

**Wellness Policy – FFA (LOCAL)**

The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity.

Responsibility	Deployed to:	Status
<p>The local school health advisory council (SHAC), on behalf of the district, shall review and consider evidence based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District’s food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public.</p>	<p>Food Service Director (FSD)</p>	<p>This was done in a SHAC meeting on September 16, 2017, attended by Robert Loomis (Asst. Superintendent), Lori Kramer (GJHS Counselor), Jodi Arispe (FSD), Courtney Frampton (GJHS Nurse Aide), Claire Jones (GHS Student), Jorege Ramirez (GHS Student), Xan Holub (Community Member), Chaucey Thomas (GJHS Student), Maranda Revell (Community Business Member) and Kim Birdwell (Community/NCTC Member). The current FSD, Jodi Arispe, is an active member of the SHAC and communicates the policy on a regular basis to stakeholders in meetings, emails, website postings of brochures, and radio broadcasts.</p>
<p>The SHAC shall develop a wellness plan to implement the District’s nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:</p> <ol style="list-style-type: none"> <li>1. Strategies for soliciting involvement by an input from persons interested in the wellness plan and policy.</li> <li>2. Objectives, benchmarks, and activities for implementing the wellness goals.</li> <li>3. Methods for measuring the implementation of the wellness goals.</li> <li>4. The District’s standards for food beverages provided, but not sold, to students during the school day on a school campus and;</li> <li>5. The manner of communication to the public applicable information about the District’s wellness policy and plan.</li> </ol> <p>The District’s SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.</p>	<p>FSD</p>	<p>The FSD plans meals that meet the nutrition guidelines by the use of Nutrikids Menu Planning software and WTCOOP with the cooperation of stakeholders, kitchen employees, and parents, students, and teachers that make up the Nutrition Council. The campuses all have a copy of the TPSNP, and it is on the district website under “Cafeteria Menus.” In addition, it has been deployed to teachers by the FSN and the campus administration. Campus administration have posted the information for parents to observe for the TPSNP.</p>

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<p>The District nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows for an exemption for fundraising activities as authorized by state and federal rules. [See CO and FJ]</p>	FSD	<p>FSD will follow all guideline set by TDA. Smart snack guidelines for all Ala cart items are put into the smart snack calculator to see if they meet the requirements for approval.</p>
<p>The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the District’s wellness plan.</p>	FSD	<p>All items sold and placed on a menu meet TDA requirements.</p>
<p>The District shall implement, In accordance with law, a coordinated school health program with a nutrition education component. [See EHAA] The District’s nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.</p>	FSD, DCI (Dir. of Curr. & Instruction)	<p>Menus and meal applications are posted on the school’s website. The summer feeding information is also posted here at the end of the school year, so nutrition can continue while school is dismissed for the summer.</p>
<p>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.</p>	FSD, DCI	<p>Posters by TDA are posted in cafeterias to promote healthy choices.</p>
<p>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>	FSD, DCI	<p>With the aid of the GISD SHAC Committee, all SHAC agendas and meeting minutes are posted on the GISD website.</p>

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<p>3. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.</p>	<p>FSD and DCI</p>	<p>Cafeteria Managers have taken 10 hours of SNA-approved nutrition training (Healthy Edge) presented by FND. CN staff in- service has covered Nutrition 101 presented by FND.</p> <p>TEKS for Physical Education classes taught in GISD.</p>
<p>4. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p>	<p>FSD</p>	<p>Graham ISD offers unlimited fruits and vegetables.</p>
<p>5. The District shall make nutrition education a District wide priority and shall integrate a nutrition education into other areas of the curriculum, as appropriate.</p>	<p>FSD</p>	<p>FSD has gone into classrooms to promote healthy food choices and has done mini food shows to show new products to our students. FSD is available if any training or nutritional talk is needed in GISD.</p>
<p>The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades [see EHAB and EHAC]. In addition:</p>	<p>DCI</p>	<p>All elementary students receive physical education meeting/or exceeding the minimum with movement activities built into music classes and a structured recess. Middle school students receive daily required physical activity through PE classes, dance, or athletics.</p>
<p>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.</p>	<p>DCI</p>	<p>Students may participate in fitness activities through numerous youth sports and fine arts programs outside of the school day. District outdoor facilities are available to the community outside of school hours. Elementary schools provide structured recess breaks.</p>

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2. The District shall provide appropriate staff development and encourage teachers to integrate physical activity in the academic curriculum where appropriate.	DCI	The Curriculum and Instruction Website includes links to information about integrating physical activity where appropriate.
3. The District shall make appropriate before-school and after-school physical activity programs and shall encourage students to participate.	Campus Admin	K-5 Playgrounds and gyms are open before and after school.
4. The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.	Campus Admin	Facilities are open for all GISD faculty. District facilities are available for community organizations such as Little League, Club Volleyball, and Little Dribblers Basketball programs.
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.	Campus Admin	We encourage parents to become a part of their children's activities.
6. The District shall encourage students, parents, staff, and community members to use District recreational facilities, such as tracks, playgrounds, and the like, that are available outside the school day. [See GKD]	District Admin	District facilities are available for community organizations such as Little League, Club Volleyball, and Little Dribblers Basketball programs.
<p>The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:</p> <p>1. The District will allow sufficient time for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.</p>	FND	<p>Recommendations are for 20 minutes; district provides 30 minutes. Lunchroom facilities are clean and safe and comfortable for students.</p> <p>Health Department ratings at 100% are earned by each kitchen. TDA requires two inspections yearly. The FSD sets up an inspection in the fall and spring semesters.</p>
2. The District shall promote wellness for students and their families at suitable District and campus activities.	District Admin	The district provides information to promote employee fitness and wellness. Through the district's health insurance provider, Blue Cross and Blue Shield of Texas, employees have access to a variety of health and wellness resources.

## Graham ISD Wellness Policy Initiatives

In addition to Health classes, Marching band, Athletic teams, Drill Team, Cheerleading practice at all campus levels, Fitness grams, State minimum minutes for physical activity being met, GISD offers:

1. Culinary Arts (GHS)
2. Reindeer Run (Pioneer)
3. Field Day (Pioneer, Crestview, Woodland)
4. Sweetheart Obstacle Course (Crestview)
5. Great Pumpkin Race (Crestview)
6. "Jump Rope for Heart" Schools (Pioneer, Crestview)
7. Relay for Life cancer fundraiser at GHS Newton Field
8. Dodge Ball Tournament (GHS)
9. Kick Ball Tournament (GJHS, Woodland)
10. Run for God (Woodland)
11. Woodland 5K (Woodland)
12. Volleyball & Football Club (Woodland)
13. Bake Sale for book donations (GJHS)
14. Pennies for Patients, GJHS
15. TEKS for PE (All Campuses)
16. Healthy food posters and contests in cafeterias
17. Nutrition Education and Physical Education curriculum