

ELYSIAN FIELDS INDEPENDENT SCHOOL DISTRICT

WELLNESS PLAN

This plan is intended to implement the Wellness Policy FFA (local). Elysian Fields established a plan that addresses nutrition education goals, physical activity goals, health goals and how to assess effectiveness.

Nutrition Promotion and Education

Goal #1: EFISD shall support the general wellness of all students by implementing measureable goals to promote sound nutrition and student health and to reduce child obesity.

Strategies:

- Post information in the cafeteria, classrooms, nurse's office, gym hall, locker rooms and other settings about healthy nutrition throughout the year.
- Professional development in nutrition education will ensure that teachers and staff are adequately prepared to effectively promote healthy wellness education and activities.
- Classroom/campus snacks are required to conform to SMART snack guidelines.
- Culinary students (FCCLA) learn to prepare healthy meals for school credit and career opportunities
- Use the EFISD webpage to promote healthy nutrition and habits

Goal #2: EFISD shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.

Strategies:

- Elysian Fields staff will monitor what is posted at district and campus buildings and events to ensure that all products being promoted meet the federal guidelines.
- Vending machines located in the district are not accessible to students during school hours (from 12:01 a.m. to 30 minutes after the last school bell of the day).

Goal #3: EFISD will have increased participation in the school lunch program.

Strategies:

- The Child Nutrition and campus staff will create an atmosphere that is clean, safe, and comfortable in the district cafeteria
- Post monthly breakfast and lunch menus on the district web page
- The campus master schedule will accommodate adequate time for students to receive and eat cafeteria prepared meals

Physical Activity Promotion and Education

Goal #1: EFISD shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students. The district will meet or exceed physical activity requirements.

Strategies:

- Participate in FitnessGram® that assesses the five components of health related fitness: aerobic capacity, muscular strength, endurance, flexibility and body composition
- Offer athletics to Junior High and High School boys and girls that receive a rigorous routine of weight training and cardio daily.
- Offer physical education classes that receive moderate physical activity daily and include the instruction of individual activities as well as competitive and noncompetitive team sports that encourage life-long physical activity.
- K-5th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity daily, or 135 minutes weekly
- 6th-8th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity daily, or 135 minutes weekly, or 225 minutes over a two-week period.
- Offer marching band that provides rigorous activity to prepare for weekly halftime shows and competitive marching contest.
- K – 3rd grade students participate in a yearly Fun Day and the 4th and 5th grade students participate in a yearly Field Day that encourages activities, competition, and comradery between students.
- State-certified physical education instructors teaching all physical education classes.

Goal #2:

EFISD shall promote physical activity in the community by encouraging use of district facilities for district parents, children, and community members.

Strategies:

- The district facilities will be available for community use before and after school for physical activities as permission is requested and granted.
- Notices promoting EFYA Football, Little Dribblers and EFYA Baseball are distributed to parents and community members.
- Younger students will participate in “Kids Heart Challenge”, where they exercise by jumping rope and raise money for the American Heart Association.

Nutrition Standards

Goal #1:

USDA Nutrition Standards will be used as the standard for guidelines pertaining to foods and beverages made available on school campuses.

Strategies:

- All foods made available on campus will comply with local, state and federal laws and regulations as well as the current USDA Dietary Guidelines for Americans.
- The Child Nutrition staff will take the following measure to ensure that student access to foods and beverages meets federal, state and local laws, regulations and guidelines:
 - A Smart Snack calculator will be used for the a la carte menu
 - All meals will follow and meet the USDA dietary guidelines
 - Portion utensils will be used to stay within USDA guidelines
- The Child Nutrition staff will offer a variety of age appropriate healthy food and beverage selections for EC/PK, elementary schools, middle schools and high schools

School Health and Safety

Goal #1: All foods made available on campus will adhere to food safety and security guidelines.

Strategies:

- All foods made available on the campuses will comply with the federal, state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food borne illness in schools.
- Every campus promotes/demonstrates appropriate hand washing practices.
- For the safety and security of the food and facility, access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the U.S. Department of Agriculture (USDA) food security guidelines.
- District administrators, by area of responsibility, are responsible for ensuring local, state and federal laws, regulations and guidelines are updated and in place.
- District safety, health and security policies and crisis plans are current. Training and communication are provided to staff, students and the community.

Other School Based Activities

Goal #1: School-based activities are consistent with local wellness policy goals.

Strategies:

- School-based marketing for food and beverage products are consistent with nutrition education and health goals and aligned with federal, state and local regulations, laws and guidelines
- After-school activities may encourage and include physical activity and health and wellness information.
- Student health is supported by the nurse on each campus coordinating and hosting health screenings, blood drives and helping enroll eligible children into Medicaid and Children's Health Insurance Program (CHIP).
- School Health Advisory Council (SHAC) comprised of parents, teachers, Child Nutrition Services, Nursing Services, PE/Wellness Services, administrators, students and members of the community work together

to create strategies to integrate health curriculum into a coordinated school health program that reflects local values.

- The SHAC shall report directly to the school board at least once annually, including a written report with information regarding the council's recommendations, modifications and activities.

Monitoring and Evaluation

Goal #1: Designate the following district officials to ensure that each school complies with the local wellness policy:

- PE Teachers for physical activity requirements
- Food Service Director will work with the nurses to ensure the campuses are meeting the standards set forth by the wellness policy

Strategies:

- The district shall inform and update the public about the content and implementation of the wellness policy and plan by posting a copy on the EFISD website.
- The SHAC will review the health and wellness plan annually to update and modify as needed.
- Food Director will post an assessment of the local wellness policy on the districts website. Scorecards pertinent to each area will be completed by the appropriate staff and signed by June 1 of each school year.
- Supporting documentation should be included.