

GILMER ISD LOCAL WELLNESS PLAN



Mission Statement: Gilmer Independent School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

*Effective through August 2023 unless changes are made prior to expiration year

**GISD Wellness Plan
2020 - 2021**

Goal 1: All GISD campuses will provide and promote nutrition education to students, staff, and community.

<i>Activities:</i>	<i>Who's Responsible:</i>	<i>Timeline:</i>	<i>Resources:</i>	<i>Evaluation:</i>
1. The district will deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors. All nutrition education materials will be acquired from credible sources.	Principals, Food Service Director, campus nurses, curriculum director, teachers	August - May	Textbooks, staff, USDA publications and posters	Formative – displayed materials
2. The food service staff, teachers, and other district personnel will promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	Food Service Director, cafeteria staff, teachers, principals	August – May	USDA publications and posters	Formative – displayed materials
3. The district will provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to deliver the program.	Food Service Director, cafeteria staff	August – May	USDA policies, Healthy Hungry Free Kids Act 2010, Child Nutrition Act, National School Lunch Act, Smart Snacks Policy	Summative – professional development records
4. All foods/beverages made available on campuses will comply with local, state, and federal laws and regulations as well as the current USDA Dietary Guidelines for Americans.	Food Service Director, principals, teachers	August – May	USDA policies, Healthy Hungry Free-Kids Act 2010, Child Nutrition Act, National School Lunch Act, Smart Snacks Policy	Summative – Food service compliance audit records; school menus
5. GISD policies will comply with all foods and beverages that are sold in vending machines, fundraisers, and concession stands.	Food Service Director, principals, coaches, directors, teachers	August – May	USDA policies, Healthy Hungry Free Kids Act 2010, Child Nutrition Act, National School Lunch Act, Smart Snacks Policy	Summative – Food service compliance audit records
6. USDA and TDA Smart Snack regulations are provided to principals, directors, coaches, and student organization sponsors,	Food Service Director, Director of Student Services, principals, directors, coaches, and student organization sponsors	August	USDA policies, TDA policies, Child Nutrition Act, National School Lunch Act, Smart Snacks Policy	Summative – documentation of regulations provided
7. GISD 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.	Principals, Food Service Director, cafeteria staff,	August – May	USDA policies, TDA policies, Child Nutrition Act, National School Lunch Act, Smart Snacks Policy	Formative – displayed materials
8. GISD will ensure all foods and beverages to be marketed will be displayed in writing; digital media; and posted on district website.	Principals, Food Service Director, cafeteria staff,	August – May	USDA policies, Competitive Food Nutrition Standards	Formative – displayed materials

**GISD Wellness Plan
2020 - 2021**

Goal 2: Each GISD campus will provide physical activities every day to students

Activities:	Who's Responsible:	Timeline:	Resources:	Evaluation:
1. Campuses will provide opportunities for students to participate in regular physical activity outside the classroom and/or school day.	Principals, counselors, teachers, coaches	August - May	TEKS, daily schedules	Summative – improve performance on EOY Physical Fitness Gram
2. The district will provide opportunities for every student to develop the knowledge and skills for specific physical activities in accordance with district, state, and national guidelines, according to course expectations.	Coaches, teachers, principals	August - May	TEKS, daily schedules	Summative – improve performance on EOY Physical Fitness Gram
3. Time allotted for physical activity will be consistent with national and state standards. The district will provide 30 minutes of moderate to vigorous physical activity (MVPA) daily or 135 minutes weekly.	Principals, counselors, curriculum director, coaches	August - May	TEKS, daily schedules	Summative – improve performance on EOY Physical Fitness Gram
4. All physical education instructors and their paraprofessional assistants must be CPR/AED trained.	District Nurse, campus nurses, athletic director, coaches	August - September	District schedules	Summative – professional development records
5. The district will ensure the use and accessibility of the district's recreational facilities such as the track and playgrounds are available for use outside the school day.	Athletic director; principals; district personnel	August - August	District policies and procedures	Formative – community fitness experiences and participation
6. After-school activities may encourage and include physical activity and health and wellness information.	Campus staff; Boys/Girls Club staff	August – May	Local	Summative – Food service compliance audit records
7. District policies support personal efforts by staff to maintain a healthy lifestyle.	Director of Student Services, district and campus nurses; principals; and district personnel	August - May	Local	Summative – increased participation in local health and physical activity events
8. GISD will participate in the FitnessGram Physical Fitness Assessment Program for students in Grades 3 – 12 who are enrolled in a Physical Education or P.E. equivalent course.	Director of Student Services Instructional Technology Director Coaches District Personnel	March – June	Local	Summative – submission of student assessment results and student reports

**GISD Wellness Plan
2020 - 2021**

Goal 3: GISD campuses will provide a healthy eating environment for students, staff, and community.

<i>Activities:</i>	<i>Who's Responsible:</i>	<i>Timeline:</i>	<i>Resources:</i>	<i>Evaluation:</i>
1. Dining areas are clean, attractive, and enough seating is provided for students and staff.	Principals, cafeteria staff, district personnel	August - May	Local	Formative – daily observation
2. GES, GIS, BJHS students participate in the Community Eligibility Provisions for breakfast, SBP, and lunch NSLP	Principals, Food Service Director, cafeteria staff, district personnel	August – May	Purchased food items	Summative – Student reimbursable meal records
3. GHS students participate in the Universal Free Breakfast Program	Principals; cafeteria staff; Food Service Director, district personnel	August - May	Purchased food items	Summative – Student reimbursable meal records
4. No A-la-Carte charges will be allowed on any GISD campus.	Cafeteria Staff, Food Service Director, Principals	August – May	Local	Summative – end of year report and data
5. Adequate time is provided to eat breakfast and lunch as stated in National Association of State Board of Education – 10 minutes for breakfast and 20 minutes for lunch.	Principals; Food Service Director; cafeteria staff	August - May	Class rosters and daily schedules	Summative – student reimbursable meal records
6. Lunch times are scheduled as near the middle of the day as possible and planned for students not to be in line waiting long periods of time.	Principals; counselors	August - May	Class rosters and daily schedules	Summative – student reimbursable meal records
7. Foods that compete with breakfast/lunch programs cannot be offered 30 minutes before or after the last meal times of the day.	Principals; campus personnel; teachers; cafeteria staff; Food Service Director	August - May	USDA policies, Healthy Hungry Free - Kids Act 2010, Child Nutrition Act; National School Lunch Act, Smart Snacks Policy	Summative – student reimbursable meal records
8. Elementary campuses may not provide foods for sale outside the school breakfast/lunch programs at all except by prior-approved six fund raising days.	Principals; campus personnel; teachers; cafeteria staff; Food Service Director	August - May	USDA policies, Healthy Hungry Free Kids Act 2010, Child Nutrition Act; National School Lunch Act, Smart Snacks Policy	Summative – student reimbursable meal records
9. Soft drinks and non-smart snacks may not be sold at all during the school day as defined by USDA as midnight the night before to 30 minutes after the last bell of the day.	Principals; campus personnel; teachers; cafeteria staff; Food Service Director	August - May	USDA policies, Healthy Hungry Free - Kids Act 2010, Child Nutrition Act; National School Lunch Act, Smart Snacks Policy	Summative – student reimbursable meal records
10. Water is provided at each meal period of the day	Cafeteria staff	August - May	Richard B. Russell National School Lunch Act	Formative – daily observation
11. Each GISD campus shall be allowed six exempt fundraising days per year with prior-approval.	Principals; campus personnel; Food Service Director; Business Manager	August – May	Local	Summative – end of year report

**GISD Wellness Plan
2019 – 2020**

Goal 3: GISD campuses will provide a healthy eating environment for students, staff, and community.

12. Food/Beverage incentives cannot be offered to students 30 minutes before/after the last meal of the day for a grade level. Food/Beverage incentives cannot include gum and hard candies.	Principals; campus personnel; Food Service Director	August – May	Local	Formative – daily observation
13. Foods/Beverages provided by parents for school approved parties must be store purchased with nutrition labels attached.	Principals; campus personnel; Food Service Director	August – May	Local	Formative – daily observation
14. Foods/Beverages provided for birthday parties will be given the last 10 minutes of the instructional day and/or the teacher’s discretion. Nutrition values must be provided 48 hours in advance.	Principals; campus personnel; Food Service Director	August – May	Local	Formative – daily observation

**GISD Wellness Plan
2020 - 2021**

Goal 4: GISD school-based activities are consistent with Local Wellness Policy goals.

Activities:	Who's Responsible:	Timeline:	Resources:	Evaluation:
1. Health information will be provided to parents and community on GISD website, emails, phone messenger, and other forms of communication.	Dir. Of Student Services; Food Service Director; PEIMS coordinator; principals; district nurse; and district personnel	August – May	Local	Summative – documentation of communication and postings
2. Student Health is supported by the Registered Nurse on each campus coordinating and hosting health clinics, health screenings and helping enroll eligible children into Medicaid and Children's Health Insurance Program (CHIP). 5700-2	Director of Student Services, district and campus nurses; principals; and district personnel	August – May	Local	Summative - Implementation of LWP goals and documentation of measures met
3. GISD SHAC will evaluate goals set in Local Wellness Plan	Director of Student Services; Food Service Director; district nurse, principals, and district personnel	August – May	Local	Summative – adoption of LWP by SHAC annually
4. GISD Local Wellness Plan procedures will be in compliance with state standards with Tri-ennial Assessment; assigned responsibilities; records retention; parent notifications; and effectiveness.	Director of Student Services; Food Service Director; district nurse, principals, and district personnel	August – May	USDA policies, Healthy Hungry Free - Kids Act 2010, Child Nutrition Act, National School Lunch Act, Smart Snacks Policy	Summative - Implementation of LWP goals and documentation of measures met
5. School Health Advisory Council (SHAC) shall report directly to the school board at least once annually, including written report with information regarding the council's recommendations, modifications and activities.	Director of Student Services	May	Local policy	Summative – EOY report to school board in May
6. School Health Advisory Council comprised of parents, teachers, Child Nutrition Services, Nursing services, PE/Wellness services, administrators, and members of the community work together to create strategies to integrate health into a coordinated program that reflects local values.	Director of Student Services, district and campus nurses; principals; and district personnel	August - May	Local	Summative – increase community involvement in local health and physical activity events

**GISD Wellness Plan
2020 - 2021**

Goal 4: GISD school-based activities are consistent with Local Wellness Policy goals.

<p>7. In the event of school closures due to natural disasters, hazardous conditions, or viral outbreaks, GISD will follow Emergency Operations Plan procedures, CDC guidelines, and TEA updates for food service preparation and delivery.</p>	<p>District Administration, Food Service Director, district nurses, principals, and district personnel</p>	<p>August – May</p>	<p>Local</p>	<p>Summative – Documentation on needed services</p>
<p>8. In the event of school closures, GISD personnel will endeavor to continue to provide instructional services, food services, and health related information to GISD students and families.</p>	<p>District Administration, Food Service Director, district nurses, principals, and district personnel</p>	<p>August – May</p>	<p>Local</p>	<p>Summative – Documentation on needed services</p>