

WELLNESS PLAN

This document, referred to as the “wellness plan” (the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]

The District’s local school health advisory council (SHAC) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

STRATEGIES TO SOLICIT INVOLVEMENT

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC will solicit involvement and input from parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

- (1) Posting opportunities on the district’s website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.
- (2) Creating a SHAC subcommittee dedicated to the annual review and development of the wellness plan and related documents.

RESPONSIBILITY FOR IMPLEMENTATION

Each campus principal is responsible for implementing FFA(LOCAL) and this wellness plan at his or her campus, including submitting necessary information to the SHAC for evaluation.

The SHAC Facilitator is the District official responsible for overall implementation of FFA(LOCAL), including development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

The designated official for oversight of the District’s wellness policy and plan is Amanda Kennington. Individuals interested in participating to assist in the process, please contact SHAC@gccisd.net.

GUIDELINES AND GOALS

The following provisions describe the District’s nutrition guidelines and activities and objectives chosen by the SHAC to implement the Board-adopted wellness goals in policy FFA (LOCAL).

GOALS FOR 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 SHAC will monitor this by:

1. Monthly Nutrition Promotion Implementation Plan by Nutrition Services Department.
2. Quarterly visits to campus by District SHAC Facilitator or his/her appointee.

3. Annual campus completion and review of CDC’s School Health Index/Alliance For Healthier Generation’s Healthy School Assessment to be completed by the principal and campus school health advisory committee (C-SHAC).
4. K-8 CATCH 9 Weeks Implementation Survey to be completed by campus faculty and staff.

Although the District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SHAC will make recommendations when replacements or new contracts are considered.

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

IMPLEMENTING GOALS FOR NUTRITION PROMOTION

GOAL 1: The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	
Objective 1: All GCCISD schools will implement evidence-based healthy food promotion techniques through the school meal programs using marketing and promotion strategies.	
Action Steps (School and Community Stakeholders)	Methods for Measuring Implementation

<ul style="list-style-type: none"> • School nutrition staff will use at least five or more of the Smarter Lunchroom techniques. • The District Marketing/Community Outreach Manager and school nutrition staff will implement monthly displays (i.e., ACE Healthy Bites) and ensure 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Schools may consider using the Food & Beverage Marketing Assessment Tool. • Cafeteria staff, students, administrators and the wider school community will assist with strategies to implement the Smarter Lunchrooms Movement. • Nutrition Services in coordination with the HCSC will present information annually regarding the benefits of school meals to teachers and administrators on the C-SHAC. • The District shall recognize School Breakfast Week (March) and National School Lunch Week (October) annually. <ul style="list-style-type: none"> • C-SHAC will utilize (i.e., display on bulletin board, digital monitors, etc.) marketing materials (i.e., CATCH: GO, SLOW, & WHOA, USDA Team Nutrition, etc.) that promote healthy nutrition messaging and will provide recognition or non-food rewards for selecting healthy food choices. • The District Nutrition Services Director will ensure School food service managers include a variety of offerings in school meals. • Healthy Community School Coordinator (HCSC) will present to C-SHAC and promote through the <i>Whole Child Wellness Award</i>. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Agendas and sign-in sheets • K-8 CATCH 9 weeks Implementation Survey • District Annual Healthy School Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> • Smarter Lunchroom Scorecard English/Spanish <ul style="list-style-type: none"> • C-SHAC Rosters • Food & Beverage Marketing Assessment Tool • CDC (Marketing & Promotion Strategies)/F&M <ul style="list-style-type: none"> • USDA Team Nutrition Posters • Monthly menus and promotional materials (ACE Healthy Bites posters) <ul style="list-style-type: none"> • Digital marketing resources • Resources for SBP & NSLW • CATCH Go, Slow, & Whoa Posters • Non-food rewards; Sample Student Survey <p>Obstacles:</p> <ul style="list-style-type: none"> • Cafeteria managers will need to ensure that the messages are accessible (not covered during other promotions) <ul style="list-style-type: none"> • Broken technology (display monitors) <ul style="list-style-type: none"> • Staff attrition <p>Evaluation:</p> <ul style="list-style-type: none"> • District Annual Healthy School Assessment <ul style="list-style-type: none"> ○ Question: NS-4*, NS-5*, NS-10*, SS-1* (FR), SS-2* (FR), SS-3* (FR), SS-4 (FR) • K-8 CATCH 9 Weeks Implementation Survey • Quarterly site-visits and documentation
<p>Objective 2: GCCISD Nutrition Services staff will collaborate with teachers to promote and integrate healthy nutrition messages to reinforce nutrition education lessons taught in classrooms.</p>	
<p>Action Steps (School and Community Stakeholders)</p>	<p>Methods for Measuring Implementation</p>

<ul style="list-style-type: none"> ● The District Nutrition Service Director will provide a procedure to guide school staff on how to engage and provide nutrition education opportunities. ● Nutrition Services staff will communicate (i.e., photographs, email, etc.) with teachers and use various methods to collaborate (i.e., display educational materials that reinforce classroom lessons, provide food for use in classroom nutrition education, teach lessons or give presentations to students, tasting party, presentation on nutrition and food services to PTO, sports nutrition - in collaboration with coaches, classroom tour of cafeteria or meet and greet with School Nutrition staff, etc.). ● Cafeteria staff, classroom teachers and physical education teachers will display visuals on campus promoting healthy nutrition in the classroom, hallways, and other areas where students gather throughout the school environment. ● HCSC will present to C-SHAC and promote through the <i>Whole Child Wellness Award</i>. ● K-8 Cafeteria staff, classroom teachers and physical education teachers will align nutrition messaging with the Coordinated School Health program and the Coordinated Approach to Child Health (CATCH) Coordination Kit. ● All campus faculty, staff and District personnel will role model and encourage healthy behaviors for students and families (i.e. Cafeteria staff and lunchroom supervisors will encourage and praise students who take and try GO foods). 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Annual Healthy School Assessment <ul style="list-style-type: none"> ● Agendas and sign in sheets ● K-8 CATCH 9 Weeks Implementation Survey <p>Resources needed:</p> <ul style="list-style-type: none"> ● Promoting and Integrating Healthy Messages in Your Classroom <ul style="list-style-type: none"> ● Nutrition Education Resources ● Staff access to the District-adopted CATCH Coordination Kit <p>Obstacles:</p> <ul style="list-style-type: none"> ● Access to technology in PE classrooms <p>Evaluation:</p> <ul style="list-style-type: none"> ● District Annual Healthy School Assessment <ul style="list-style-type: none"> ○ Question: NS-8*, NS-9* ● K-8 CATCH 9 Weeks Implementation Survey ● Quarterly site-visits and documentation
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<p>GOAL 2: 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.</p>	
<p>Objective 1: Use various methods to communicate resources and information with families regarding the benefits of and approaches for healthy eating throughout the school year.</p>	
<p>Action Steps (School and Community Stakeholders)</p>	<p>Methods for Measuring Implementation</p>

<ul style="list-style-type: none"> • The District Nutrition Services Department will use electronic mechanisms (e.g., email or displaying notices on the district's Nutrition Services Department website, social media posts, etc.), as well as non-electronic mechanisms, (i.e., 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 to maximize participation in school meals programs (i.e., universal free breakfast after the bell, alternative points of sale for reimbursable vending options, etc). • Nutrition Services will ensure a monthly menu is available to families. Menu information is shared on the department web page and the GCCISD mobile app. (Nutrislice), and social media (Twitter:@gccisdnutrition). • Cafeteria and C-SHAC will communicate healthful nutrition tips in a variety of methods (i.e., announcements, signage, posters, games, videos, newsletters, flyers, etc.) consistent with the Coordinated School Health Program. • Campus administrators will provide information about birthday party celebrations. • HCSC will present to C-SHAC and promote through the <i>Whole Child Wellness Award</i>. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • K-8 CATCH 9 Weeks Implementation Survey • District Annual Healthy School Assessment • Participation rates in federal child nutrition programs monthly <p>Resources needed:</p> <ul style="list-style-type: none"> • Flyers and access to various media that promotes healthful food choices • Monthly menus (Registered Dietician) • Monthly meal participation reports <ul style="list-style-type: none"> • Nutrislice mobile application • GCCISD Nutrition Services Website • Professional development for Nutrition Services staff and C-SHAC • Staff access to the District-adopted curriculum, CATCH <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to technology at home <ul style="list-style-type: none"> • Rare system failure <p>Evaluation:</p> <ul style="list-style-type: none"> • Annual Healthy School Assessment <ul style="list-style-type: none"> ○ Question: NS-2*, NS-3* • K-8 CATCH 9 Weeks Implementation Survey
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Objective 2: Provide resources and information to community members that positively influence their nutrition habits.

<p>Action Steps (School and Community Stakeholders)</p>	<p>Methods for Measuring Implementation</p>
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<ul style="list-style-type: none"> • The HCSC will collaborate with District personnel and campus staff to communicate information (FB: Goose Creek CISD & Twitter: @GCCISD) for families to have access to community food distribution and nutrition resources. • NS Marketing & Communications Manager will share health tips, recipes, nutrition information, emotional well-being, and healthy lifestyles with the community on their social media page (Twitter: @gccisdnutrition) from the partnership between Aramark and The American Heart Association. • HCSC will present to C-SHAC and promote through the <i>Whole Child Wellness Award</i>. <ul style="list-style-type: none"> • C-SHAC will incorporate healthy nutritional messaging at applicable campus-based events. • C-SHAC will promote school-based health fairs or wellness events on community boards or campus marquee. • C-SHAC will encourage community members to attend school-based health fairs or wellness events/challenges. • The HCSC will encourage community members to attend district-wide health fairs or wellness events/challenges. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Agendas and sign in sheets • K-8 CATCH 9 Weeks Implementation Survey <ul style="list-style-type: none"> • Annual Healthy School Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> • Community food distribution resources • Feed Your Potential (Aramark & AHA) • Flyers and access to various media that promotes healthful food choices • Staff access to the District-adopted curriculum, CATCH <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to technology at home <ul style="list-style-type: none"> • Rare system failure <p>Evaluation:</p> <ul style="list-style-type: none"> • Annual Healthy School Assessment <ul style="list-style-type: none"> ◦ Question: PO-8 • K-8 CATCH 9 Weeks Implementation Survey <ol style="list-style-type: none"> 1. Number of ways CATCH was promoted
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GOALS FOR 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 component addressing nutrition services and health education at the elementary and middle school levels. [See EHAA]

IMPLEMENTING GOALS FOR NUTRITION EDUCATION

<p>GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p>	
<p>Objective 1: Students in K-8th grade will receive two nutrition lessons each 9 weeks grading period as part of the coordinated school health program (CATCH).</p>	
<p>Action Steps (School and Community Stakeholders)</p>	<p>Methods for Measuring Implementation</p>

<ul style="list-style-type: none"> • The District HCSC will provide C-SHAC with professional development opportunities to successfully implement and sustain CATCH. • The HCSC will provide CATCH access to eligible staff, CSH YAAG Nutrition lessons, and check-ins with C-SHAC each 9 week grading period. • Teachers will present nutrition lessons (sequential and comprehensive) and include them in their lesson plans. • The Athletics Department (Physical Education & Health), C&I Department over HS Health and HCSC will develop a health education curriculum addressing essential topics on healthy eating curriculum and provide guidance to PE Teachers and C-SHAC Chairs to facilitate nutrition education delivery in the physical education and classroom setting. • K-5 Nutrition education curriculum will be presented by classroom teachers, physical education teachers using CATCH (Coordinated Approach to Child Health) Classroom Curriculum and supported by the Food Services Department (i.e. CATCH, Aramark Education, Dairy Max). • 6-8 Nutrition education curriculum will be presented by the physical education teachers using CATCH (Coordinated Approach to Child Health) Classroom Curriculum and supported by the Food Services Department in the cafeteria (i.e. CATCH, Aramark Education, Dairy Max). • Eligible staff will complete CATCH 9 Weeks Implementation Surveys. • C-SHAC will complete Annual Healthy School Assessment. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Agendas and sign-in sheets • K-8 CATCH 9 Weeks Implementation Survey <ul style="list-style-type: none"> • Annual Healthy School Assessment <ul style="list-style-type: none"> • Lesson plans <p>Resources needed:</p> <ul style="list-style-type: none"> • Coordinated School Health Year at a Glance (YAAG) CATCH Nutrition lessons • Staff have access to the District adopted Coordinated School Health curriculum, CATCH • Professional development for district staff and campus school health advisory committee <ul style="list-style-type: none"> • Dairy Max; Aramark Ace's Fan Club <p>Obstacles:</p> <ul style="list-style-type: none"> • Time to teach lessons • Access to technology in classroom <p>Evaluation:</p> <ul style="list-style-type: none"> • Annual Healthy School Assessment <ul style="list-style-type: none"> ◦ Question: HPE-3, HPE-8, HPE-11 • CATCH 9 Weeks Implementation Surveys <ul style="list-style-type: none"> ◦ Question: <ol style="list-style-type: none"> 1. Number of teachers reporting teaching nutrition lessons each grading period? 2. Number of nutrition education lessons taught each grading period? 3. Number of students impacted? 4. Percentage of respondents per campuses responding to CATCH 9 Weeks Implementation Surveys
<p>Objective 2: Students in 9-12th grader will receive nutrition lessons throughout the school year as part of the health education curricula.</p>	
<p>Action Steps (School and Community Stakeholders)</p>	<p>Methods for Measuring Implementation</p>

<ul style="list-style-type: none"> ● Associate Director of High School Health will include nutrition lessons that address essential topics on healthy eating in the HS Health Scope and Sequence and provide professional development to support delivery of curriculum. ● 9-12 Nutrition education curriculum will be presented by the teachers of health education, health science technology, and other electives and will be supported by the Food Services Department in the cafeteria. ● C-SHAC will complete Annual Healthy School Assessment. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Annual Healthy School Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> ● 9-12 Health Education Scope and Sequence <ul style="list-style-type: none"> ● Professional development <p>Obstacles:</p> <ul style="list-style-type: none"> ● <p>Evaluation:</p> <ul style="list-style-type: none"> ● Annual Healthy School Assessment <ul style="list-style-type: none"> ○ Question: HPE-9, HPE-11
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GOAL 2: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

Objective 1: Campus faculty and staff and nutrition services staff will reinforce nutrition lessons during the school day and in various locations within the school throughout the school year.

Action Steps (School and Community Stakeholders)	Methods for Measuring Implementation
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<ul style="list-style-type: none"> Physical education teachers will support the CATCH classroom nutrition lessons by including at least one activity per 9 weeks that supports the overall nutrition/wellness goals on K-8 campuses. The District will align nutrition education with the National Health Education Standards and incorporate characteristics of an effective health education curriculum. The HCSC and Nutrition Services Department will plan at least one cafeteria activity per 9 weeks and communicate with (C-SHAC) that supports the overall 9 weeks CATCH nutrition education lesson for K-8 campuses. K-8 C-SHAC will communicate CATCH Star Tasks with campus faculty and staff to complete during each 9 weeks grading period (i.e. reinforce the language of CATCH, display healthy visuals in the classroom and on bulletin boards, and encourage healthy habits during school and after school during family engagement events). Family Involvement Coordinators will share nutrition information and resources with families. HCSC will present to C-SHAC and promote through the <i>Whole Child Wellness Award</i>. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <p>Resources needed:</p> <ul style="list-style-type: none"> K-8 Access to CATCH Coordination Kit <ul style="list-style-type: none"> Star Task List each grading period National Health Education Standards <p>Obstacles:</p> <ul style="list-style-type: none"> Designated time to plan/communicate <p>Evaluation: CATCH Implementation Surveys each 9 weeks.</p> <ul style="list-style-type: none"> Annual Healthy School Assessment <ul style="list-style-type: none"> Question: HPE-11 K-8 CATCH 9 Weeks Implementation Survey
<p>Objective 2: Department of Curriculum and Instruction will embed K-8 nutrition lessons into classroom subjects and nutrition will be part of health education classes and elective subjects for grade 9-12.</p>	
<p>Action Steps (School and Community Stakeholders)</p>	<p>Methods for Measuring Implementation</p>

<ul style="list-style-type: none"> ● C&I Associate Directors will identify areas to embed nutrition education in the core area TEKS (e.g., counting with pictures of fruits and vegetables, learning fractions by measuring ingredients for a recipe, examining how plants grow, learning about cultural food traditions, etc.). ● C&I Director of Curriculum will identify literature and books that incorporate nutrition to include in classroom readings. ● C&I Associate Directors will share the integrated curriculum with K-8 CIS. ● CIS at each K-8 campus will provide integrated curriculum with teachers. ● C&I Associate Directors will share integrated curriculum with high school health teachers and other elective subjects. ● Teachers of health education will provide opportunities for students to practice or rehearse skills to maintain and improve their health in healthy eating. ● HCSC will collaborate with core academic areas to integrate nutritional information as appropriate within the core curriculum. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Evidence that all students receive health education, including nutrition education, in all grades. <p>Resources needed:</p> <ul style="list-style-type: none"> ● Curriculum and Curriculum Experts ● Staff training materials/resources ● CDC: Opportunities for Nutrition Education in Schools <p>Obstacles:</p> <ul style="list-style-type: none"> ● <p>Evaluation:</p> <ul style="list-style-type: none"> ● Annual Healthy School Assessment <ul style="list-style-type: none"> ○ Question: HPE-12
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GOAL 3 : The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

Objective 1: Teachers and other staff will receive annual nutrition education training, technical assistance, and resources to implement coordinated school health programming throughout the school year.

Action Steps (School and Community Stakeholders)	Methods for Measuring Implementation
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<ul style="list-style-type: none"> ● Nutrition Services Director will provide nutrition program directors, managers, and staff with continuing education/training hours required by the USDA's Professional Standards requirements. Topics may include, but are not limited to, food safety and Hazard Analysis Critical Control Point (HACCP), nutrition standards updates in school meals, food sensitivities and allergies, meal counting and claiming, customer service, or food production techniques, Smarter Lunchrooms Movement principles, strategies and practices. ● The HCSC will coordinate CATCH training opportunities with the Nutrition Services and the Athletics Department will provide professional development to elementary and middle school C-SHAC. ● C-SHAC's will provide nutrition education information to campus faculty and staff to effectively deliver nutrition education programs as planned. ● Principals will ensure campus staff are available for training, have access to nutrition curriculum, deliver programs and lessons and disseminate resources. ● District HCSC will provide support and assist elementary and middle school C-SHAC through quarterly check-ins with C-SHAC Champion and monthly site-visits to each K-8 campus. ● District NSD will host at least one food presentation at least annually with C-SHAC (teachers and administration) to provide district personnel with an overview of Federal nutrition guidelines and the benefits of school meals provided. ● HCSC will present to C-SHAC and promote through the <i>Whole Child Wellness Award</i>. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Agenda and sign-in sheets <p>Resources needed:</p> <ul style="list-style-type: none"> ● USDA Professional Standards ● Training for faculty and staff <ul style="list-style-type: none"> ● Materials <p>Obstacles:</p> <ul style="list-style-type: none"> ● <p>Evaluation:</p> <ul style="list-style-type: none"> ● Annual Healthy School Assessment <ul style="list-style-type: none"> ○ Question: NS-6*
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<p>GOAL 4: The District shall develop farm-to-school activities into the school food programs.</p>	
<p>Objective 1: Schools will implement at least three or more farm to school activities to integrate farm to school concepts into the comprehensive health education curriculum.</p>	
<p>Action Steps (School and Community Stakeholders)</p>	<p>Methods for Measuring Implementation</p>

<ul style="list-style-type: none"> ● C-SHAC will designate staff to oversee farm-to-school activities (e.g., classroom lessons, field trips to local farms, farmers/producers participate in career day, etc.) and contact agencies to coordinate partnerships to include and create an action plan to maintain any on-site school/classroom gardens. ● Designated school staff will contact partners for garden project proposals for the campus or will establish a garden by other means such as establishing classroom gardens (e.g., hydroponic gardening). ● Schools will incorporate nutrition-based curricula and provide students with experiential learning opportunities such as farm visits, school garden-based learning and recycling programs. <ul style="list-style-type: none"> ● The District HCSC, Science Department, and Nutrition Services will make resources and outside partner contact information available to support implementation and maintenance of school gardens at campus level as appropriate. ● The District HCSC will cultivate partnerships for funding and direct services to support campus school gardens. ● School staff will partner with community agencies and District Nutrition Services to educate students about agriculture, food, health, and nutrition (e.g., engaging students in hands-on learning through cooking lessons, cooking demonstrations, creating a recipe with garden foods, tastings highlighting local/regional products, etc.). ● Schools will partner with GCCISD High School groups and community volunteers to aid in maintenance of gardens. ● Nutrition Services will include local and/or regional product(s) into the school meal programs and promote on school menus. ● HCSC will present to C-SHAC and promote through the <i>Whole Child Wellness Award</i>. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● # of schools with a school/classroom garden <p>Resources needed:</p> <ul style="list-style-type: none"> ● Campus designee ● Agency contacts: TAMU AgriLife Extension, Fuel Up to Play 60, Dairy Max <ul style="list-style-type: none"> ● Farm to School Activities- (*Alt. link) ● Resource: National Farm-to-School Network; Learning Through the Garden; USDA Farm to School ● School garden project funding - e.g., United Way Day of Caring Grant ● District group contacts: HS Ag Dept, SCTHS <p>Obstacles:</p> <ul style="list-style-type: none"> ● Maintaining school garden ● Scheduling with agencies ● Time to coordinate activities/events <p>Evaluation:</p> <ul style="list-style-type: none"> ● Annual Healthy School Assessment: <ul style="list-style-type: none"> ○ Question: NS-12* (FR)
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GOALS FOR PHYSICAL ACTIVITY

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

The following addresses how the District meets the required amount of physical activity:

The CDC recommends 60 minutes of physical activity for children and adolescents. Time allotted for physical activity will be consistent with research and state standards.

- Students kindergarten - grade 5 participate in moderate or vigorous physical activity for at least 30 minutes daily or 135 minutes weekly as part of the District’s physical education (TEKS-based) program or through structured activity during a campus's daily recess.

- Students in grades 6-8 participate in moderate or vigorous physical daily activity for at least 30 minutes for at least four semesters during those grade levels as part of the district’s physical education (TEKS-based) curriculum or for at least 225 minutes during each period of two school weeks as part of the District’s physical education program.
- Students in grade 9-12 are required to one credit of physical education as part of the District’s physical education program or an approved substitute.
- Schools will implement physical activities from an approved coordinated health program for grades kindergarten - grade 8.

The GCCISD Board of Trustees support the following SHAC recess guidelines to provide physically active opportunities for all elementary school students:

- Recess should not replace the required weekly physical education minutes.
- Recess is unstructured playtime where children have choices, develop rules for play, and release energy and stress.
- Recess should not be withheld from a student (i.e., disciplinary reasons and/or tutorials).
- Recess should be viewed as a necessary educational support component for all children.
- Schools should develop schedules that provide for supervised, daily recess in grades pre-kindergarten through grades five.
- It is recommended that recess occur before lunch (when possible) to encourage healthy eating habits.
- Schools should provide the facilities/equipment and supervision necessary to ensure a safe, enjoyable recess experience.
- Schools should encourage frequent physical activity (brain breaks) during each hour of seated instruction.

IMPLEMENTING GOALS FOR PHYSICAL ACTIVITY

Federal law requires that the District establish goals for physical activity in its wellness policy.

In accordance with state law and FFA (LOCAL), the District has established the following goal(s) for physical activity.

GOAL 1: The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.	
Objective 1: Elementary (PK-5) campuses will provide opportunities to engage in physical activity during a minimum of 20 minutes of daily unstructured recess on the playground and/or unconventional locations.	
<u>Action Steps (School and Community Stakeholders)</u>	Methods for Measuring Implementation

<ul style="list-style-type: none"> ● Principal will determine the schedule that is best suited for their site needs to include regular periods in the school day for unstructured physical activity and play supervised by trained staff or volunteers. ● Elementary campuses are encouraged to consider scheduling recess before lunch as research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste. ● Principal will communicate physical activity and recess policy in the student/staff/parent school handbook, train students on recess expectations, and train recess supervisors on roles and responsibilities. <ul style="list-style-type: none"> ○ PE Teachers will clearly communicate and practice game rules with students and staff and establish boundaries for play for recess. ○ Counselors will work with recess supervisors to teach conflict resolution strategies to support active recess. <ul style="list-style-type: none"> ○ Recess supervisors will encourage students to be physically active and engaged with their peers in activities of their choice. ○ Principals will prohibit using physical activity or withholding recess as a form of punishment. ● HCSC will provide professional development for classroom teachers, and grant resources to enhance the physical environment for active recess. ● HCSC will present to C-SHAC and promote through the <i>Whole Child Wellness Award</i>. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● S-PAPA Survey ● Agenda and sign-in sheets ● Campus recess schedule <p>Resources needed:</p> <ul style="list-style-type: none"> ● D-SHAC Recess Recommended Guidelines ● Alternatives to Withholding Recess or Physical Activity ● Training/Staff Development for Classroom Teachers: Recess for ALL!; Indoor Recess Strategies (HCSC) <ul style="list-style-type: none"> ● CDC Resources ● Grant opportunities <p>Obstacles:</p> <ul style="list-style-type: none"> ● Scheduling ● Money for recess equipment ● Maintaining recess equipment <p>Evaluation:</p> <ul style="list-style-type: none"> ● Annual Healthy School Assessment ○ Question: PA-1* (FR); PA -4, PA-6*, PA-7* <ul style="list-style-type: none"> ● S-PAPA Survey
<p>Objective 2: Deliver physical education classes that regularly emphasize moderate to vigorous activity through standards-based, age-appropriate, and sequential curricula.</p>	
<p><u>Action Steps (School and Community Stakeholders)</u></p>	<p>Methods for Measuring Implementation</p>

<ul style="list-style-type: none"> ● GCCISD HCSC will provide curriculum documents and guidance for the K-8th grade CATCH Physical Activity programs ● GCCISD Athletic Department will provide curriculum documents and guidance for standards-based instruction including professional development focused on physical education best practices. ● Principal will verify that teachers who deliver physical education instruction are licensed teachers who are certified or endorsed to teach physical education. ● Curriculum and instruction implemented to provide for student choice. ● Physical education teachers will provide lessons during physical education that are age- and developmentally appropriate and incorporate essential health education. ● Instruction will be focused on ensuring that students enjoy physical activity and have the skills and knowledge to make healthy choices. ● Through teaching strategies and games in the CATCH curriculum students will be engaged in moderate to vigorous activity. Students will learn, practice, and be assessed on developmentally appropriate motor skills, social skills and knowledge. ● High school students that participate in activities and educational settings that substitute for PE will be encouraged to be involved in a physical activity and encouraged to lead healthy lives. ● Physical Education Teachers will emphasize the skills and concepts that address lifelong health effects of exercise during the activities that they teach throughout the year (i.e. walkathons, jumpathons, tournaments, fun runs, health fairs, etc.). ● Physical education teachers will provide instruction and student practice on the components of health-related fitness and conduct physical fitness and activity assessments for students in grades 3-12 as required. ● Principals will ensure that physical activity is not withheld as a form of punishment. ● Campus Instructional Leadership Teams and school Principals will plan a PE schedule that will best suit their campus and provide an appropriate teacher/student ratio with adequate space and equipment to provide a safe environment that is conducive to learning. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● CATCH Implementation Surveys <p>Resources needed:</p> <ul style="list-style-type: none"> ● Staff has access to professional development on instructional delivery that is age- and developmentally appropriate ● Staff has access to professional development on student empowerment strategies. ● Staff has access to physical education curriculum documents <ul style="list-style-type: none"> ● <u>National PE Standards</u> ● Staff has access to adequate equipment for physical activity <ul style="list-style-type: none"> ● Staff will have access to professional development on the fitness education process <p>Obstacles:</p> <ul style="list-style-type: none"> ● Access to resources ● Inadequate facilities for physical education/health class ● Access to technology in the gymnasium ● Professional development for PE teachers <p>Evaluation:</p> <ul style="list-style-type: none"> ● On-site observation during PE class ● Annual Healthy School Assessment <ul style="list-style-type: none"> ○ Question: HPE-4, HPE-7, HPE-10 ● K-8 CATCH 9 Weeks Implementation Survey <ol style="list-style-type: none"> 1. Number of CATCH PA lessons taught per grading period <ul style="list-style-type: none"> ● District PECAT ● FitnessGram
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<ul style="list-style-type: none"> ● District leaders will work together with the SHAC Physical Activity & Fitness Subcommittee to develop strategies to increase physical activity and fitness levels and communicate to C-SHAC. 	
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GOAL 2 : The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective 1: Provide research-based information and examples of integrating physical activity into the classroom as a way to prepare the brain to learn.

<u>Action Steps (School and Community Stakeholders)</u>	Methods for Measuring Implementation
<ul style="list-style-type: none"> ● GCCISD HCSC will partner with the Athletics Department to provide professional development opportunities for PE teachers to promote and integrate physical activity into the classroom ● PE teachers will provide campus classroom teachers with training at least once a year on promoting and integrating physical activity in the classroom. ● Students will be provided opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods. ● C-SHAC and PE teachers will provide additional strategies to staff to integrate physical activity into the classroom. ● District faculty and staff will work together with the SHAC Physical Activity & Fitness Subcommittee to develop and communicate strategies to increase physical activity and fitness throughout the school day. ● Campus Principals and CIS will promote the use of physical activity within academic classrooms through activities such as: brain breaks/boosters, energizers, CATCH activity breaks, kinesthetic learning strategies, action based learning labs/strategies). ● HCSC will present to C-SHAC and promote through the <i>Whole Child Wellness Award</i>. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Annual Healthy School Assessment ● CATCH 9 weeks Implementation Survey <p>Resources needed:</p> <ul style="list-style-type: none"> ● Training, Staff Development <ul style="list-style-type: none"> ● Staff access to professional development on the benefits of physical activity in the classroom <p>Obstacles:</p> <ul style="list-style-type: none"> ● Push into core content ● Access to resources <p>Evaluation:</p> <ul style="list-style-type: none"> ● Annual Healthy School Assessment <ul style="list-style-type: none"> ○ Question: PA-2 (FR) ● (K-8) CATCH 9 weeks Implementation Survey <ul style="list-style-type: none"> ○ Number of times classroom teacher respondents reported incorporating physical activity breaks

Objective 2: Provide staff responsible for teaching physical education with annual professional development.

<u>Action Steps (School and Community Stakeholders)</u>	Methods for Measuring Implementation

<ul style="list-style-type: none"> ● The GCCISD Athletic Department will provide professional development opportunities for physical education teachers to effectively implement the Texas Essential Knowledge and Skills for physical education (TEKS) programs as planned. ● GCCISD Athletic Department will provide staff training and instruction on the administration of CPR/AED. ● GCCISD Healthy Community School Coordinator will provide opportunities for K-8th grade PE teachers to participate in whole child leadership training to increase program-specific instructional techniques and strategies for CATCH implementation. ● GCCISD Athletic Department will provide professional development opportunities for physical education teachers and athletic coaches that support best practices for health-related fitness assessment. ● GCCISD Athletic Department will provide PE teachers with information and materials to assist in delivering physical education. ● District leaders will work together with the SHAC Physical Activity & Fitness Subcommittee to develop strategies to increase physical activity and fitness throughout the school day (i.e. CATCH, kinesthetic learning, action based learning labs, strategies) and communicate to C-SHAC. 	<p>Baseline or benchmark data points:</p> <p>Resources needed:</p> <ul style="list-style-type: none"> ● Professional development for teachers who deliver PE instruction - e.g., AHG MVPA Series <ul style="list-style-type: none"> ● Training -CPR/AED/CATCH ● Information and materials for PE Teachers: SHAPE America Teacher's Toolbox <p>Obstacles:</p> <ul style="list-style-type: none"> ● Funding <p>Evaluation:</p> <ul style="list-style-type: none"> ● Annual Healthy School Assessment: <ul style="list-style-type: none"> ○ Question: HPE-5, HPE-6*
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<p>GOAL 3: The District shall make appropriate before-school and after school physical activity programs available and shall encourage students to participate.</p>	
<p>Objective 1: Students will be 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.</p>	
<p><u>Action Steps (School and Community Stakeholders)</u></p>	<p>Methods for Measuring Implementation</p>

<ul style="list-style-type: none"> ● C-SHAC will plan/identify and share opportunities for before after school physical activity opportunities on campus. ● Campuses will offer school sponsored events and will adhere to the LWP guidelines and include physical activity and healthy eating opportunities when appropriate throughout the school year. <ul style="list-style-type: none"> ● District HCSC will promote and encourage student participation in community physical activity events ● Schools will work with community-based, out-of-school time (OST) programs (e.g., Boys & Girls Clubs, 21st Century Community Learning Centers, Parks and Recreation) to develop and implement routine activities. ● District will promote through the <i>Growing Healthy Giants Award</i>. 	<p>Baseline or benchmark data points:</p> <p>Resources needed:</p> <ul style="list-style-type: none"> ● Stipends ● Addition of Clubs (Stipends) <ul style="list-style-type: none"> ● Flyers ● Resources: How to Start a Walking Club; Marathon Kids <p>Obstacles:</p> <ul style="list-style-type: none"> ● Money ● Personnel <p>Evaluation:</p> <ul style="list-style-type: none"> ● Annual Healthy School Assessment: <ul style="list-style-type: none"> ○ Question: PO-10, PA-4
<p>Objective 2: GCCISD schools will promote or support walking and bicycling to and/or from school throughout the school year.</p>	
<p><u>Action Steps (School and Community Stakeholders)</u></p>	<p>Methods for Measuring Implementation</p>

<ul style="list-style-type: none"> ● The District and schools will collaborate with GCCISD police department to report and create safe conditions for walking/biking to school (crossing guards, designation of safe or preferred route, walking school buses, etc.). ● Campuses will work with community organizations to promote walk/bike to school events and provide instruction for pedestrian/bike safety education. ● Campuses will promote participation in International Walk to School Day, National Bike to School Week, and other active transportation activities (e.g., instruction on walking/bicycling safety provided to students). ● Campuses will provide safe storage facilities for bicycles and other transportation modes, such as skateboards and scooters. ● The District Healthy Community School Coordinator will provide community resource contact information. ● HCSC will present to C-SHAC and promote through the <i>Whole Child Wellness Award</i>. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Annual Healthy School Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> ● Bike Racks (Safe Storage) ● Crosswalks/Sidewalks & Crossing Guards <ul style="list-style-type: none"> ● Sponsors ● Flyers ● Resources: Walk Bike to School Alternatives; Safe Routes to School; Safe Routes to School Building Blocks: A Guide to Starting and Growing a Safe Routes to School Program <p>Obstacles:</p> <ul style="list-style-type: none"> ● Time/Scheduling ● Funding ● City Guidelines <p>Evaluation:</p> <ul style="list-style-type: none"> ● Annual Healthy School Assessment <ul style="list-style-type: none"> ○ Question: PA-3 (FR)
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<p>GOAL 4. The District shall make appropriate training and other activities available to District employees in order to promote employee wellness and healthy lifestyles.</p>	
<p>Objective 1: The GCCISD Employee Wellness Department will offer staff training and health promotion programs and activities that are accessible and free or low-cost.</p>	
<p><u>Action Steps (School and Community Stakeholders)</u></p>	<p>Methods for Measuring Implementation</p>

<ul style="list-style-type: none"> ● District Employee Wellness Director will conduct Employee Wellness Survey to all GCCISD full-time employees to identify health assessment needs for staff members ● The Employee Wellness Department (EWD) will provide full-time employees access to the GCCISD Fitness Center and offer incentives for use of the facility. ● EWD will presentation at SHAC meeting to communicate employee wellness offerings ● EWD will seek and provide health promoting activities, programs, and assessments for staff that include opportunities to staff to include: healthy eating/weight management; tobacco cessation; work/life balance (e.g., Wellness on the Go); stress management ● EWD will encourage employees to get regular health check-ups. (i.e. Employee Wellness Clinic) ● District HCSC will collaborate with EWD to promote and encourage faculty and staff participation in appropriate community physical activity and wellness events. ● HCSC will present to C-SHAC and promote through the <i>Whole Child Wellness Award</i>. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Employee Wellness Survey Data 2021-2022 <ul style="list-style-type: none"> ● AHG EW Baseline Assessment ● Annual Healthy School Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> ● Communication - flyers; website <ul style="list-style-type: none"> ● Programs identified ● Resource: AHG EW Baseline Assessment; CDC Tips; CDC Workplace Health Promotion; Employee Wellness Interest Survey <p>Obstacles:</p> <ul style="list-style-type: none"> ● Funds for incentives ● Feedback (data) from auxiliary staff <p>Evaluation: Employee Wellness Survey 2022-2023</p> <ul style="list-style-type: none"> ● Annual Healthy School Assessment ○ Question: EW-1*, EW-2*, EW-3, EW-5
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<p>GOAL 5. The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.</p>	
<p>Objective 1: Campuses will promote the benefits of physical activity and communicate opportunities for parents to support their children’s participation in physical activity outside the school day.</p>	
<p><u>Action Steps (School and Community Stakeholders)</u></p>	<p>Methods for Measuring Implementation</p>

<ul style="list-style-type: none"> ● Principals will recruit at least one parent to participate in the C-SHAC. ● C-SHAC will post and communicate information about upcoming physical activity programs through announcements, flyers, posters, and school and District websites. ● Campuses will offer fitness activities at family events to promote physical activity. ● District Coordinated School Health Team will inform parents on upcoming physical activity-based events and national observances that promote wellness and ways that families can engage in physical activities at home (i.e. Every Kid Healthy Week, CATCH Health At Home, etc.). ● Physical education teachers will share physical fitness test results with students and parents upon request and present the information in context of overall level of fitness needed for good health. <ul style="list-style-type: none"> ● PE Teachers will share digital and printed take home materials for students/family (i.e. physical activity calendars/challenges; tip sheets; etc.) ● HCSC will present to C-SHAC and promote through the <i>Whole Child Wellness Award</i>. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Annual Healthy School Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> ● Staff access to information on physical activity-based events ● Staff has access to information on out-of school time programs that provide physical activity ● Resources: CATCH Health At Home ● Additional Resources & Printed materials <p>Obstacles:</p> <ul style="list-style-type: none"> ● Scheduling/Time ● Access to resources <p>Evaluation:</p> <ul style="list-style-type: none"> ● Annual Healthy School Assessment <ul style="list-style-type: none"> ○ Question: PA-4
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<p>GOAL 6 : 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 of the school day. [See GKD]</p>	
<p>Objective 1: Provide resources and information to families and the community on use of recreational facilities outside of school hours.</p>	
<p><u>Action Steps (School and Community Stakeholders)</u></p>	<p>Methods for Measuring Implementation</p>

<ul style="list-style-type: none"> • The District will encourage campuses to make indoor and outdoor physical activity facilities open to students, their families, and the community outside school hours (i.e. play structures, field space, walking tracks, etc.), following school policy and guidelines. • Campus administration will make information available about the use of recreational facilities for physical activity (play fields, tracks, gyms, tennis courts, etc) to the campus community. <ul style="list-style-type: none"> • District will share GKD information with C-SHAC. • District will work with SHAC to develop additional opportunities within the school community. • Facility use information will be available on the District/Campus Website. 	<p>Baseline or benchmark data points:</p> <p>Resources needed:</p> <ul style="list-style-type: none"> • Stipends/Supervision • Personnel/Grounds <ul style="list-style-type: none"> • Website • Fliers/Signage • GKD (Legal & Local) policy <p>• Resources: Change Lab Solutions: What Is a Joint Use Agreement?; Joint Use Agreements for Physical Activity</p> <p>Obstacles:</p> <ul style="list-style-type: none"> • Liability - Ensuring safety of community on District property after school hours <p>Evaluation:</p> <ul style="list-style-type: none"> • Annual Healthy School Assessment <ul style="list-style-type: none"> ○ Question: PA-8*
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GOALS FOR OTHER SCHOOL BASED ACTIVITIES

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness, create an environment that encourages healthful eating and physical activity, and promote a consistent wellness message.

IMPLEMENTING GOALS FOR OTHER SCHOOL-BASED ACTIVITIES

<p>GOAL 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p>	
<p>Objective 1: GCCISD students will be allotted at least 10 minutes to eat breakfast each morning and at least 20 minutes to eat lunch, counting from the time the student is seated.</p>	
<p><u>Action Steps (School and Community Stakeholders)</u></p>	<p>Methods for Measuring Implementation</p>

<ul style="list-style-type: none"> • District academic schedule will ensure school administrators have adequate time for school meals. • Campus administrators will establish a routine (i.e. Breakfast in the Classroom model) to ensure all established meal programs and meal times are maintained and all students are provided access to participate. • Campus administrators will ensure that school policy states that students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have their food and are seated. • Students will be allowed to make their own food selections in accordance with federal and state child nutrition program policies and school cafeteria operations and availability. <ul style="list-style-type: none"> • Campus administrators will ensure that school policy prohibits giving students food as a reward and withholding food as punishment. • District food service director, School food service manager, and Principal will ensure the school offers school meals (both breakfast and lunch) programs that are fully accessible to all students. • HCSC will present to C-SHAC and promote through the <i>Whole Child Wellness Award</i>. 	<p>Baseline or benchmark data points:</p> <p>Resources needed:</p> <ul style="list-style-type: none"> • Healthy Ways to Reward Kids • CDC School Nutrition <p>Obstacles:</p> <ul style="list-style-type: none"> • Breakfast in suitable places such as the cafeteria or classroom <ul style="list-style-type: none"> • Behavior management • Time for transition time <p>Evaluation:</p> <ul style="list-style-type: none"> • Annual Healthy School Assessment <ul style="list-style-type: none"> ○ Question: NS-1*, NS-10* (FR), NS 11* <ul style="list-style-type: none"> • Lunchroom observation
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<p>GOAL 2 : The District shall promote wellness for students and their families at suitable District and campus activities.</p>	
<p>Objective 1: Wellness education will be provided through coordinated services and activities throughout the school year promoting components of the local school wellness policy.</p>	
<p><u>Action Steps (School and Community Stakeholders)</u></p>	<p>Methods for Measuring Implementation</p>

<ul style="list-style-type: none"> • All GCCISD campuses will be encouraged to host at least one wellness event—either in conjunction with another event or standalone, throughout the school year to provide educational resources for families. • The District Coordinated School Health Services will host at least one community-wide wellness event annually. • K-8 C-SHAC will collaborate with the Family Involvement Coordinators and Nutrition Services to host a CATCH Family event. High Schools will engage key sponsors and student groups to host wellness events/activities. • HCSC will cultivate partnerships with community partners to identify resources and opportunities to collaborate. • Schools will partner with local community organizations, businesses, or local hospitals to engage students and their families in health promotion activities. • Nurses will continue the Acanthosis Nigricans screenings as part of their annual health screenings. This screening helps to identify the possibility of Type 2 Diabetes in children and referrals are made to parents to follow up with their child’s physician. Educational information will be distributed to teachers, parents and staff on Diabetes (English and Spanish). • The Athletics Department will identify and communicate opportunities to promote health and wellness and encourage PE Teachers and Coaches to participate in the activities/events (e.g., Kids Heart Challenge, community service projects, volunteer opportunities, etc.). • The HCSC will coordinate with District Departments to support the delivery of wellness initiatives including GCCISD Sun Safety Policy (physical activity, diet, tobacco prevention, UVR education, and vaccinations). • HCSC will present to C-SHAC and promote through the <i>Whole Child Wellness Award</i>. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Information on parent, family, and community involvement opportunities included in parent/student handbook, newsletters, websites, emails, bulletin boards and/or events. <p>Resources needed:</p> <ul style="list-style-type: none"> • Partner agencies to participate in event(s) • Partner agencies to share community projects - United Way Volunteer Connect • Access to CATCH Coordination Kit (K-8) • Resources: Putting Policy into Practice; AFK Family Fitness Fun Events; Involving Parents as Partners for Youth Development <p>Obstacles:</p> <ul style="list-style-type: none"> • Funding for events/activities <p>Evaluation:</p> <ul style="list-style-type: none"> • Annual Healthy School Assessment <ul style="list-style-type: none"> ○ Questions: PO 3, PO-9, PO-7, PO-10 • K-8 CATCH 9 Weeks Implementation Survey <ol style="list-style-type: none"> 1. Number of wellness events hosted
<p>Objective 2: Each campus will have a Campus School Health Advisory Committee (C-SHAC) composed of a campus administrator, physical education teacher, classroom teacher and food services manager, with encouragement to include the nurse, counselor, and community member who will champion and promote Coordinated School Health practices goals and objectives and health/wellness safety policies and programs are identified in campus improvement plans, district policy and the local wellness policy.</p>	
<p>Action Steps (School and Community Stakeholders)</p>	<p>Methods for Measuring Implementation</p>

<ul style="list-style-type: none"> • Campus administrator will serve as C-SHAC Admin and will appoint a representative committee that meets at least four times a year and oversees school health and safety policies and programs. • C-SHAC will list and share meetings date and time to encourage participation. • C-SHAC will list and share committee members and their roles to support increasing participation and involvement. • HCSC will present to C-SHAC and provide resources and support for effective CSH programming and health/wellness initiatives. HCSC will promote through the <i>Whole Child Wellness Award</i>. <ul style="list-style-type: none"> • C-SHAC will annually evaluate Wellness Policy implementation at the campus level using the Alliance for a Healthier Generation Healthy School Assessment, develop action steps for areas in need of improvement. • Principals will be responsible for enforcing school/district policies on campus and submitting assessments. • Principals, Nutrition Service Director, Director of Safe and Secure Schools, Director of Counseling and Student Wellness, District HCSC and C-SHAC will ensure school/district health and safety policies are comprehensive and required components are included in written policy (e.g., emergency evacuation procedures, air quality management, campus safety, gang and bullying prevention, etc.). • The District School Health Advisory Council is a corollary to the C-SHAC and will provide recommendations to the District to enhance CSH and health/wellness education. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Committee Roster • Meeting Minutes • Agendas and Sign-in sheets • Written Communication • CSH/health and wellness goals and objectives in CIP <p>Resources needed:</p> <ul style="list-style-type: none"> • School Wellness Committee Toolkit; Building a Successful School Wellness Committee "TEAM"; School Wellness Committee Meeting Schedule • Access to district adopted CSH Coordination Kit (K-8 CATCH Program) <ul style="list-style-type: none"> • AHG Healthy School Assessment <p>Obstacles:</p> <ul style="list-style-type: none"> • <p>Evaluation:</p> <ul style="list-style-type: none"> • Annual Healthy School Assessment <ul style="list-style-type: none"> ○ Questions: PO-1, PO-2* • K-8 CATCH 9 Weeks Implementation Survey
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<p>GOAL 3 : The District shall promote employee wellness activities and involvement at suitable District and campus activities.</p>	
<p>Objective 1: The District will provide information about health services offered throughout the community to staff.</p>	
<p><u>Action Steps (School and Community Stakeholders)</u></p>	<p>Methods for Measuring Implementation</p>

<ul style="list-style-type: none"> ● C-SHAC will plan/identify accessible and free or low-cost physical activity/fitness programs on school grounds. Examples may include: <ul style="list-style-type: none"> ○ Drink more challenge ○ Walking Wednesday ○ Relaxing More ○ Taste It Tuesday ● Campus Principal will communicate school policy that addresses serving and selling food to staff that meets the Smart Snacks nutrition standards. ● The District Employee Wellness Department will host at least 2 district-wide employee wellness activities and promote wellness in various ways throughout the year. ● The Employee Wellness Department will communicate opportunities using various methods. (i.e. information at orientation for new staff members; information included with paycheck; flyers posted on school bulletin boards; letters mailed directly to staff; announcements at staff meetings; articles in staff newsletter; posting on website; e-mail messages; positive role modeling. ● The District HCSC will work collaboratively with GCCISD Employee Benefits to host at least 2 staff wellness challenges/activities such as the STEPTember Challenge & It's Time Texas Community Challenge to promote employee wellness. ● HCSC will present to C-SHAC and promote through the <i>Whole Child Wellness Award</i>. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Number of district-wide employee wellness activities hosted during the previous year <p>Resources needed:</p> <ul style="list-style-type: none"> ● Monthly calendar ● Designee in charge of promoting activities on campus - Wellness Committee Toolkit <ul style="list-style-type: none"> ● USDA Smart Snack Standards ● Information and EW Incentives for staff ● Vendors/partners to support activities <p>Obstacles:</p> <ul style="list-style-type: none"> ● None <p>Evaluation:</p> <ul style="list-style-type: none"> ● Annual Coordinated School Health Report <ul style="list-style-type: none"> ○ Question: EW-4*, EW-6, SS-4 ● K-8 CATCH 9 Weeks Implementation Survey <ol style="list-style-type: none"> 1. How many staff wellness activities did your campus promote? 2. What type of activities did your campus promote? 3. How does your campus or district promote and encourage staff member participation in its health promotion programs?
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NUTRITION GUIDELINES

All District campuses participate in the U.S. Department of Agriculture’s (USDA’s) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). As required by federal law, the District has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

FOODS AND BEVERAGES 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 programs 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. The following websites have information regarding meal and Smart Snacks requirements:

- [Nutrition Standards](#)
- [Smart Snacks; USDA Flyer](#)
- [Square Meals](#) (see the Complete Administrator Reference Manual [ARM], Section 22, Competitive Foods)

No sale of competitive foods from any organization or vendor other than the District food service department or approved vending machine contracts permitted during the school day.

Exception for Fundraisers

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

The District will allow exempted fundraisers with the approval of campus administrators on the expected dates reported to the Nutrition Services Department. All campus exempt days must be reported. Each campus is responsible for identifying no more than six days per school year and providing such dates to the Nutrition Services Department by September 15 of each school year. Nutrition Services must be notified of any changes in exempt days a minimum of 2 weeks prior to the event occurring.

FOODS AND BEVERAGES PROVIDED

There are no federal or state restrictions for food or beverages provided, but not sold, to students during the school day. However, each school district must set its own standards. 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 on the occasion of the student's birthday or to children at a school-designated function. [See CO(LEGAL)]

If food is used as a part of a classroom birthday party these guidelines should be followed:

- Birthday and/or school celebrations will not occur in the cafeteria during meal serving time so that these celebrations will not replace a nutritious lunch.
- A campus may develop additional guidelines concerning birthday celebrations, such as number of celebrations per month and certain time to celebrate, so as not to interfere with instructional time.
- Activity must first be coordinated with the child's teacher.

In addition, the District has established the following local standards for other foods and beverages made available to students:

Any foods and beverages given away or otherwise made available to students must comply with regulations stated in the USDA Healthy Hunger-Free Act Smart Snacks Standards during designated meal periods.

Policy does not restrict what parents may provide for their own child's lunch or snack. Parents may provide FMNV (Foods of Minimal Nutritional Value) or candy items for their own child consumption, but they may not provide restricted items to other students at the school. Necessary medical modifications are exempted from this requirement.

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes. All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering

drinking water. Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Due to concerns about food safety and food allergies, it is strongly discouraged for foods and beverages to be served during classroom parties, celebrations, etc. in elementary schools.

Campus administration will be responsible for ensuring the safety of students affected by medical conditions and food allergens and guide staff accordingly.

Campuses are discouraged from using food as a reward for academic performance or behavior, unless documented in a student's individualized education plan (IEP) or behavior intervention plan (BIP).

MEASURING COMPLIANCE WITH NUTRITION GUIDELINES

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 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.

POLICY AND PLAN EVALUATION

At least every three years, as required by law, the District will measure and make available to the public the results of an assessment of the implementation of the District's wellness policy. This "triennial assessment" will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state- or federally designated model policies. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. Absent federal regulations to the contrary, the District commits to the evaluation activities described below.

Annually, the SHAC will prepare a report on the wellness policy and this plan by gathering information from each principal and appropriate District administrators. The SHAC will assess the District's and each campus's progress toward meeting the goals of the policy and plan by reviewing District and campus-level activities and events tied to the wellness program.

The SHAC may use any of the following tools for this analysis:

Smarter Lunchrooms' Website ([Smarter Lunchrooms Scorecard](#))

- FitnessGram Assessment
- Relevant portions of the Center for Disease Control's School Health Index (<https://www.cdc.gov/healthyschools/shi/index.htm>)
- WellSat 3.0
- A District developed self-assessment (i.e. Campus Surveys, etc.)

PUBLIC NOTIFICATION

Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness policy, the District will create a wellness page on its website to document information and activity related to the school wellness policy, including:

- (1) A copy of the wellness policy [see FFA(LOCAL)];
- (2) A copy of this wellness plan, with dated revisions;
- (3) Notice of any Board-adopted revisions to FFA(LOCAL);
- (4) The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;

- (5) Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
- (6) The SHAC's triennial assessment; and
- (7) Any other relevant information.

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

RECORDS RETENTION

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. Questions may be directed to the Superintendent, the District's designated records management officer. [See CPC(LOCAL)]

[Healthy Schools Glossary](#)

EXHIBIT A

Attachment A
Goose Creek Consolidated Independent School District
Student Nutrition/Wellness Plan
Guidelines for Food and Beverages Offered to Students at School & School Functions

Guidelines for foods and beverages offered to students at school and school functions are regulated by the USDA (United States Department of Agriculture) School Nutrition Policy Healthy Hunger-Free Kids Act Smart Snacks. Please refer to this policy for the current school year's regulations and Attachment C. The policy is available online at www.squaremeals.org or by contacting the Child Nutrition Department of Goose Creek CISD.

During school functions, where food is permitted to be served, (See Attachment C) by the USDA Healthy Hunger-Free Kids Act Smart Snacks healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshment tables, price lists, etc.

Raw vegetable sticks/slices with low-fat dressing or yogurt dip
Fresh fruit and 100% fruit juices
Dried fruits (raisins, banana chips, etc.)
Trail Mix (dried fruits and nuts)
Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
Party Mix (variety of cereals, nuts, pretzels, etc.)
Low-sodium crackers
Baked corn chips & fat-free potato chips with salsa
Low-fat muffins, granola bars
Flavored yogurt & fruit parfaits

Low-fat ice creams, frozen yogurts, sherbets
Low-fat and skim milk products
Pure ice cold water

- In selecting food items to offer keep in mind the numerous students and adults who are on special diets and their consumption of sugar, fat, sodium, etc. is restricted.
- Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

EXHIBIT B

Attachment B

Goose Creek Consolidated Independent School District

Wellness Plan

Foods of Minimal Nutritional Value

Students may not be in possession of any of the foods or beverages listed below at school brought from home and not shared with other students.

- Other flavored and/or carbonated beverages (≤ 20 fl oz) that are labeled to contain per 8 fl oz, or ≤ 10 calories per 20 fl oz.
- Other flavored and/or carbonated beverages (≤ 12 fl oz) that are labeled to contain calories per 8 fl oz, or ≤ 60 calories per 12 fl oz.
- Water Ices – any frozen, sweetened water such as “...sicles” and flavored ice with the of products that contain fruit or fruit juice.
- Chewing Gum – any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
 - All Candies – any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of other ingredients, including powdered drink mix (i.e.,
- Certain Chips and Snack Foods – any portions larger than or nutritional content other than those indicated on USDA School Nutrition Policy Healthy Hunger-Free Act Smart Schools policy. Refer to this policy for the current school year’s regulations and competitive standards. The policy is available online at www.squaremeals.org or by contacting the GCCISD Nutrition Services Department.

EXHIBIT C

Attachment C
Goose Creek Consolidated Independent School District
Student Nutrition/Wellness Plan
Competitive Foods

Competitive Foods are all foods and beverages that are not provided by school foodservice and are sold or given to students during the regularly scheduled school day. If a CE extends the operation of the traditional NSLP or SBP into the summer, the Competitive Food Nutrition Standards do apply to all food and/or beverages sold on the school campus during the school day. The Competitive Food Nutrition Standards (Smart Snacks and Texas School Nutrition Policy) do not apply to non-school sites where the CE is operating the Seamless Summer Option (SSO) or Summer Food Service Program (SFSP).

Elementary: Competitive foods are not allowed to be sold or provided to students any time anywhere on school premises until after the end of the last scheduled class.

Junior High Schools: Competitive foods are not allowed to be sold or provided to students on school premises from 30 minutes before to 30 minutes after breakfast and lunch meal periods. All food, beverages and snack items must comply with the nutrition standards and portion size restrictions in the USDA’s Healthy Hunger-Free Kids Act Smart Snacks policy.

High Schools: Competitive foods are not allowed to be sold or provided to students on school premises during meal periods in areas where reimbursable meals are served and consumed. All food, beverages and snack items must comply with the nutrition standards and portion size restrictions in the USDA’s Healthy Hunger-Free Kids Act Smart Snacks policy.

Exemptions:

Four Exempt Days

Four school days will be exempt from the “provided” portion of the Competitive Food and policy listed above as well as Smart Snack regulations respectively. During these four designated days, foods that are only given free of charge to students will be exempt from the Smart Snacks guidelines. These items may not be made available during meal times in areas where reimbursable meals are being served and/or consumed. The four designated dates that will be exempt from the Competitive Food policy must be forwarded to the Director of Child Nutrition by the campus principal by September 15 at the beginning of each school year.

Elementary Classroom Parties

Foods otherwise restricted by the Competitive Food and Smart Snacks policy are permitted at student birthday parties. Such parties must be scheduled after the end of the class’s lunch period so that these celebrations will not replace a nutritious lunch.

Fundraisers

Texas public, charter, and private schools that participate in the National School Lunch Program (NSLP) or SBP may sell food and/or beverages as part of a fundraiser that does not meet Competitive Foods Nutritional Standards during the school day for up to six (6) day per school year on each school campus if no food and/or beverages sold for an exempted fundraiser are sold in competition with school meals served or consumed in the food service area. The six designated dates that will be exempt from the Competitive Food policy must be forwarded to the Director of Child Nutrition by the campus principal by September 15 at the beginning of each school year.

EXHIBIT D

Attachment D

Goose Creek Consolidated Independent School District

Wellness Plan

Healthy Snack Recommendations

- Popcorn
- Whole grain cereal bar
- Whole grain crackers
 - Baked chips
 - Animal crackers
 - Graham crackers
- Whole grain, low-fat muffins
- Low-fat granola bars
 - Dried fruit