

Freer ISD – Wellness Plan
School Year 2022-2023

PURPOSE AND GOAL

Nutrition and physical activity are essential elements for healthy lifestyles. Healthy lifestyles are the foundation for students to achieve their full potential in academics and in physical and emotional growth. Schools, as part of the larger community, have a responsibility to assist students and staff to develop and maintain life-long healthy eating and physical activity patterns. The Freer Independent School District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

STRATEGIES TO SOLICIT INVOLVEMENT

The District shall develop nutritional guidelines and wellness goals in consultation with the local school health advisory council (SHAC). The SHAC consists of representatives of the student body, school administration, the board, health professionals, community stakeholders, parents, and the public. One task of the SHAC shall be to address issues regarding nutrition and physical activity and to develop, implement, and evaluate guidelines that foster a healthy school environment. The SHAC will solicit involvement and input of interested persons by:

- Posting on the District’s website the date and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.
- Posting on the District’s website the contact information of the person(s) responsible of the oversight of the District’s wellness policy and plan

NUTRITION PROMOTION

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.*

Objective #1 Involve district personnel to promote healthy nutrition messages.	
Action Steps	Evaluation
Produce information for staff, parents, and students that provides healthy school nutrition methods to promote healthy nutrition.	<ul style="list-style-type: none"> • Promotional documents • List of individual campus activities
Objective #2 Maintain participation in federal child nutrition programs throughout the school year.	
Action Steps	Evaluation
Provide free and reduced applications to all students in the district in the first week of school and actively seek their return to encourage participation.	<ul style="list-style-type: none"> • Number of applications returned • List of events and methods used to distribute the applications

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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	Inform families in the community regarding supplemental food and nutrition programs.	
	Action Steps	Evaluation
	Gather and promote information regarding food access programs in the community.	<ul style="list-style-type: none"> • Promotional documents • List of individual campus activities
Objective #2	Inform families and the community regarding programs offered by the District.	
	Action Steps	Evaluation
	Communicate descriptions of school nutrition programs along with event dates.	<ul style="list-style-type: none"> • Promotional documents • List of methods used to distribute the information
Objective #3	Consistently post in an easily accessible location on the District or websites monthly school breakfast and lunch menus, along with nutritional information.	
	Action Steps	Evaluation
	Distribute monthly menus to students and families.	<ul style="list-style-type: none"> • Menu postings • List of methods used to distribute the information

NUTRITION EDUCATION

Goal: *The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors into areas of the curriculum, as appropriate.*

Objective #1	Integrate nutrition education information when appropriate.	
	Action Steps	Evaluation
	Identify appropriate events at which nutrition education could be promoted.	<ul style="list-style-type: none"> • List of events during the school year at which nutrition education is communicated or distributed
Objective #2	Develop a campus outreach initiative to foster campus participation.	
	Action Steps	Evaluation
	Participate in district-wide events per campus regarding nutrition during the school year.	<ul style="list-style-type: none"> • Promotional documents • List of events during the school year

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Objective #3 Provide all students access to drinking water at all times during the school day.	
Action Steps	Evaluation
<ul style="list-style-type: none"> • Develop campus procedures and classroom rules for requesting access to drinking water. • Encourage students to carry personally owned water bottles throughout the day. 	<ul style="list-style-type: none"> • Written procedures • Documentation of communication of the encouragement and allowance

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 Involve staff in nutrition education in professional development during the school year.	
Action Steps	Evaluation
Identify and schedule professional development for staff involved in nutrition education.	<ul style="list-style-type: none"> • List of staff attending nutrition education professional development • List of professional development attended
Objective #2 Develop a campus outreach initiative to foster campus participation.	
Action Steps	Evaluation
Participate in district-wide events per campus regarding nutrition during the school year.	<ul style="list-style-type: none"> • Promotional documents • List of events during the school year

PHYSICAL ACTIVITY

Goal: *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 or competitive sports.*

Objective #1 Provide crossing assistance at schools where students are encouraged to safely walk or bike to school.	
Action Steps	Evaluation
Employ crossing guards in locations identified as areas where students need crossing assistance.	<ul style="list-style-type: none"> • Crossing guard assignment • List of designated crossings

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Objective #2	Provide access to outdoor basketball courts and school grounds for recreational use outside the school day.	
Action Steps		Evaluation
Inform the community of the facilities available for use outside the school day.		<ul style="list-style-type: none"> • Promotional materials • List of when and how information was shared

Goal: *The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.*

Objective #1	Provide professional development opportunities for the Physical Education staff throughout the school year.	
Action Steps		Evaluation
Identify and schedule professional development for Physical Education staff		<ul style="list-style-type: none"> • List of staff attending professional development • List of professional development attended

Goal: *The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.*

Objective #1	Implement before and after school physical activity opportunities.	
Action Steps		Evaluation
Provide parents and students with information regarding physical activity opportunities before and after school.		<ul style="list-style-type: none"> • Promotional materials • List of events provided • Participant lists

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.*

Objective #1	Inform district employees of selected health and physical activity opportunities for staff.	
Action Steps		Evaluation
Identify health and physical activity opportunities available for staff.		<ul style="list-style-type: none"> • Promotional materials • List of events provided

Goal: *The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.*

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Objective #1 Provide information regarding the benefits of physical activity to parents and students.	
Action Steps	Evaluation
<ul style="list-style-type: none"> • Provide parents and students with information through newsletters and social media • Host a field day event at every campus 	<ul style="list-style-type: none"> • Promotional materials • List of events provided

SCHOOL-BASED ACTIVITIES

Goal: *The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.*

Objective #1 Include a minimum of 30 minutes for lunch periods at all campuses.	
Action Steps	Evaluation
<ul style="list-style-type: none"> • Evaluate current meal time allowances for each campus. • Work with campus administrators to adjust master schedules as necessary 	<ul style="list-style-type: none"> • Master schedules

Goal: *The District shall promote wellness for students and heir families at suitable District and campus activities.*

Objective #1 Encourage campus and classroom celebrations be held after the designated lunch time.	
Action Steps	Evaluation
<ul style="list-style-type: none"> • Inform campus administrators and faculty that celebrations should be held after students have already consumed a healthy meal. 	<ul style="list-style-type: none"> • Communication methods • Sign-in sheets

Goal: *The District shall promote employee wellness activities and involvement at suitable District and campus activities.*

Objective #1 Inform staff of wellness activities available.	
Action Steps	Evaluation
Identify wellness activities available to staff	<ul style="list-style-type: none"> • Promotional materials • List of events

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NUTRITION GUIDELINES

The District's nutrition guidelines are to ensure that 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.

IMPLEMENTATION

The director of health services shall oversee the implementation of the Wellness Policy and the development and implementation of the wellness plan and appropriate administrative procedures.

EVALUATION

At least annually, the SHAC will prepare a report of the wellness policy and this plan by gathering information from District personnel.

PUBLIC NOTIFICATION

The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.