

## **HENDERSON ISD HEALTH & WELLNESS POLICY**

### **I. Physical Activities:**

<b>Goals:</b>	<b>Activities</b>	<b>Person(s) Responsible</b>	<b>Timelines</b>	<b>Formative/Summative</b>
1) Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.	PK-5: Physical Education Class  6-8: Physical Education Class; Athletics; Band  9-12: : Physical Education Class (1.5 Credits); Athletics; Band; Drillteam; Cheerleading	District Curriculum Director  Campus Administrators	Beginning:  First day of school and continuing for 187 days	Formative: Class schedules (Day 1 of the school year, or the day in which a student enters school) Evaluations: 6 week periods  Summative: End of semester grade reports Credits earned
2) Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.	U.I.L. Competition  Rusk County Sports Association: Football, Basketball, Softball, Baseball, Soccer  Dance and cheerleading studios	Community-wide outreach	Designated starting dates for activity	Student enrollment in activities
3) Parents and guardians are encouraged to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.	Announcements and flyers are sent home to parents  Parental participation in game-day activities	Campus Administrators, teachers and staff	School sponsored game-day dates	Number of participants in events
4) Teachers, and other school staff will promote enjoyable, lifelong physical activity among students.	Teacher and staff participation in game-day activities; faculty basketball and volleyball games, etc.	Campus Administrators, teachers and staff	School sponsored game-day dates	Number of participants in events

## II. Food and Nutrition:

Goals:	Activities	Person(s) Responsible	Timelines	Formative/Summative
1) Students will receive nutrition education that teaches the skills they need to adopt healthy eating behaviors.	Health education curriculum activities Daily menu information and activities Activity “hand-outs” Poster displays of nutrition and healthy eating habits “Give-A-Ways”: “Message Items”	District Director of Child Nutrition  Campus cafeteria managers	Fall and Spring Semesters	Copies Dissemination of materials Healthy students with health eating habits
2) Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media	Health education curriculum activities Daily menu information and activities Activity “hand-outs” Poster displays of nutrition and healthy eating habits “Give-A-Ways”: “Message Items”	District Director of Child Nutrition  Campus cafeteria managers  Campus Administrator  District media sources	On-going throughout the school year	Collections of information Records of student activities
3) Health education curriculum standards and guidelines which include both nutrition and physical education are included within campus and district plans	Assigned classroom materials and activities	Campus administrators	Fall and spring semester	Health Education TEKS  6 week grade reports
4) Nutrition will be integrated into health education classes	Assigned classroom materials and activities	Campus administrators Health Teachers	18 weeks per semester	Health Education TEKS
5) Nutrition education activities are linked with the coordinated school health program.	Assigned classroom materials and activities	Campus administrators Health Teachers SHAC	Included within curriculum each semester	Health Education TEKS
6) Staff members responsible for providing nutrition education will have appropriate training.	Attendance at required professional development and training	Director of Child Nutrition  Curriculum Director	Professional Development Days	Sign-In Sheet of participants
7) Campuses will conduct nutrition education activities and promotions that involve parents, students, and the community.	“Send-Home” activities  Family Fun-Night Activities	Director of Child Nutrition  Campus Administrators	Monthly promotions	Receipts of information

### III. Food and Beverages:

Goals:	Activities	Person(s) Responsible	Timelines	Formative/Summative
1) Nutrition guidelines will be implemented for foods and beverages in a la carte sales	Texas Nutrition Policy Guidelines will be followed	Director of Child Nutrition SHAC	August prior to beginning of school	Copy of guidelines
2) Nutrition guidelines will be implemented for foods and beverages sold in vending machines and snack bars during the school day	Texas Nutrition Policy Guidelines will be followed	Director of Child Nutrition SHAC	August prior to beginning of school	Copy of guidelines
3) Guidelines for reimbursable meals shall not be less restrictive than the regulations and guidance of the Child Nutrition Act and the National School Lunch Act	National School Lunch Guidelines will be followed	Director of Child Nutrition SHAC	August prior to beginning of school	Copy of guidelines

### IV. Dining Environment:

Goals:	Activities	Person(s) Responsible	Timelines	Formative/Summative
1) Campus staff will provide a clean, safe, enjoyable meal environment for students.	Daily custodial services will be implemented to ensure clean, safe environments	Director of Child Nutrition Campus Administration Custodian Staff Cafeteria Managers	Daily	District and Campus Administrators Health Dept. Inspections
2) Campus staff will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.	Evaluation of facilities with added improvements when needed High School Cafeteria expansion	Director of Child Nutrition Campus Administration	Daily	Daily observations and documentation of serving times
3) Campus staff will make drinking fountains available in all schools, so that students can get water at meals and throughout the day.	Replacement of outdated water fountains on all campuses	District and Campus Administration	Daily	Inspection and observation
4) Campus staff will encourage all students to participate in school meals program and protect the identity of students who eat free and reduced price meals.	Lunch form dissemination to all students, not just the low-socioeconomic students Parental return of lunch forms allowed	Director of Child Nutrition Campus Administration Cafeteria Managers	Daily	Number of students participating in school meals program

## V. Eating Times:

Goals:	Activities	Person(s) Responsible	Timelines	Formative/Summative
1) Students will have adequate time to enjoy eating healthy foods with friends in schools.	Designated lunch periods	Campus Administration	Daily according to Master Schedule	Observation
2) Lunch time will be scheduled as near the middle of the school day as possible.	Designated lunch periods	Campus Administration	Daily according to Master Schedule	Master Schedule

## VI. Food or Physical Activity as a Reward or Punishment:

Goals:	Activities	Person(s) Responsible	Timelines	Formative/Summative
1) Staff will prohibit the use of food as a reward or punishment	Rewards and punishments for good deeds or bad will not include food items	Campus Administration Classroom teachers	August to May	Survey and observation
2) Students will not be denied participation in recess or other physical activities as a form of discipline or for classroom make-up time.	All students will be allowed to participate in recess and/or other physical activities in spite of discipline issues	Campus Administration Classroom teachers	August to May	Survey and observation

## VII. General Environment :

Goals:	Activities	Person(s) Responsible	Timelines	Formative/Summative
1) Administrators will ensure that campuses' fundraising efforts are supportive of healthy eating.	Fund-raisers will be evaluated carefully	Campus Administration	Campus fund-raising calendar	Pre-screening of fund-raising activities Evaluation after activity
2) Administrators will provide for professional development and training	Attendance at designated professional development activities	Director of Child Nutrition  Curriculum Director	Professional Development Days	Sign-In Sheet for participants
3) HISD administrative staff may keep school or district-owned physical activity facilities open for use by students outside school hours.	Campus principals will schedule after school use of facilities	District and campus administrators	Per requests by participants and sponsors	Survey and sign-in and -out sheets
4) HISD administrative staff will encourage parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.	Family Fun-Nights  Eagles' Program (Adult Mentoring)  Campus Game-days	District and campus administrators	On-going	Health habits of stake-holders
5) Students and parents will be provided information and outreach materials about other FNS programs such as Food Stamps, and Women, Infants, and Children (WIC)	Materials disseminated through Parenting classes and counseling sessions	Special Education Director Campus Counselors District At-Risk Coordinator PEP Coordinator	36 weeks (throughout the school year)	Receipts for materials
6) HISD staff will encourage all students to participate in school meals program, i.e. the National School Lunch, including snacks for After School Program, and School Breakfast programs.	Information given to all students during campus orientation programs	District and Campus Administrators	36 weeks (throughout the school year)	Information Packets  Number of participants

7) HISD will adopt and implement a coordinated school health program.

The curriculum Beinestar will Be taught through PE classes in grades PK-2. The curriculum The Great Body Shop will Be taught through PE classes In grades 3-5. For Middle School and High School,. The text book Texas Holt Lifetime Health will be taught In grades 8-12.

PE teachers  
Campus teachers  
SHAC

One time a week  
starting 4/1/07

Lesson handouts  
Parent communication

**Revised 2-07**

**Adopted by HISD Board of Trustees  
June 6, 2006**