

## Hartley ISD Wellness Implementation Plan-Self Audit

### Nutrition Guidelines

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 the Texas Public School Nutrition Policy. (See Policy CO)

In addition to legal requirements, the District shall require that healthy food and beverage options be included at concessions at school-related events outside of the school day.

### Goals for Nutrition Education

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component (see Policy EHAB and EHAC) and shall use health course curriculum that emphasizes the importance of proper nutrition (see Policy EHAA).

In addition, the District establishes the following goals for nutrition education:

<b>(LOCAL) policy requirements <i>(must have at least one)</i></b>	<b>Plan (activities/strategies) for implementation</b>	<b>Person (s) Responsible</b>	<b>Collaborative Resources</b>	<b>Timeline</b>
1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	Health, Science, Math Curriculum is being taught, and Posters are in the Cafeteria	Teachers Café Manager	Posters Curriculum Books	August Thru May 14-15
2. Nutrition education will be a District-wide priority and shall be integrated into other areas of the curriculum, as appropriate.	Nutrition is integrated into the elementary Math and Science curriculum. Health classes emphasizes nutrition & exercise.	Teachers	Curriculum Books Posters	August 14 thru May 15
3. Staff responsible for nutrition education will be adequately prepared and shall participate	Food Allergies –School Lunch program with Offer-vs-serve options	Teacher Principal		Aug.14- May 15

in professional development activities to effectively deliver the program as planned.				
4. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.	Choose a Healthy Tray Poster Reshape Texas Square meals Poster, Posters hang in hallway and cafeteria to promote nutrition	Food Service Director	Posters	Aug. 14- May 15

**Goals 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 (see Policy EHAB and EHAC)

In addition, the District establishes the following goals for physical activity:

<b>(LOCAL) policy requirements</b>	<b>Plan (activities/strategies) for implementation</b>	<b>Person (s) Responsible</b>	<b>Collaborative Resources</b>	<b>Timeline</b>
1. The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.	Elementary 25 min. of recess, 25 min. PE Jr. High 45 min. PE HS 45 min. PE 60 % of HS students take 4 years of PE/Athletics	Counselor Coaches	PE Equipment	August 14-May 15
2. Physical education classes will regularly emphasize moderate to vigorous activity.	Coaches have a variety of games, drills, and activities. Prepare students for the fitness gram	Coaches	Routine plans lesson of PE Equi.	August 14-May 15
3. The District shall encourage parents to support their children's participation, to be	The district will send information home covering the importance of physical activity for everyone	Principal		August 14 – May 15

active role models, and to include physical activity in family events.				
4. The District will encourage students, parents, staff, and community members to use the District's recreational facilities that are available outside the school day. [See GKD]	The district hangs & distributes signs promoting "Walk away the Winter", "Walk across Texas. The district allows access to the gym for community members	Principal	Gym Access	Year around

**Goals for School-based Activities**

The District establishes the following goal to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities: sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.

**Implementation**

**The Superintendent or designee shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.**