

LYFORD CISD  
WELLNESS PLAN



Updated June 2017

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## **Preamble**

Lyford CISD (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.<sup>1,2,3,4,5,6,7</sup> Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.<sup>8,9,10</sup> In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.<sup>11,12,13,14</sup> Finally, there is evidence that adequate hydration is associated with better cognitive performance.<sup>15,16,17</sup>

This plan outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this plan establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- The wellness plan applies to all students in the school district. School staff are encouraged to promote and support the wellness plan.
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the plan and its established goals and objectives.

This plan applies to all students, staff and schools in the District. Specific measureable goals and outcomes are identified within each section below. The District will coordinate the Wellness Plan with other aspects of school management, including the District's School Improvement Plan, when appropriate.

## **I. School Wellness Committee**

### ***Committee Role and Membership***

The District will convene a representative district School Health Advisory Committee (hereto referred to as the SHAC or work within an existing school health committee) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness plan (heretofore referred as "wellness plan").

The SHAC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP-Ed). To the extent possible, the SHAC will include representatives from each school building and reflect the diversity of the community.

- *Each school within the District will establish a School Wellness Committee (SWC) that convenes at minimum bi-annually, to review school-level issues, in coordination with the SHAC.*

### ***Leadership***

The Superintendent's designee will convene the SHAC and facilitate development of and updates to the wellness plan, and will ensure each school's compliance with the plan. The designated official for oversight is Bibiana

Bernal, RN, School Nurse Coordinator. The name(s), title(s), and contact information (email address is sufficient) of this/these individuals) is(are):

Name	Title / Relationship to the School or District	Email address	Role on Committee
Raul Gonzalez	Lyford Elementary, Assistant Principal	raul.gonzalez@lyfordcisd.net	Elementary School Wellness Committee
Debra Danner, LVN	Lyford Middle School, Campus Nurse	debra.danner@lyfordcisd.net	Middle School Wellness Committee
Pilar Trevino, LSW	Lyford CISD, Parental Involvement	pilar.trevino@lyfordcisd.net	SHAC Representative
Bibiana Bernal, RN	Lyford High School and District School Nurse Coordinator	bibiana.bernal@lyfordcisd.net	High School Wellness Committee & SHAC Co-Chair

## II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

### **Implementation Plan**

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness plan. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school-level assessment based on the Centers for Disease Control and Prevention’s School Health Index, create an action plan that fosters implementation and generate an annual progress report. The wellness plan and the progress reports can be found at: [www.lyfordcisd.net](http://www.lyfordcisd.net).

### **Recordkeeping**

The District will retain records to document compliance with the requirements of the wellness plan at Lyford High School Nurse’s Office (E109) and/or on district website. Documentation maintained in this location will include but will not be limited to:

- The written School Wellness Plan;
- Documentation demonstrating that the plan has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Plan; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the SHAC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness plan;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Plan has been made available to the public.

### **Annual Notification of Plan**

The District will actively inform families and the public each year of basic information about this plan, including its content, any updates to the plan and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District’s (or schools’) events or activities related to wellness plan implementation. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

### **Triennial Progress Assessments**

At least once every three years, the District will evaluate compliance with the wellness plan to assess the implementation of the plan and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness plan;
- The extent to which the District’s wellness plan compares to the Alliance for a Healthier Generation’s model wellness plan; and
- A description of the progress made in attaining the goals of the District’s wellness plan.

The position/person responsible for managing the triennial assessment and contact information is Bibiana Bernal, RN, School Nurse Coordinator.

The SHAC, in collaboration with individual schools, will monitor schools' compliance with this wellness plan. The District will actively notify households/families of the availability of the triennial progress report.

### ***Revisions and Updating the Plan***

The SHAC will update or modify the wellness plan based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness plan will be assessed and updated as indicated at least every three years, following the triennial assessment.

### ***Community Involvement, Outreach and Communications***

The District is committed to being responsive to community input, which begins with awareness of the wellness plan. The District will actively communicate ways in which representatives of SHAC and others can participate in the development, implementation and periodic review and update of the wellness plan through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness plan, as well as how to get involved and support the plan. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness plan annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

## **III. Nutrition**

### ***School Meals***

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and *Summer Food Service Program (SFSP)*. The District also operates additional nutrition-related programs and activities including *school gardens and Breakfast in the Classroom*. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
  - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
  - Sliced or cut fruit is available daily.
  - Daily fruit options are displayed in a location in the line of sight and reach of students.
  - All available vegetable options have been given creative or descriptive names.
  - Daily vegetable options are bundled into all grab-and-go meals available to students.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other beverages in all coolers.
  - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
  - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).

- Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
- Daily announcements are used to promote and market menu options.
- *Menus will be posted on the District website or individual school websites, and will include nutrient content and ingredients.*
- *Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.*
- *School meals are administered by a team of child nutrition professionals.*
- *The District child nutrition program will accommodate students with special dietary needs.*
- *Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).*
- *Students are served lunch at a reasonable and appropriate time of day.*
- *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*
- *The District will implement at least four of the following five Farm to School activities (meets Healthy Schools Program Gold-level criteria; mark/circle the four activities the District plans to do):*
  - *\*Local and/or regional products are incorporated into the school meal program;*
  - *Messages about agriculture and nutrition are reinforced throughout the learning environment*
  - *\*School hosts a school garden;*
  - *\*School hosts field trips to local farms; and*
  - *\*School utilizes promotions or special events, such as tastings, that highlight the local/ regional products.]*

### **Staff Qualifications and Professional Development**

All school nutrition program directors, managers and staff will meet or exceed annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

### **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day\* and throughout every school campus\* ("school campus" and "school day" are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes.

- *Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.*
- *All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards.*
- Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

### **Competitive Foods and Beverages**

The District is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org).

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day\* [and ideally, the extended school day\*] will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Parents are strongly discouraged from dropping of lunches at all campuses. If dropping off a lunch is absolutely necessary, (for example: due to medically documented medical reasons), the lunch must be clearly marked with student's name and grade and must be dropped off minimum 10 minutes before student's scheduled lunch. Unlabeled lunches or lunches not picked up by student will be discarded. Lunches delivered less than 10 minutes before student's lunch will not be accepted.

### **Celebrations and Rewards**

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including:

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. The District will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards.
3. Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
4. Classroom birthday parties will be limited to two (2) per month at Elementary campus. Celebrations in Middle School or High School will be organized by perspective campus and adhere to Wellness Plan.

### **Fundraising**

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus\* during the school day\*. The District will make available to parents and teachers a list of healthy fundraising ideas [examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)].

- Schools will use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.).
- Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include but are not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc.

### **Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

### **Nutrition Education**

The District will teach, model, encourage and support healthy eating by all students. When feasible, schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, other school foods and nutrition-related community services;
- Includes nutrition education training for teachers and other staff.

### **Essential Healthy Eating Topics in Health Education**

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating through the CATCH (Coordinated Approach to Child Health) in the Elementary and Middle School;

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)

- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

### ***Food and Beverage Marketing in Schools***

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness plan.

Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.<sup>15</sup> This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing plan.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness plan.

#### **IV. Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the district will be encouraged to participate in *Let's Move!, Fuel Up to Play 60* or other physically activity program in order to successfully address all CSPAP areas. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. *This does not include participation on sports teams that have specific academic requirements.* The district will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

- *Outdoor physical activity facilities and spaces will be open to students, their families, and the community outside of school hours: District Walking Trail and outdoor fitness equipment.*
- *The District will work with schools to ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.]*

#### **Physical Education**

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District **elementary students** in each grade will receive physical education for at least 90-140 minutes per week throughout the school year. All District **secondary students** in middle school are required to take the equivalent of three academic years of physical education, excluding medical exemptions. All District **secondary students** in high school are required to take the equivalent of one academic year of physical education, excluding medical exemptions.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Fitnessgram) or other appropriate assessment tool) and will use criterion-based reporting for each student.

*Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.* All physical education classes in District are taught by licensed teachers who are certified to teach physical education.

#### **Essential Physical Activity Topics in Health Education**

The District will include in the health education curriculum a minimum of 12 the following essential topics on physical activity: through the CATCH (Coordinated Approach to Child Health) in the Elementary and Middle School and in PE classes in the High School:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down

- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

District will also partner with outside agencies and schedule presentations on healthy living topics for students in physical education classes and athletics.

### **Recess (Elementary)**

All elementary schools will offer at least **15 minutes of recess** on all days during the school year (*This plan may be waived on early dismissal or late arrival days*). If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

**Outdoor recess** will be offered when weather is feasible for outdoor play. *“Students will be allowed outside for recess except when outdoor temperature is above/below District-set temperature, inclusive of wind chill factors, during “code orange” or “code red” days, during storms with lightening or thunder, or at the discretion of the building administrator based on his/her best judgment of safety conditions.”*

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

### **Before and After School Activities**

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by: participating in ACE program, promoting District and City facilities such as walking trails, outdoor fitness equipment, and basketball court.

### **Active Transport**

The District will support active transport to and from school, such as walking or biking. The District will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to:

- Provide bike racks as feasible
- Instruction on walking/bicycling safety provided to students
- Use crossing guards
- Use crosswalks on streets leading to schools

## **V. Other Activities that Promote Student Wellness**

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness plan, including but not limited to ensuring the involvement of the SHAC.

All school-sponsored events will adhere to the wellness plan guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

### ***Community Partnerships***

The District will *develop, enhance, or continue* relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness plan's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness plan and its goals.

### ***Community Health Promotion and Family Engagement***

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. As described in the "Community Involvement, Outreach, and Communications" subsection, the District will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

### ***Staff Wellness and Health Promotion***

The SHAC will have a campus wellness subcommittee, known as School Wellness Committee (SWC), that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include: optional weight monitoring, free blood pressure monitoring, free blood glucose monitoring (November), offered at each campus. Annual health observance campaigns will also be provided district-wide. The District promotes staff member participation in health promotion programs.

### ***Professional Learning***

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

# Wellness Plan Goals

## **Focus Area 1: NUTRITION PROMOTION**

- GOAL:** The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in all district cafeterias, and other appropriate settings.  
**ACTION STEP:** Publicize school meals daily
  - Menus will be publicized on District and Campus websites
  - Menus will be publicized daily during announcements**Methods of Measuring Implementation**
  - Monthly confirmation of publicized menus
  - Record of daily announcements at each campus
- 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.  
**ACTION STEP:** Promote healthy nutrition
  - Healthy nutrition will be promoted through posters displayed at each campus
  - Provide healthy nutrition information at special events (Parental Conference & Open House)**Methods of Measuring Implementation**
  - Campus Nurse walk-thru designated campus and document location of posters
  - Sign-in sheets at special events and names of vendors providing healthy nutrition
- GOAL:** The District shall encourage that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.  
**ACTION STEP:** Promote healthy nutrition
  - Athletic Department, Club Sponsors and campuses will be informed of goal and advised to notify vendors regarding this goal
  - District will approve advertisements that promote smart snacks and adhere to federal guidelines for competitive foods**Methods of Measuring Implementation**
  - District RN will walk-through district grounds in the early Fall and Spring to determine adherence
  - All non-adherence issues will be reported to the campus principal and superintendent

## **Focus Area 2: NUTRITION EDUCATION**

- GOAL:** The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.  
**ACTION STEP:** Promote MyPlate at all campuses
  - MyPlate announcements monthly at all campuses
  - MyPlate activity for designated students at each campus in the Fall and Spring**Methods of Measuring Implementation**
  - Documentation of announcements made at each campus
  - Sign-in document of students attending MyPlate activity
- GOAL:** The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of curriculum, as appropriate.  
**ACTION STEP:** Nutrition Education at all campuses
  - District RN or campus school nurse, (or nurse assistant at Elementary), will provide nutrition education to students in PE classes at all campuses through video presentations or other materials
  - District RN or campus school nurse, (or nurse assistant at Elementary), will provide nutrition education to special population students not enrolled in PE classes (migrants, special education)**Methods of Measuring Implementation**
  - Roster documentation of PE students participating in presentations
  - Roster documentation or sign-in document of students participating in nutrition education presentation
- GOAL:** The District shall establish and maintain school garden.  
**ACTION STEP:** Each campus shall maintain a school garden during the school year
  - Elementary and Middle School will maintain a garden through ACE or other school program
  - High School will maintain a garden through the school Agriculture program**Methods of Measuring Implementation**
  - Number of students participating in maintaining gardens

## Wellness Plan Goals

### **Focus Area 3: PHYSICAL ACTIVITY**

1. **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.  
**ACTION STEPS:** Provide students not enrolled in PE classes or competitive sports with opportunity to participate in physical activity during the school day
  - Elementary students will be given opportunity participate in physical activity twice a week (playground)
  - Middle School students will be given opportunity participate in physical activity twice a week (tether ball)
  - High students will be given opportunity participate in physical activity twice a week (volleyball)**Methods of Measuring Implementation**
  - District RN will obtain information at the end of the Fall and Spring semester regarding number of days each grade level at each campus is provided opportunity to participate in physical activity
  
2. **GOAL:** The District shall make appropriate after-school physical activity programs available and shall encourage students to participate.  
**ACTION STEPS:** Provide opportunity for students to participate in after-school physical activity programs at each campus
  - ACE Program will provide a minimum of one after-school physical activity program at each campus
  - Before-school physical activity programs will be made available for students as feasible**Methods of Measuring Implementation**
  - District RN or campus nurse, (or nurse Assistant at Elementary) will obtain documentation regarding number of students in after-school physical activity programs
  
3. **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.  
**ACTION STEPS:** Provide health and wellness information to District employees and students minimum of once a month.
  - Lyford CISD “Wellness Works” will promote health and wellness by implementing specific health and wellness campaigns for District Employees a minimum of once per month
  - Lyford CISD “Wellness Works” will promote health and wellness for students a minimum of once per month
  - Health and wellness information will be provided by email, handouts, posters, videos or other media sources**Methods of Measuring Implementation**
  - District RN or campus nurse, (or nurse assistant at Elementary), will obtain number of District employee participants each month
  - District RN or campus nurse, (or nurse assistant at Elementary), will obtain number of student participants each month
  
4. **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.  
**ACTION STEPS:** District will host family events and promote physical activity at least 2 times per school year.
  - District will host a minimum of 2 Community Run/Walks per school year
  - District will host Bike Rodeo for Lyford Elementary**Methods of Measuring Implementation**
  - Sign-in documentation of participants
  
5. **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.  
**ACTION STEP:** District will promote community member use of District and City of Lyford recreational facilities
  - District will promote community member use of the District Walking Trail and outdoor fitness equipment on District and campus website
  - District will promote community use City of Lyford facilities such as park, walking trail and basketball court
  - District will place ad promoting community member use of Lyford CISD and City of Lyford recreational facilities the Raymondville Chronicle once in the Fall and Spring**Methods of Measuring Implementation**
  - Copy of newspaper publication promoting walking trails, park and basketball court

## Wellness Plan Goals

### **Focus Area 4: SCHOOL BASED ACTIVITIES**

1. **GOAL:** The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.  
**ACTION STEPS:** Students times for breakfast or lunch will meet or exceed allowable times as recommended by United States Department of Agriculture.
  - District will meet or exceed the United States of Agriculture recommendations of 10 minutes for breakfast and 20 minutes for lunch, counting from the time they have received their meal and are seated**Methods of Measuring Implementation**
  - District RN or campus nurse will obtain campus lunch schedule for each campus
  
2. **GOAL:** The District shall promote wellness for students and for their families at suitable District and campus activities.  
**ACTION STEPS:** The District will host a minimum of 2 events annually that will include health and wellness promotion
  - District will host annual Parent Conference and include vendors that provide information on health and wellness, including nutrition information
  - District will host annual Open House and include vendors that provide information on health and wellness, including nutrition information**Methods of Measuring Implementation**
  - District RN will obtain vendor sign-in to determine number of vendors providing information on health and wellness, including nutrition information
  
3. **GOAL:** The District shall promote employee wellness activities and involvement at suitable District and campus activities.  
**ACTION STEPS:** Lyford CISD “Wellness Works” will promote health and wellness at district and campus events
  - Health and wellness promotion will be provided via announcements at home Football games a minimum of three (3) games
  - Health and wellness will be promoted at other events as feasible**Methods of Measuring Implementation**
  - District RN will obtain documentation of health and wellness promotions at such events

## Wellness Plan Goals

### **Glossary:**

**Extended School Day** – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.

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## Wellness Plan Goals

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### APPENDIX A: SCHOOL LEVEL CONTACTS

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