



POTH
INDEPENDENT
SCHOOL DISTRICT

**WELLNESS
PLAN
2017-2018**

PURPOSE AND GOAL

Our purpose as a district is to support the general wellness of all students by implementing measureable goals to promote sound nutrition and student health and to reduce childhood obesity. Our goal is to create an environment conducive to healthful eating and physical activity, and to promote and express a consistent wellness message through other school-based activities.

I. OUR COMMITMENT

The local school health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals required by law. This Wellness Plan shall, at a minimum, shall address:

- A. Strategies for soliciting involvement and input from persons interested in the wellness plan and policy;
- B. Objectives, benchmarks, and activities for implementing wellness goals;
 - a) A minimum of four meetings a year with the School Health Advisory Council (SHAC) – while addressing both A and B above, to ensure district adheres to Our Commitment in the Wellness Policy, and providing wellness reports and updates from the district at each said meeting
 - b) Ensure that the district’s Physical Education program continues to promote health and wellness through the Mile Clubs, Walk Across Texas and other exercise-based activities at elementary and Jr. High levels
- C. Methods for measuring implementation of the wellness goals;
 - a) Annual Health Screenings
 - b) District Flu Clinics (also available to the community)
 - c) Immunization Clinic (also available to the community)
 - d) Student Screenings (hearing, vision, teeth and spine (if applicable))
 - e) Electronic district-wide Wellness tips and information
- D. The District’s standards for foods and beverages provided, but not sold to students during the school day and on a school campus;
 - a) The district complies with the USDA Smart Snacks Beverage Guidelines for schools;
 - b) The district limits the selling of unhealthy goods sold during the school day in different organizations on each campus;
 - c) The district offers vending machines at the gymnasium that only offer healthy snacks; and

- E. The manner of communicating to the public applicable information about the District's wellness policy and plan.
 - a) The District's Wellness Policy will be available for view or download on the district website at www.pothisd.us or hard copy available upon request from the Administration Office at 510 Titcomb St. Poth, TX 78147

II. NUTRITION PROMOTION AND EDUCATION

The District's Nutrition Program and activities shall encourage participation in the National School Lunch Program (NSLP), the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District. The following goals for nutrition promotion and education include:

1. The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeteria, classrooms, and other appropriate settings;
 - a. The cafeteria posts promotional material sent from USDA promoting nutritional breakfast and lunches;
 - b. The cafeteria staff holds an annual educational session with students on the importance of eating fruits and vegetables;
 - c. Poth ISD observes National Lunch and Breakfast Week; and
 - d. Consistently encourage students to try different foods
2. To share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students
 - i. Promote messages in school communications that exemplify:
 - Healthy foods taste good and are good for you;
 - Our school promotes healthy lifestyles;
 - Fitness is Fun;
 - Healthy Students are Smart Students;
 - "A Healthy Pirate is a Happy Pirate" philosophy
3. To deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors;
 - ii. The district will make available nutrition and wellness education throughout the school web page via Nutrition Page, Nurse's Page and Featured Stories;
4. To make nutrition education a district-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate;
 - iii. Cafeteria Manager and staff strive to integrate interactive lunch experiences and invite guest presenters and speakers on food and food nutrition throughout the year when available and schedule permits; and

5. To provide continued professional development so that food service staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.
 - iv. Cafeteria and food service hold required staff development training and completion at least annually or as needed on an individual basis

III. ACCESS TO HEALTHY FOODS

- A. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable, and that will promote a positive effect on students and staff
- B. Serving lines will be arranged to provide students with more time to eat their lunch rather than wait in line.
 - a. The district has two serving lines to help the flow go as smoothly and quickly as possible so that students have more time to enjoy their food
- C. Drinking fountains or coolers with fresh water shall be available and located in or near every campus and cafeteria.
 - b. The district currently has two water coolers with bottled water for sale in the cafeteria, as well as access to multiple water fountains located inside and outside of each campus.
- D. Lunch menus will meet the nutrition standards established by the U.S. Department of Agriculture, conforming to good menu planning principles, and featuring a variety of healthy food choices.
 - c. Monthly lunch menus approved by the USDA are sent home with each elementary student as well as available on the district website for view or download at www.pothisd.us .

IV. OPPORTUNITIES FOR PHYSICAL ACTIVITY

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. The District establishes the following goals for physical activity:

1. To 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;
 - a. Daily physical activity will be available for students Kindergarten- 12;
 - b. Pre-k through Fifth grade students receive 100-150 minutes of Physical Education (PE) each week;
 - c. Students in the High School athletic program receive 50+ minutes a day of physical activity
 - d. The use of campus facilities such as playgrounds, gymnasiums and weight room are utilized daily

2. To appropriate before-school and after-school physical activity programs available and shall encourage students to participate;
 - a. Students in the athletic program have opportunities for morning and after school practices, while also maintaining physical activity during athletics;
 - b. Designated days and times are scheduled on a rotation for weight room use, and max weights are recorded to encourage maximum potential
 - c. Off-season workouts are scheduled throughout the year to keep all students healthy and active regardless of the time of year for non-participants
3. To make appropriate training and other activities available to district employees;
 - a. District coaching staff complete mandatory First Aid and Safety training and Concussion training
 - b. All district staff must complete annual required district-wide training related to staff and student safety
4. To encourage parents to support their children's participation, to be active role models, and to include physical activity in family events;
 - a. The district will invite families to school-sponsored activities such as fundraisers, fun runs;
 - b. The district will approve and receive flyers and registration forms for year-round distribution at the campuses, such flyers requesting parent involvement and volunteer and coaching opportunities to the youth of the community by way of various youth programs made available to our students; and
5. To encourage students, parents, staff, and community members to use the District's recreational facilities such as the track, tennis court and the like, that are available outside the school day.

V. PUBLIC NOTIFICATION

The District shall annually inform and update the public about the content and implementation of the Wellness Policy (FFA-LOCAL), including posting on the district website copies of the wellness policy and this wellness plan, via www.pothisd.us .

VI. WHAT CAN PARENTS DO TO HELP?

- 1) Provide your child with healthy snacks and lunches and encourage them to eat a healthy breakfast before school;
- 2) Encourage your child to be involved in active lifestyles that may include after school sports or activities and/or community sports or events;
- 3) Provide healthy choices to students for school celebrations;
- 4) Limit the number of unhealthy foods at home and the consumption of fast food and processed foods;
- 5) Engage in active and healthy lifestyles with your children that builds strong relationships and overall well-being;
- 6) Communicate any type of food allergies or specific dietary needs to your child's teacher, nurse, or cafeteria manager throughout the year;

Poth ISD Mission Statement:

We strive to educate students and to assist them in realizing their full potential as responsible, productive, contributing members of society by providing an educational environment in which students are challenged, excellence is expected and differences are valued.

