

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 Nuggets Newsletter in English and Spanish 	Baseline or benchmark data points: <ul style="list-style-type: none"> Monitoring Food Service web site Resources needed: <ul style="list-style-type: none"> Resources for Educators Obstacles: <ul style="list-style-type: none"> Funding for newsletter

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"> “Hits” on web site visits Resources needed: <ul style="list-style-type: none"> Access to web site Obstacles:

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

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.	
Objective 1: The District will develop procedures for monitoring advertisements accessible to students outside of school hours on District property.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Check all scoreboards and concession stands for advertising 	Baseline or benchmark data points: <ul style="list-style-type: none"> • Continuous monitoring by Food Services Resources needed: <ul style="list-style-type: none"> • Personnel Obstacles: <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 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 elementary and middle school campuses	Baseline or benchmark data points: <ul style="list-style-type: none"> • Sign in sheets Resources needed: <ul style="list-style-type: none"> • Program and time/place to train 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 the Nutrition Nuggets Newsletter 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"> • Newsletter in PDF Obstacles: <ul style="list-style-type: none"> • Funds

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 Resources needed: <ul style="list-style-type: none"> • Handouts, prizes, etc. Obstacles: <ul style="list-style-type: none"> • Teachers to schedule session with the food service department

Objective 2: The Food Service Department will share nutritional information with the public.	
Action Steps	Methods for Measuring Implementation
Food Service Department will post nutrition education posters as provided by TDA	Baseline or benchmark data points: <ul style="list-style-type: none"> • Food Service to monitor Resources needed: <ul style="list-style-type: none"> • TDA Posters Obstacles: <ul style="list-style-type: none"> • Availability and/or age appropriate

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.	
Objective 1: The district will provide training as necessary to ensure compliance with nutritional education.	
Action Steps	Methods for Measuring Implementation
Teachers will receive training at the beginning of the academic year on nutrition education programs. Lead PE teacher will provide nutrition education training to new teachers at the new teacher in service.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Agendas and sign in sheets • Teacher lesson plans Resources needed: <ul style="list-style-type: none"> • Training materials • Content area trainers Obstacles: <ul style="list-style-type: none"> • Scheduling • Financial expenses for outside trainers

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:

- Elementary K-4 students have Physical Education 3 days per week on a 6 day rotation for 45 minutes. All students receive a 15 minute recess per day.
- Middle School students attend Physical Education on a block schedule (Monday/Wednesday or Tuesday/Thursday) plus three Fridays per month.
- All students in 7th grade are required to take one semester of Physical Education.

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 15 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
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
<ul style="list-style-type: none"> • School sponsored fitness/sports clubs • School sponsored track meet • American SchoolWalk for Diabetes • American Heart Jump/Hoop Shoot 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Registration forms, flyers, record of participants, certificates from events <p>Resources needed:</p>

<ul style="list-style-type: none"> Elks Club Shoot Out 	<ul style="list-style-type: none"> Equipment, National Representative Obstacles: Staff Participation and Support
<p>Objective 3: District is in compliance with state mandated required minutes for physical education and allowances for student removal from physical education.</p>	
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. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Removal from PE report Data on schedules and teacher rosters <p>Resources needed:</p> <ul style="list-style-type: none"> Report form <p>Obstacles:</p> <ul style="list-style-type: none"> Staff cooperation

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

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.	
Objective 1: Provide training to employees and students.	
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
Objective 2: Create awareness of existing and new physical activities and wellness programs.	
Action Steps	Methods for Measuring Implementation
<p>Internal communication activities to include:</p> <ul style="list-style-type: none"> District and community e-mails Distribute flyers Social media 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Attendance and participation at events and activities <p>Resources needed:</p> <ul style="list-style-type: none"> Internet Facebook and other social media programs Personnel <p>Obstacles:</p> <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:	Baseline or benchmark data points:

<ul style="list-style-type: none"> • Health Matters • Walking/health challenges • AHA Check Change Control • Go Red for Women wellness program • Mobile screenings • Flu shots • Blood drive • CPR training for staff • Biggest Loser programs 	<ul style="list-style-type: none"> • Sign-in sheets and attendance rosters <p>Resources needed:</p> <ul style="list-style-type: none"> • Locations for programs • Equipment • Personnel <p>Obstacles:</p> <ul style="list-style-type: none"> • Personnel • Funding
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<p>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.</p>	
<p>Objective 1: Parents are informed about opportunities to use district facilities after school hours for family fitness and activities.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<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. 	<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
<p>Objective 2: Schools will plan 2 school wide physical activity events for students and families per academic school year.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> • Schools will organize 2 events per year that encourage physical fitness and a healthy lifestyle. <p>Examples: Fun runs, SchoolWalks, PE Family Fitness Night, Health Fair etc.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Flyers • Record of participation <p>Resources needed:</p> <ul style="list-style-type: none"> • Flyers, equipment

	Obstacles:
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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 tracks, playgrounds, and the like, that are available outside the school day.

Objective 1: Make employees, parents, and students aware of recreational facilities that are available for use outside of the school day.

Action Steps	Methods for Measuring Implementation
Activities to include: <ul style="list-style-type: none"> • Send out district e-mail • Post information on district web site • Distribute flyers to parents • Use social media 	Baseline or benchmark data points: <ul style="list-style-type: none"> • Survey Resources needed: <ul style="list-style-type: none"> • Internet • Facilities Obstacles: <ul style="list-style-type: none"> • Personnel

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

Action Steps	Methods for Measuring Implementation
Activities to include: <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) 	Baseline or benchmark data points: <ul style="list-style-type: none"> • Survey Resources needed: <ul style="list-style-type: none"> • Access to community organizations Obstacles: <ul style="list-style-type: none"> • None

Objective 3: Students, parents, staff and community members will be informed about opportunities to increase participation in the use of District’s recreational facilities that are available outside of the school day.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • School Health Advisory Council (SHAC) will communicate the availability of the 	Baseline or benchmark data points:

<p>District's recreation facilities available outside of the school day.</p> <ul style="list-style-type: none"> District will partner with local YMCA or Pearland Recreation Center to provide low cost practice facilities for community physical activities. Access to district outdoor facilities, including lights, for after-school use. 	<ul style="list-style-type: none"> SHAC will report availability of recreational facilities before and after school through the District website. Monitor visits to the website Monitor use of facilities and report to SHAC committee. <p>Resources needed:</p> <ul style="list-style-type: none"> Access to website Coordinate with Pearland Facilities Dept. <p>Obstacles:</p>
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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.

<p>GOAL 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p>	
<p>Objective 1: Campuses will prepare lunch schedules to maximize time for students to eat meals.</p>	
Action Steps	Methods for Measuring Implementation
<p>Food Services will work with campus Administrators to plan meal times.</p> <p>Campus Administrators will forward complaints to Food Services.</p>	<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

	<ul style="list-style-type: none"> • Space • Personnel
Objective 2: The District will ensure a clean, safe, and comfortable eating environment.	
Action Steps	Methods for Measuring Implementation
<p>Food Services will collaborate with campus Administrators and maintenance staff to maintain cleanliness in the cafeteria.</p> <p>Campus Administrators will monitor student behavior in the cafeteria.</p> <p>Campus Administrators will report any safety concerns to Food Services.</p>	<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 <p>Obstacles:</p> <ul style="list-style-type: none"> • Number of students

GOAL 2: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1: Each campus will offer at least one event annually either during or outside of normal school hours that promotes wellness for students and their families.	
Action Steps	Methods for Measuring Implementation
<p>Develop a list of ideas to disseminate to campus administrators to meet this objective. Examples: SchoolWalk for Diabetes, Jump Rope for Heart, Hoops for Heart, 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 • Participation rates • Flyers from events <p>Resources needed:</p> <ul style="list-style-type: none"> • List of possible activities • Materials about the event to distribute to students and parents <p>Obstacles:</p> <ul style="list-style-type: none"> • Time for organizing event

GOAL 3: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1: The district will prioritize employee wellness by providing annual flu clinics to employees	
Action Steps	Methods for Measuring Implementation
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
Objective 2: The District will utilize its health insurance provider to encourage wellness by communication the preventive services covered at 100% during each open enrollment period.	
Action Steps	Methods for Measuring Implementation
Districts health insurance provider will share preventative health services that are covered at 100%.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Document when and how information was shared with employees. <p>Resources needed:</p> <ul style="list-style-type: none"> • List of preventive services covered at 100% <p>Obstacles:</p> <ul style="list-style-type: none"> • Coverage is subject to change