul style="list-style-type: none"> Time & Personnel

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GOAL 5: The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as designated tracks, playgrounds, and the like, that are available outside the school day.

Objective 1: Students, parents, staff and community members will be informed of district recreational facilities that are available for use outside of the school day.

Action Steps	Methods for Measuring Implementation
<p>Activities may include:</p> <ul style="list-style-type: none"> • Send out district e-mail • Post information on district web site • Distribute flyers to parents • Use social media • School Health Advisory Council (SHAC) will communicate the availability of the District’s recreation facilities available outside of the school day. • 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Monitor visits to the website <p>Resources needed:</p> <ul style="list-style-type: none"> • Internet • Facilities <p>Obstacles:</p> <ul style="list-style-type: none"> • Personnel • Intermittent Building Construction

Objective 2: Provide access to facility use by employees, parents, and students.

Action Steps	Methods for Measuring Implementation
<p>Activities to include:</p> <ul style="list-style-type: none"> • District-wide communication (including e-mail, web site, social media) • Coordinate with PE lead teachers • Collaborate with PTA and community organizations (such as American Heart Association, American Diabetes Association, Watch Dog) • Exercise or wellness groups to offer program or website services (i.e. fitlink.com, myfitnesspal.com, Camp Gladiator) 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Facilities Usage Report <p>Resources needed:</p> <ul style="list-style-type: none"> • Access to community organizations <p>Obstacles:</p> <ul style="list-style-type: none"> • Personnel

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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: The district will ensure the school environment is safe, comfortable and promotes healthy eating practices.	
Objective 1: Campuses will prepare lunch schedules to maximize time for students to eat meals.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Food Services will work with campus Administrators to plan meal times. • Campus Administrators will forward complaints to Food Services. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Campus master schedules • Reported complaints <p>Resources needed:</p> <ul style="list-style-type: none"> • Time • Space • Personnel <p>Obstacles:</p> <ul style="list-style-type: none"> • Time • Space • Personnel
Objective 2: The district will promote the health and safety of students.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Food Services will collaborate with campus Administrators and maintenance staff to maintain cleanliness in the cafeteria. • Campus Administrators will monitor student behavior in the cafeteria. • Campus Administrators will report any safety concerns to Food Services. • Maintenance and custodial service of water fountains 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Daily observation • Discipline reports <p>Resources needed:</p> <ul style="list-style-type: none"> • Cleaning supplies • Personnel <p>Obstacles:</p> <ul style="list-style-type: none"> • Number of students

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<ul style="list-style-type: none">• Training of school staff on allergy awareness annually• Maintenance and custodial service of hand washing facilities/supplies• Hand washing promotion by health services staff and campus administrators• Oversight and evaluation of health services programs by Lead Nurse, Health Services Coordinator, and Executive Director of Special Programs Director	<ul style="list-style-type: none">• Time – Scheduling and facility use
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<p>GOAL 2: The District shall promote employee wellness activities and involvement at suitable District and campus activities.</p>	
<p>Objective 1: The district will prioritize employee wellness by providing annual flu clinics to employees.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> Annual immunization clinic will take place each fall to provide access to all employees. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> The number of employees who utilize this benefit. <p>Resources needed:</p> <ul style="list-style-type: none"> Creation of forms <p>Obstacles:</p> <ul style="list-style-type: none"> Scheduling
<p>Objective 2: The District will utilize its health insurance and benefits providers to encourage wellness by communication of the preventive services covered at 100% during each open enrollment period.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> Districts health insurance provider will share preventative health services that are covered at 100%. Human Resource Services (HRS) will provide Benefits Presentations during the school year by principal request to review all district employee benefits with staff. Benefit Presentations provided during annual open enrollment. Provide information to all district staff regarding the Employee Assistance Program (EAP). 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Document when and how information was shared with employees. Document campus meetings. <p>Resources needed:</p> <ul style="list-style-type: none"> List of preventive services covered at 100% HRS Staff to provide presentation Summary Documents <p>Obstacles:</p> <ul style="list-style-type: none"> Coverage is subject to change Time with campus staff