

## **HOUSTON NORTH DISTRICT WELLNESS PLAN 2021-2022**

### **WELLNESS PLAN**

Harmony School of Excellence 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. This “Wellness Plan” is intended to implement policy HPS 3.43, which has been approved by the HPS Board, to comply with the requirements for a school wellness policy.

### **MEASURING 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. The Wellness Committee will conduct a yearly review of implementation, to (1) determine if the schools are in compliance with the LWP and (2) determine if the CE’s LWP aligns to model local wellness policies which use evidence-based strategies as well as (3) distribution of assessments results to the public with the results published on the schools’ websites.

### **EVALUATION, REVISIONS AND UPDATING THE POLICY**

The district will measure the wellness policy and make sure that it is made available by public, the extent 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.

The District Wellness Plan Committee will update or modify the district wellness policy based on the results of the annual progress reports and triennial assessments, and/or as district policies and priorities change; community needs change; wellness goals are met; and new Federal or State guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

### **PUBLIC NOTIFICATION**

The public will be informed and updated about the District Wellness Plan to comply with the state and federal requirements. Each campus will make the District’s Wellness plan available on its website to document information and activity, including;

1. A copy of the wellness policy [HPS 3.43];
2. A copy of this wellness plan;
3. Notice of any Board revisions to policy HPS 3.43;
4. Notice of any WPAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The WPAC’s annual report on the District’s wellness policy and plan; and any other relevant information.

The District will also publish the above information in appropriate District or campus publications

## **GUIDELINES AND GOALS**

The following provisions describe the District's nutrition guidelines and activities and objectives chosen by the WPAC to implement the Board-adopted wellness goals in policy HPS 3.43. Nutrition Guidelines The School's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall at least as restrictive as federal regulations and guidance, except when the School allows an exemption for fundraising activities as authorized by state and federal rules. The School shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the School's wellness plan. The School shall encourage nutrition promotion and education integrated throughout the school day. The School's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the School.

## **NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE**

All District campuses participate in the United States Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that the District establish nutrition guidelines for foods made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity. The District's nutrition guidelines are to ensure 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 and shall be at least as restrictive as federal regulations and guidance, except when the School allows an exemption for fundraising activities as authorized by state and federal rules. The School shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the School's wellness plan. The School shall encourage nutrition promotion and education integrated throughout the school day. The School's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the School.

## **FOODS SOLD**

The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal program and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements. Smart Snacks (not sold by Child Nutrition) may be sold throughout the day except during mealtimes and 30 minutes before and after mealtimes. Smart Snacks (not sold by Child Nutrition) may not be sold in the cafeteria during mealtimes and 30 minutes before and after mealtimes. Foods and beverages that do not meet Smart Snack standards cannot be sold during the school day. A school day is defined as the period from the midnight before the beginning of the official instructional day to 30 minutes after the end of the official instructional day. Therefore, foods and beverages not meeting Smart Snack standards can only be sold

until 30 minutes after the last bell of the school day.

Organizations conducting any sale of Smart Snacks or foods and beverages that do not meet Smart Snack standards must notify the school's Business Manager. This includes any parent organization, student organizations, or organizations not run by school staff/students. For Smart Snacks sales, the Child Nutrition Assistant will then submit Smart Snacks documentation for the items to be sold, such as the Smart Snack calculator results, to the District Child Nutrition Coordinator for approval. The smart snacks calculator is found here:

<https://foodplanner.healthiergeneration.org/calculator/>

Smart Snack fundraisers (fundraisers that meet the Competitive Food Nutrition Standards) are **unlimited**. However, the campus administrator or designee reserves the right to limit these fundraisers as it pertains to their individual campus and these items cannot be sold during the school day (from the first bell through the end of the last bell).

The items that are allowed to be sold are limited to the list of items found in Attachment A. Items not listed, are not approved, and shall not be sold. To have an item added to the list, the request must be made in writing and submitted to the District Child Nutrition Coordinator for approval.

It is the responsibility of the campus Child Nutrition Assistant and Business Manager to keep complete and accurate documentation of records for competitive beverages and foods sold. Documentation includes, but not limited to, child nutrition labels, nutrition fact labels, manufacturer product formulation statements, or nutrition value calculations. These records must be kept as hard- copies in a binder labeled Smart Snack Compliance Documentation.

In addition to maintaining complete and accurate documentation for competitive beverages and food sold, the campus Child Nutrition Assistant and Business Manager must also maintain documentation for all fundraisers, Smart Snack compliant and non-competitive Smart Snack complaint.

\*Records may be requested at anytime. \*

The following websites have information regarding meal and Smart Snacks requirements:

- ◆ <http://www.fns.usda.gov/school-meals/nutrition-standards- school-meals>
- ◆ <http://www.squaremeals.org>
- ◆ <https://foodplanner.healthiergeneration.org>
- ◆ Hershey Ice Cream Products: <http://www.hersheyicecream.com/>
- ◆ Yumi Ice Cream Products: <https://yumiiicecream.com>
- ◆ Kona Ice <https://www.kona-ice.com>
- ◆ Old Fashion Candy Company <https://oldfashioncandy.com/smart-snacks-in-school>
- ◆ Freedom Fundraising <https://www.freedomfundraising.com>
- ◆ Rich's Ice Cream <https://www.richicecream.com/>

## **EXEMPT- FUNDRAISERS**

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to **six (6) days** per year, per campus when a food or beverage is sold as part

of a District fundraiser. [HPS 3.43]

Fundraisers are considered by USDA to be events that include any activity during which tokens, currency, tickets, and the like are exchanged for the sale/purchase of a product in support of the school or school-related activity. Giving away food but suggesting a donation would be considered a fundraiser since funds will be raised as a result. A vending machine for which profits are used to support a school-sponsored club or activity is a fundraiser.

- ◆ Fundraisers that include food or beverage items that **do not** meet the Competitive Food Nutritional Standards, and are intended to be consumed at school, must not be sold in competition with school meals in the food service area during the school’s designated meal service times.
- ◆ The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.

The District will allow six (6) exempt fundraisers days per school year. During these six (6) exempt days, items purchased in advance, such as candy for candy-grams, may be delivered to students after the last designated meal period of the school day has ended.

Campus or Organization	Food/Beverage	Number of Days
All campuses-Must maintain complete and accurate documentation of food labels and documentation of all approved and whether completed or not completed fundraisers.	<b>Any item</b>	<b>Six (6) exact dates decided by the campus. These dates must be provided to the District Child Nutrition Coordinator.</b>

**FOODS SOLD DURING THE SCHOOL DAY NOT INTENDED FOR CONSUMPTION IN SCHOOL**

Competitive Food Nutrition Standards do not apply to fundraising activities that include the ordering and distribution of food and/or beverages not intended to be consumed during the school day on the school campus. This includes ordering food items that will be picked up a later time in the future. Typically, these food items need further preparation before they can be served.

## **FOODS MADE AVAILABLE**

There are currently no federal requirements for foods or beverages made available to students during the school day. The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild when the student's birthday or to the person's child or grandchild at a school-designated function (see "O" below). [HPS 3.43]

In addition, the District has established the following local guidelines on foods and beverages made available to students:

**A. Elementary Schools:** Schools do not sell competitive food and/or beverages to students (or provide access to competitive foods to students through indirect sales) anywhere on the school campus throughout the school day except for those items made available by the school food service department. Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during scheduled meal periods) under the teacher's guidance. The classroom snack may be provided by school nutrition staff members, teachers, parents, or other groups and should be at no cost to students. Snacks provided to students shall be in accordance with the USDA Smart Snacks in Schools Standards as well as individually pre-packaged. The only exception shall be for parents, who may provide any type of snack(s) they wish for their child only. A list of authorized snacks can be found in Attachment A of this Wellness Plan.

**B. Middle or Junior High Schools\*:** Schools do not sell competitive food and/or beverages to students (or provide access to competitive foods to students through indirect sales) anywhere on the school campus from 30 minutes before to 30 minutes after scheduled meal periods except for those food items made available by the school food service department.

**C. High Schools\*:** Schools do not sell competitive food and/or beverages to students (or provide access to competitive foods to students through indirect sales) in any area where reimbursable school meals are served and/or consumed during the scheduled meal period except for those food items made available by the school food service department.

\*If there are Elementary Grade levels with Middle and High Schools, Elementary Competitive Food Nutrition Standards apply overall.

**D. Parent involvement activities (i.e., "Muffins for Mom" and "Donuts for Dad"):** Not allowed to be provided to students during designated meal periods and in areas where reimbursable meals are served and consumed.

**E. Schoolwide Celebrations:** Up to four (4) "free" days or events during the school year shall be allowed in which students may be given store bought, pre-packaged or restaurant prepared items (no home-made items) during the school day. These days or events must be published on the school calendar. During these days or events, the items may not be given during designated mealtimes or in areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) shall continue to be available to all students.

**F. Schoolwide Reward Parties (i.e. PBA, Perfect Attendance, etc.):** Up to four (4) “free” days or events during the school year shall be allowed in which students may be given store bought, pre-packaged or restaurant prepared items (no home-made items) during the school day.

These events must be published on the school calendar. During these days or events, the items may not be given during designated mealtimes or in areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) shall continue to be available to all students. These days or events shall be reported to the District Child Nutrition Coordinator on or before the third (3rd) Wednesday in September and on or before the third (3rd) Wednesday in January on attachment B form.

**G. Individual class/class group (i.e., 6A, 6B etc.) reward parties:** With advanced (two (2) weeks), written permission from the campus Principal or their designee, individual classes or class groups may have one (1) reward party per semester/per class. All class parties for Pre-K through 5th grade must be held during the last class period of the school day. All class parties for 6th-12th grade must be during a designated period after the end of all meal periods or at the last bell of the school day.

**H. School nurses:** This policy does not apply to school nurses, or another official permitted by local policy to assist school nurses using a food and/or beverage item of any type during providing health care to individual students.

**I. Accommodating Students with Special Needs:** This policy does not apply to special needs students whose Individualized Education Program (IEP) indicates the use of a food and/or beverage item of any type for behavior modification (or other suitable need).

**J. Field Day:** There are no restrictions on foods or beverages given away (made available at no cost) to all students on Field Day. However, during these days or events, the items may not be given during designated mealtimes or in areas where school meals are being served or consumed; regular meal service (breakfast and lunch) shall continue to be available to all students. If competitive items are purchased as a pre-sell, the items cannot be consumed during the school day (from midnight to 30 minutes after the end of the official instructional day).

**K. Field Trips / Competitions:** This policy shall not apply to students who leave campus for school-approved field trips and competitions. A school official shall approve the dates and purposes of the field trips and competitions in advance.

**L. State-Mandated Assessment Test Days:** Parents, teachers, and administrators may provide one, individually pre-packaged food and/or beverage to the entire class at no charge (no form of payment, donation, or other contribution exchanged for the item), these items are not subject to the Competitive Food Nutrition Standards. Food given to students is a transaction that does not result from a payment, donation of funds or contribution of value by the student or parent.

**M. Instructional Use of Food in Classroom:** Students may consume food prepared in class for instructional purposes once per semester. The teacher and/or host is responsible for contacting all participant parents/guardians to obtain special dietary accommodations. These items cannot be provided or sold to other students

or other classes, food and/or beverages provided for students as part of a class or cultural heritage event for instructional or enrichment purposes must adhere to all city health codes and cannot be homemade. These foods and/or beverages cannot be served during meal periods or in areas where school meals are served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students. Permission must be obtained from the campus Principal or designee and the Child Nutrition Assistant must be notified. (Exemption to this rule applies to Culinary Clubs only. Club leaders are responsible for obtaining dietary information from all participant guardians and adhering to all city health guidelines and purchasing of all items to be consumed).

**N. Food from home:** This policy shall not restrict what parents may provide for their own child's breakfast, lunch and/or snack, but they may not provide items to other children at school.

- Students who receive food and/or beverages from an outside source that is brought to them from a parent, guardian, or designee for consumption during the school day is not allowed to share food items with other students.
- Students are not allowed to receive food and/or beverages that are ordered and paid for off campus and delivered to them from a delivery company.
- School staff is not allowed to purchase food/beverages for students and deliver it to them unless they are the parent or guardian of that student.
- Students are not allowed to bring food items to share unless it is on an exempt day and falls within the guidelines and times as outlined by the campus administration and in "E" above.

**O. Birthdays celebrations:**

- Campus administration has the discretion to choose the day the celebration can occur.
- Campus administration shall have discretion on the type of item(s) that may be brought.
- Teachers are required to notify all parents prior to the approved celebration date in case of dietary restrictions.
- All birthday celebrations must occur during the last period of the school day.
- Parents, guardians and/or designee may bring in any food product that is store or restaurant bought (pre-packaged or in a sealed container). Food cannot be "home-made".
- Food products cannot be consumed or provided to students before designated meal periods, during designated meal periods, or in areas where reimbursable meals are served and/or consumed.
- Parents, guardians or designee must notify the school administration in writing 5 school days in advance if they would like to bring in any food product for their child's birthday celebration

**P. Campus wide restrictions:** The campus administration may implement rules and procedures regarding what may or may not be brought due to severe allergies of students or staff on campus.

**MEASURING COMPLIANCE**

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to TDA; reviewing foods and beverages that are sold in competition with the regular school meals; reviewing items sold as part of approved District fundraisers and monitoring the types of foods and beverages made available to students during the school day.

**GUIDELINE 1: NUTRITION PROMOTION**

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District’s nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District.

The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

The WPAC will monitor this by:

- Requiring written approval for all items sold
- Maintaining a list (CN Labels) for food items and/or beverages that are sold during the school day

In accordance with HPS 3.43, the District has established the following goal(s) for nutrition promotion.

<b>GOAL 1:</b> The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	
<b>Objective 1: Promote healthy nutrition messages through posters, class discussions and other grade specific activities</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The school shall post posters that promote healthy messages. This will be the responsibility of the campus Child Nutrition Assistant in conjunction with the campus Business Manager.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Site visit checklist utilized by the DCNC</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Poster</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Objective 2: Promote healthy nutrition messages</b>	



Action Steps	Methods for Measuring Implementation
<p>The school shall promote healthy eating as well as share information in weekly newsletters at least once monthly.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>● Review of Smart Snacks Documentation binder</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● None</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● None</li> </ul>
<p><b>GOAL 2:</b> The District shall share educational nutrition information with families and the public to promote healthy nutrition choices and positively influence the health of students.</p>	
<p><b>Objective 1: Share flyers with families at least once per semester that are in line with the National School Lunch week and National School Breakfast week.</b></p>	
Action Steps	Methods for Measuring Implementation
<p>In addition to providing posters to hang in the school cafeteria, Child Nutrition Assistants, with the support of the campus Business Managers will also need to send flyers home with each student and promote the weeks through daily activities or share the flyer in the weekly newsletter two weeks prior, one week prior and the week of the event. Daily activities must also be promoted through the daily, morning announcements.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>● Review of Smart Snack Documentation binder</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● Flyers</li> <li>● Pamphlet</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● None</li> </ul>
<p><b>Objective 2: Share information regarding healthy eating at family night events that are held during the school year.</b></p>	
Action Steps	Methods for Measuring Implementation
<p>The campus Child Nutrition Assistant shall coordinate with the campus Event Coordinator to promote healthy nutrition services during family night events. This can range from having flyers available to having a nutritionist or dietitian speak at the event, having a booth at family night events or having a booth during orientation.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>● Review of Smart Snack and Documentation</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● Flyers</li> <li>● speaker</li> </ul> <p>Obstacles:</p>

	<ul style="list-style-type: none"> <li>Finding a speaker who is willing to come and speak to the families and ongoing COVID issues</li> </ul>
<p><b>GOAL 3:</b> The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.</p>	
<p><b>Objective 1: Outside vendors, except the catering company, are not allowed to promote their brand at the campuses.</b></p>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>The campus Child Nutrition Assistant and Business Manager should continuously monitor what is posted in and outside of the school building as it pertains to outside vendors.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Site visit checklist utilized by the DCNC</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>None</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>None</li> </ul>
<p><b>Objective 2: The catering company may post items that promote healthy nutritional choices with prior approval.</b></p>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>The catering company must have prior approval from campus administration or the Child Nutrition Assistant before posters/items may be posted.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Site visit checklist utilized by the DCNC</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>None</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>None</li> </ul>

## **GUIDELINE 2: NUTRITION EDUCATION**

Federal law requires that the district establish goals for nutrition education in its wellness policy. State law also requires that the district implement a coordinated health program with a nutrition services and health education component at the elementary and middle school levels.

The school 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 education will be incorporated with physical education courses for all Pre-K-8 grade levels.

In accordance with HPS 3.43, the District has established the following goal(s) for Nutrition Education.

<b>GOAL 1:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
<b>Objective 1: Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Child Nutrition Assistants shall promote fruits,vegetables, whole grains, low fat and fat free dairy, healthy food preparation and health enhancing nutrition practices during various campus events at least once per semester.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>● Review of Smart Snack Documentation binder</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>● Handouts, facts about healthy eating/choices</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>● None</li> </ul>
<b>Objective 2: Staff responsible for nutrition education shall be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Physical Education teachers and Child Nutrition Assistants shall be required to participate in programs that will help them tobetter educate students on proper nutrition.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>● No baseline</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>● Professional development courses</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>● Campus budgets</li> </ul>
<b>GOAL 2:</b> The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
<b>Objective 1: The school cafeteria serves as a “learning lab” to all students to apply critical thinking skills taught in the classroom.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>

<p>Child Nutrition Assistants shall foster an environment that promotes nutrition education within the cafeteria through various means such as worksheets and posters.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Review of Smart Snack Documentation binder</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Hand-outs for students to complete</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>None</li> </ul>
<p><b>GOAL 3:</b> 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.</p>	
<p><b>Objective 1: The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver accurate nutrition education as planned.</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Professional development that focuses on nutrition and physical education shall be administered district-wide by either an outside source or a district member.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>No baseline set</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Trainer or virtual training course</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>None</li> </ul>
<p><b>Objective 1: Offer professional development to District employees that integrates nutrition to the curriculum.</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Physical Education and Health teachers shall receive training on nutrition guidelines.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Training seems to be lacking in this area, work on coordinating professional development to integrate nutrition.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Training materials, courses</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Budget, planning, and time.</li> </ul>

### **GUIDELINE 3: PHYSICAL ACTIVITY**

The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]

All Pre-K through 5<sup>th</sup> grade student will have weekly physical education classes as well as a minimum of 30 minutes of daily recess.

Federal law requires that the District establish goals for physical activity in its wellness policy. <b>GOAL 1:</b> 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.	
<b>Objective 1: Provide programs that foster fitness activities outside the normal school schedule.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Schools shall promote participation in physical activities such as sports teams, clubs and activities such as school dances.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Continue to promote participation in physical activities.</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Sports equipment, music, organizers</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Space for activities</li> </ul>
<b>Objective 2: Provide opportunities for physical activity outside of physical education courses.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
K-5 students will be allowed a 30- minute recess. Recess shall not be removed as punishment. Higher grade students shall be allowed 30 minutes of access to outside school grounds where space permits.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Elementary continue to have recess. HS and MS continue to have PE courses and encourage break/recess for HS and MS who do not have recess.</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• None</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Weather, space</li> </ul>
<b>GOAL 2:</b> The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.	

<b>Objective 1: Schools shall incorporate nutrition education into family involved events hosted at the campus.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The campus Child Nutrition Assistant shall collaborate with other campus coordinators to present health education to families during schoolsponsored events at least once per semester.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Review of Smart Snack Documentation binder</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Brochures, speakers</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Coordination and collaboration amongst school staff</li> </ul>
<b>Objective 2: Schools should provide opportunities for families to participate in events that foster physical activity.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The campus Child Nutrition Coordinator and/or other campus personnel should host events, fundraisers, fun-runs, etc., that promote healthy lifestyles and physical activities at least once per semester.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Review of Smart Snack Documentation binder</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Unknown</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Unknown</li> </ul>

**GUIDELINE 4: SCHOOL-BASED ACTIVITIES**

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness.

In accordance with HPS 3.43, the District has established the following goal(s) as part of its student wellness policy to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.

<b>GOAL 1:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
<b>Objective 1: Schools shall ensure meal periods are scheduled to allow adequate times for meals to be consumed and students to socialize.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>

<p>Meal periods should be a minimum of 15-20minutes of “sit-down” time for breakfast and 18- 25 minutes for lunch after students have received their food. Scheduling is the responsibility of the campus administrator and their designee.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>● Review of campus schedules</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● None</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● None</li> </ul>
<p><b>Objective 2: Schools will create a total school environment that is conducive to being physically active.</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Schools shall not deny student participation in recess or other physical activity as a form of discipline or classroom make-up time. Nor shall schools withhold foods and/or beverages as a form of punishment. School staff will be counseled by campus administration on best practices for alternative ideas of behavior management.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>● No baseline set</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● Observation by Dean of Students and Dean of Academics</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● None</li> </ul>
<p><b>GOAL 2:</b> The District shall promote wellness for students and their families at suitable District and campus activities.</p>	
<p><b>Objective 1: To promote healthy lifestyles.</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>School newsletters shall include information about healthy eating and the benefits of physical activity at least once a month.</p> <p>Nutrition Health shall be promoted in conjunction with different campus activities such as parent meetings.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>● Review of Smart Snack Documentation binder</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● None</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● None</li> </ul>