

AISD Wellness Plan

Nutritional Promotion

<p>GOAL: The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.</p>	
<p>Objective 1: At a minimum, the district will maintain the participation in federal child nutrition program in proportionate to the increase in the student population for each campus.</p>	
Action Steps	Methods for Measuring Implementation
<p>Distribute flier regarding school food programs within first two weeks of the school year (mechanisms include AISD parent notification systems such as the Aledo ISD App, district email and district webpage); send a follow-up letter within first two weeks of second semester.</p>	<p>Data Collected:</p> <ul style="list-style-type: none"> • Participation rates in federal child nutrition programs at beginning, middle, and end of school year. <p>Resources needed:</p> <ul style="list-style-type: none"> • Development of fliers and follow-up letters • Personnel to distribute fliers <p>Obstacles:</p> <ul style="list-style-type: none"> • Fliers and letters sometimes do not reach parents • Negative perception of school meals • Parents choosing not to disclose information related to income or family information to determine eligibility for free or reduced price meals.
<p>Objective 2: A monthly basis, the Child Nutrition staff will provide all AISD campuses with the selected theme which will be used to promote health and nutrition.</p>	
Action Steps	Methods for Measuring Implementation
<p>Distribute health and nutrition themes to campus principals during July staff meeting. Principals use campus site-based teams to develop activities around the monthly theme (examples include announcements, posters, food tasting opportunities, connections to classroom curriculum).</p>	<p>Data Collected:</p> <ul style="list-style-type: none"> • Campus documentation of completion of support activities for monthly themes <p>Resources needed:</p> <ul style="list-style-type: none"> • Campus access to themes • Staff to implement activities <p>Obstacles:</p> <ul style="list-style-type: none"> • None

GOAL: 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 district will seek out opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding any programs offered by the District.

Action Steps	Methods for Measuring Implementation
<p>Research food access programs available in the community with which the District could partner (food pantry programs, backpack programs supported by local churches, summer meal programs, etc.)</p>	<p>Data collected:</p> <ul style="list-style-type: none"> • The number of supplemental programs the District currently offers or promotes • The types of food access programs identified and way 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 <p>Obstacles:</p> <ul style="list-style-type: none"> • Limited resources/organizations

Objective 2: Consistently post in an easily accessible location on the District’s or each campus’s website the monthly school breakfast and lunch menus, along with the nutritional information for each meal.

Action Steps	Methods for Measuring Implementation
<p>Director of Communications will work with the Child Nutrition Director to obtain information concerning menus and nutritional information to post at the district and campus levels.</p>	<p>Data collected:</p> <ul style="list-style-type: none"> • The manner in which the menus and nutrition information are communicated to parent currently • The number of times the menus were viewed during the school year Rick Herrin <p>Resources needed:</p> <ul style="list-style-type: none"> • Website location along with metrics to tabulate number of views • Staff to create and distribute the menus for posting to the website <p>Obstacles:</p> <ul style="list-style-type: none"> • All nutritional information may not be readily available • Not all families have Internet access

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

Action Steps	Methods for Measuring Implementation
<p>Child Nutrition Director will be assigned to communicate this expectation to all campus principals.</p> <p>Campus administration will identify vending machines that require adjustments to exterior displays.</p> <p>Campus principals and/or business office will work with vendors to provide alternative exterior displays. (If necessary)</p> <p>Document whether the 100 percent objective was met. Campus Principals</p>	<p>Data collected:</p> <ul style="list-style-type: none"> • As reported by campus principal, the percent of vending machines with exterior advertisements that are not Smart Snacks compliant at the beginning and end of the school year <p>Resources needed:</p> <ul style="list-style-type: none"> • Alternative exterior displays <p>Obstacles:</p> <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

Nutrition Education

<p>GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p>	
<p>Objective 1: Maintain one hundred percent of high school students in each four-year cohort will complete one-half credit of health education as a required elective. In grades K-12 nutrition education will be embedded within the health curriculum and physical education curriculum where appropriate.</p>	
Action Steps	Methods for Measuring Implementation
<p>Curriculum Director will work with health and physical education teachers to evaluate current delivery of nutrition education.</p>	<p>Data collected:</p> <ul style="list-style-type: none"> • Agendas and sign-in sheets from planning meetings • Year-at-a-glance planning documents developed <p>Resources needed:</p> <ul style="list-style-type: none"> • Texas Essential Knowledge and skills for each course being evaluated <p>Obstacles:</p> <ul style="list-style-type: none"> • Securing planning time for staff
<p>Objective 2: One-hundred percent of students will have access to drinking water at all times during the school day</p>	
Action Steps	Methods for Measuring Implementation
<p>Supplemental campus handbook information will include policy concerning access to water during the school day</p>	<p>Data collected</p> <ul style="list-style-type: none"> • Documentation from nutrition department that water was available during meal periods as required by federal standards and that students were informed of water bottle policy <p>Resources needed:</p> <ul style="list-style-type: none"> • Easily accessible water fountains • Guidance signs on where water bottles are not permitted Campus Principal <p>Obstacles:</p> <ul style="list-style-type: none"> • For students who do not have water containers, teachers will need to develop procedures regarding when a student would be permitted to get water from a fountain

GOAL: 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: Curriculum director will set goals for training physical education and health teachers with nutrition guidelines.

Action Steps	Methods for Measuring Implementation
<p>Child Nutrition Director provide training concerning nutritional information related to menu choices for students</p> <p>Sanctioned time created for collaboration among physical education and health teachers to revise and develop curriculum concerning nutrition education</p>	<p>Data collected:</p> <ul style="list-style-type: none"> • Documentation on training offered by Child Nutrition Director for appropriate staff • Documentation of sanctioned planning for staff to develop curriculum/lesson concerning nutrition education <p>Resources needed:</p> <ul style="list-style-type: none"> • Sanctioned time and access to internet <p>Obstacles:</p> <ul style="list-style-type: none"> • Time constraints on available PD training due to other PD requirements

Objective 2: All child nutrition job descriptions will be updated to require at least the minimum qualifications as required by law.

Action Steps	Methods for Measuring Implementation
<p>On an annual basis request HR to review and update current job descriptions for child nutrition positions.</p>	<p>Data collected:</p> <ul style="list-style-type: none"> • Documentation on current and revised job descriptions <p>Resources needed:</p> <ul style="list-style-type: none"> • The current minimum qualifications of child nutrition <p>Obstacles:</p> <ul style="list-style-type: none"> • None

Physical Activity

<p>GOAL: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate including those who are not participating in physical education or competitive sports.</p>	
<p>Objective 1: Provide programs that foster fitness activities outside the normal school schedule.</p>	
Action Steps	Methods for Measuring Implementation
<p>Site-based campus committees evaluate fitness offerings to students and staff and establish reasonable and appropriate goals.</p>	<p>Data collection:</p> <ul style="list-style-type: none"> Campus documentation on fitness options provided Campus Principal <p>Resources needed:</p> <ul style="list-style-type: none"> Personnel to promote and monitor available activities Equipment for participation <p>Obstacles:</p> <ul style="list-style-type: none"> Funding and equipment

<p>Objective 2: Provide programs that support physical activity in family events.</p>	
Action Steps	Methods for Measuring Implementation
<p>Campus site-based committees establish goals to provide appropriate physical fitness activities that allow parents to support, role model, and/or participate in family events</p>	<p>Data collected:</p> <ul style="list-style-type: none"> Campus documentation on available activities <p>Resources needed:</p> <ul style="list-style-type: none"> Staff for planning and communicating opportunities Equipment, other <p>Obstacles:</p> <ul style="list-style-type: none"> Personnel, funding

GOAL: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for District employees and students.

Objective 1: The District will offer a free or low-cost shot clinics to staff and students.

Action Steps	Methods for Measuring Implementation
<p>Lead Nurse seek out providers for this service on behalf of the District</p> <p>Contract with the entity to provide the service</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Data on number of clinics offered and participants <p>Resources needed:</p> <ul style="list-style-type: none"> • District publications and correspondence to advertise the service • Service provider for immunizations <p>Obstacles:</p> <ul style="list-style-type: none"> • Participation rates may be effected by location(s) service is provided in the district

Objective 2: The District will offer employee wellness programs which encourages participation in programs that includes healthy lifestyles through proper nutrition, exercise and use of accountability partners.

Action Steps	Methods for Measuring Implementation
<p>Business office contact seek services provider for providing appropriate programs</p>	<p>Data collection:</p> <ul style="list-style-type: none"> • Documentation on number of programs offered to staff Documentation on number of participants <p>Resources needed:</p> <ul style="list-style-type: none"> • Service provider <p>Obstacles:</p> <ul style="list-style-type: none"> • Some support staff that do not have daily access to computers often do not check their email to receive communications on programs

GOAL: 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 for use outside the school day.	
Objective 1: Inform the community of the facilities that are available for use outside of the school day by including a statement in at least one District or Campus publication, by posting information on the District or campus website, or through use of appropriate signs.	
Action Steps	Methods for Measuring Implementation
<p>Create sample wording to be used in a publication or on a website. Create wording for a sign posted at certain facilities.</p> <p>Evaluate appropriate lighting for evening use of facilities.</p>	<p>Data collected:</p> <ul style="list-style-type: none"> Documentation of publications, website postings, and signs verifying that the information was communicated <p>Resources needed:</p> <ul style="list-style-type: none"> A list of types and locations of facilities that are available for use in the District <p>Obstacles:</p> <ul style="list-style-type: none"> Measuring how many people use the facilities

School Based Activities

GOAL: The District shall allow sufficient time for students to eat meals in cafeteria District that are clean, safe, and comfortable.	
Objective 1: All campuses will build their master schedules to allow for at least ten minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.	
Action Steps	Methods for Measuring Implementation
<p>Evaluate current meal time allowances by campus.</p> <p>Work with campus administrators to adjust master schedules as necessary.</p>	<p>Data collected:</p> <ul style="list-style-type: none"> The number of campuses that currently meet the standard compared to the previous school year. <p>Resources needed:</p> <ul style="list-style-type: none"> Average time it takes for students to receive a meal and be seated <p>Obstacles:</p> <ul style="list-style-type: none"> Master schedules take into account several issues, only one of which will be meal times