

Tulia ISD
District Wellness Plan 2016-2017
Goals and Objectives

Goal # 1: Provide teachers and parents with education and guidelines on the use of food as reward in the classroom.

Objective: The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with National School Lunch Program.

- Staff training will be provided on the National School Lunch Program
- Develop an age-appropriate guideline resource for parents concerning food and beverages at classroom parties or school celebrations.
- Tulia ISD will allow exempt day. Each campus will determine the number and date for the exempt day to be set at the beginning of the school year not to exceed four days for the School year.
- Each campus will be allowed to implement a student reward system IE :(Dobber Café) to promote various student accomplishments. The campus will determine the parameters for their specific program and will be held 30 minutes after the school day.
- The district will continue the policy that only immediate family members are allowed to bring outside food for their student.
- NO food or drinks that are not "Smart Snack" approved may be sold during the school day which is designated to begin at midnight until 30 minutes after the last official bell for that campus.

Goal # 2: Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective: The district shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use a health course curriculum that emphasizes the importance of proper nutrition.

- Continued implementation of CATCH in grades 3-5
- Promotion of nutritional messages in the cafeteria, classroom and other appropriate settings
- CATCH newsletters containing nutritional education will be posted on the district website

Goal # 3: Staff responsible for nutrition education shall participate in professional development to effectively deliver instruction.

Objective: The district shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

- Health and physical education staff in grades 3-5 will attend CATCH training
- Health and physical education teachers will attend high quality professional development
- http://www.tuliaisd.net/apps/pages/index.jsp?uREC_ID=224700&type=d&pREC_ID=links

Goal # 4: The District shall provide an environment that fosters safe and enjoyable fitness activities for all students.

Objective: 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 shall provide an environment that fosters safe and enjoyable fitness activities for all students including those that are not participating in competitive sports
- Physical education classes shall regularly emphasize moderate to vigorous activity
- The District shall encourage students, parents, staff, and community members to use recreational facilities that are available outside of the school day

Goal # 5: Wellness for students and their families and for district staff shall be promoted at suitable school activities.

Objective: The District establishes goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school based activities

- Highland sends home competitive opportunities for families to participate in together
- Swinburn promotes city wide activities for wellness
- Promote wellness awareness by maintaining an active district website, Channel 99 announcements, and monthly lunch menus with nutrition and wellness information
- Provide a chart for all employees with all the preventative care health benefits that our insurance offers

- Consider low or no-cost influenza immunizations for district staff

Goal # 6: The District shall provide suicide prevention training for all new and existing educators annually.

Objective: The District shall implement, in accordance with HB 2186, a suicide prevention training annually for all new and existing educators.

- The District shall provide suicide prevention training to all educators annually from the list of recommended best practice-based programs that is provided by the Department of State Health Services (DSHS) found at <http://www.sprc.org/bpr> that includes sections for mental health, substance abuse and suicide prevention.
- The District shall maintain records that include the name of educator who participated in the suicide prevention training.