

Activity Plan for Mullin ISD Wellness Policy

Component	Time	Resource	Actions Required
Component 1: A commitment to Nutrition and Physical Activity	Regular Physical Activity Daily	Coaches/ Elementary Teachers	Regular scheduled Physical Education Classes
	SHAC Committee meets (fall & spring)	Food Services Staff and Principal	Nutrition and Physical Activity Improvement Plan for Mullin ISD
	Nutrition Education and Physical Activity Education Daily	Teachers/ Coaches integrate across curriculum nutrition and physical activity education.	Nutrition education in lesson plans
	All foods and beverages sold or served will meet USDA & IDA standards	Student Handbook Food Services Records Education Service Center – Region 12 Superintendent	Menus approved and reviewed on a regular basis
Component 2: Quality School Meals	Breakfast and Lunch served Daily	Steve Mickelson, Superintendent	Lunch room properly staffed
	Food Safety	Food Service Staff Amanda Burkett - Manager	All equipment will be properly maintained and working.
	Twice a year	State Health Department	Two safety inspections will be done
	Menus meet nutrition standards established by UDDA & IDA	Food Service Staff – Region 12, Suzanne Murdough Steve Mickelson, Superintendent ;	Menus with recipes will be on file Proper content and daily nutritional needs addressed.
	Students encouraged eat daily	Food Service Staff, Teachers, Parents	Pleasant Atmosphere School/Parent Interaction
Component 3: Other Healthy Food Options	No MNV Foods on campus	Student Handbook Staff Awareness	Letters Home about MNV Foods Staff Training
	Educate Parents about Healthy life Choices	School Staff and Principal	Parent Newsletter Articles Occasional Mailers Website information

Component 4: Pleasant Eating Experiences	Bottled water offered during the day	Mullin SD Food Services Staff	Bottled water available throughout Campus & during lunch
	Washing Hands	Food Services Staff Mullin SD Staff	Posters Staff Training
	Adequate time for meals scheduled	Superintendent & Principal	Class Schedules
	Parents encouraged to eat with students	Food Services Staff All Staff	Menus announced on radio, in newspaper, posted in classrooms
Component 5: Nutrition Education	Health Education Curriculum Standards and guidelines as stated by TEA	Teachers	Textbooks
	Integrate Nutrition Education into Core Curriculum	Teachers	Lesson Plans, <i>Healthy & Wise</i>
	Posters, Websites available	Food Services, Staff: Teachers	TAD and USDA www.caprockpress.com www.nhlbi.nih.gov/health/public/heart/obesity/wecan/ http://schoolhealth.info/
Component 6: Marketing	Student needs considered for school nutrition environment (daily)	School Board Superintendent, Food Staff	Menus and food preparation
	Healthy eating and physical activity promoted (daily)	Principal, Coaches, Teachers	Scheduling
Component 7: Implementation	SHAC will meet twice a year	Principal, Food Staff: Parents, Students	Meet and discuss improvements
	SHAC will develop a plan of action	SHAC committee	Annual committee meeting
		Annual committee report	Report to Superintendent