





LULING ISD SCHOOL WELLNESS PLAN

Mid-year Progress Report 2017-2018

EVALUATION

At least every three years, as required by law, the District will measure and make available to the public the results of an assessment of the implementation of the District’s wellness policy, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. This will be referred to as the “triennial assessment.”

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: The district will increase participation in federal child nutrition programs by two percent by the end of the school year.	
Action Steps	Status
<ul style="list-style-type: none"> • Distribute information to parents at Meet the Teacher Night or on the first day of enrollment regarding the school food program. • Make enrollment forms more accessible by posting on the District website • Post rationale for returning food program applications on the District website/ social media. 	<ul style="list-style-type: none"> •  Aug.-Sept. 2017 •  Sept. 2017 •  Sept. 2017
Objective 2: Achieve a bronze level score or higher on the Smarter Lunchrooms scorecard at each campus. (www.smarterlunchrooms.org/scorecard)	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Distribute scorecards to Food Service Manager for completion in October and May 	

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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: The District will research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding such programs.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Research supplemental food programs available in the community (ex. Food bank, Summer meal program, etc.) • Disseminate information regarding available supplemental food programs on the district website and social media 	<p>In Progress</p>

Objective 2: The District will provide nutritional information for meals in easily accessible locations.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Post monthly breakfast and lunch menus on the campus and District websites • Distribute monthly breakfast and lunch menus in take-home folders at the Primary and Elementary campuses • Post a monthly healthy nutrition tip on the District's social media 	<p>In Progress</p>

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GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: The District shall promote the incorporation of healthy eating behaviors.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Cafeteria duty teachers will recognize and reinforce students making healthy choices. 	In Progress
Objective 2: The District shall model healthy eating behaviors for students.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> When food is incorporated into instruction, the use of healthy alternatives will be used as much as possible. 	In Progress


GOAL: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
Objective 1: Students enrolled in physical education courses shall receive instruction on nutrition education.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Physical Education teachers will incorporate nutrition tips into classroom instruction as part of an overall health and fitness program. 	In Progress
Objective 2: District staff will promote and integrate nutrition facts in teachable moments during lessons.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Classroom teachers will promote nutrition information as it connects to daily lessons. Nutrition staff will provide age-appropriate tip sheets to be included in student reading center materials. 	In Progress

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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: The District shall utilize professional development opportunities provided by the service center or other appropriate suppliers.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Staff responsible for nutrition education will be encouraged and enabled to attend nutritional and wellness education professional development opportunities. 	

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 classes or competitive sports.

Objective 1: The District shall provide the required amount of physical activity in the elementary grades. The District will extend the requirement to the junior high level.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Provide at least 30 minutes per day or 135 minutes per week of physical activity for students in Pre-K through 5th Grade. Require students in 6th grade, unless exempt because of illness or disability, to be enrolled in a physical education course each semester. Require students in 7th and 8th grade, unless exempt because of illness or disability, to be enrolled in a physical education or athletics course for two semesters. 	<ul style="list-style-type: none">  Sept. 2017  Sept. 2017  Sept. 2017

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

Objective 1: The District will encourage teachers to incorporate physical activities into the academic curriculum on a daily basis.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Physical activity integration into the academic curriculum will be encouraged in staff development meetings and supported through idea shares. 	<p>In Progress</p>

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

Objective 1: The District will present wellness opportunities to employees and students at least once per year.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Seek providers and opportunities for the activities. 	<p>In Progress</p>

Objective 2: The District will encourage staff to participate in physical activities with students and will provide instruction in life-long activities for students.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Provide instruction during physical education classes in activities that students can enjoy through life such as basketball, aerobic exercise, weight training, tennis and golf. 	<p>In Progress</p>

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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.

Objective 1: The District shall promote physical activities within school-sponsored family/community events.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Identify and promote local and school-sponsored events to students and staff • Incorporate physical activities within scheduled family/community events 	<p>In Progress</p>




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 outside the school day.

Objective 1: The District shall inform the community of the facilities that are available for use outside of the school day through the use of appropriate signs.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Encourage parents and community members to use the track, tennis courts, and ball fields for exercise 	<p>In Progress</p>

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

Objective 1: Students will be provided at least 30 minutes for lunch, and breakfast will be available for 30 minutes prior to the start of the school day.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Coordinate with campus administrators when developing campus master schedules and lunch periods • Coordinate with Food Services staff to provide adequate breakfast serving times • Track the time it takes for a student to receive a meal and be seated 	<ul style="list-style-type: none"> •  Sept. 2017 •  Sept. 2017 •  Sept. 2017

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GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.

Objective 1: Concession vendors at school-sponsored events will be encouraged to offer at least one food and beverage that is considered healthy.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Provide nutritional information to concession stand vendors that encourages them to incorporate healthy food choices into their selection 	<p>In Progress</p>

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

Objective 1: The District will utilize its health insurance provider to encourage wellness by communicating the preventive services and wellness challenges promoted.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Work with the District's health insurance providers to determine any services which would be covered Provide/distribute materials and methods to share information about services and wellness challenges with employees 	<ul style="list-style-type: none">  Sept. 2017 In Progress