

Wellness Plan

- HUDSON ISD 2016-2017 -

Nutrition Guidelines

Policy	Strategies for Implementation	Assessment - 12/6/16
<p>The district's nutrition guidelines for reimbursable school meals and all other foods and beverages sold, otherwise made available, 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 an exemption for fundraising activities as authorized by state and federal rules.</p>	<p>1) Hudson ISD will participate in the National School Lunch Program, offering breakfast and lunch, each school day for the 2016-2017 calendar.</p> <p>2) Menus will be created on a monthly basis and will meet the nutrition standards established by USDA and TDA, while featuring a variety of healthy choices and following the Healthy Hunger Free Kids Act standards.</p> <p>3) Hudson Food Services will complete monthly nutritional analyses to ensure compliance with established standards.</p> <p>4) Food temperature logs will be maintained on a daily basis to comply with the Hazard Analysis and Critical Control Points (HACCP) guidelines.</p>	<p>Menus are posted on the district website listing both breakfast and lunch offerings.</p> <p>Menu analysis is completed when menus change to ensure compliance with USDA standards.</p> <p>HACCP records are kept on file at each campus cafeteria office.</p>

Nutrition Promotion and Education

The district shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Policy	Strategies for Implementation	Assessment
<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>	<p>1) Healthy nutritional messages will be promoted using posters and other means in the school cafeterias and campus hallways throughout the entire school year.</p> <p>2) Nutrition education will be implemented/promoted at various times of the year in the classroom setting of specific course units as arranged.</p> <p>3) Hudson ISD will promote healthy nutrition for the students, staff, and community in the annual Hudson Gets Healthy (health fair) program.</p>	<p>Positive nutritional messages are displayed in each cafeteria using posters and menu signage.</p> <p>12/6/16 HSI culinary classes participate in a Pizza sample taste test to determine student preference for the coming school year.</p> <p>Hudson Gets Healthy Annual Health Fair was held on 10/6/16.</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>	<p>1) Nutrition education will be promoted by printing informative ideas and suggestions on the back of lunch menus on a monthly basis.</p> <p>2) Hudson Food Service will provide families and general public with links to nutritional information on the district website annually.</p> <p>3) The district will share nutritional information during the annual Hudson Gets Healthy program.</p>	<p>Bonner Elementary & Peavy Primary printed menus include nutrition education information; distributed to each student monthly.</p> <p>National School Lunch Week was observed October 10-14 promoted Texas Fresh Products and allowed students to vote on their favorite lunch menus.</p>

Goals for Physical Activity

Policy	Strategies for Implementation	Assessment
<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>1) Hudson ISD students will participate in the physical education program as required by the Texas Education Code, which includes a variety of enjoyable and appropriate activities for the allotted time described by the curriculum standards.</p> <p>2) Students at the primary/elementary campuses will participate in recess daily (weather permitting) that fosters an environment of safe physical activities.</p>	<p>District in compliance with all State Mandates. Fitnessgram assess the five components of health related fitness which is performed yearly by the PE coaches. Middle School is performed in February & HS in May.</p> <p>Skills testing is performed throughout the year by HISD PE coaches.</p> <p>The PE coaches also have CBAM that they use to help with skills testing during the year.</p> <p>All students in grades PK-5 have recess daily. In the event of inclement weather, students participate in some form of 'brain break' such as GoNoodle and other activities.</p>
<p>2. The district shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.</p>	<p>1) The district does offer student athletic and extracurricular programs for students in MS and HS. Fun runs and other special events are periodically held for students of younger ages.</p> <p>2) The district owns a park complex used and encouraged for youth sport activities and community use. A variety of youth sports are offered throughout the entire year.</p>	<p>HISD host little Dribblers, Youth Baseball, and Youth Cross Country runs.</p>

Goals for School-based Activities

Policy	Strategies for Implementation	Assessment
<p>1. The district shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p>	<p>1) Students at all grades levels receive 30 minutes for lunch daily. 2) HISD staff maintain clean, safe, and comfortable facilities. Cafeteria tables are cleaned after each lunch period. 3) Each cafeteria will receive 2 Health Department inspections per year to insure clean & safe eating environment</p>	<p>Lunch Schedules which are posted in the Student Handbook allow 30 min per period.</p> <p>1st Health Inspection completed for all cafeterias in October</p>
<p>2. The district shall promote wellness for students and their families at suitable district and campus activities.</p>	<p>The district will host a community-wide health fair during the fall semester to promote wellness for students, families, and the entire community.</p>	<p>10/16/16 Hudson Gets Healthy is a community based health and wellness fair hosted annually this year's attendance was over 400.</p>
<p>3. The district shall promote employee wellness activities and involvement at suitable district and campus activities.</p>	<p>1) The district will promote employee wellness by providing annual screenings for all employees. 2) The district will offer annual flu shots at low costs to district employees. 3) The district will provide staff with free access to TeleDoc, which provides some medical services without having to make appointments and require a doctor's fee.</p>	<p>Texas Mobile Imaging 8/15-8/17 performed screenings on the cardiac, pancreatic, kidney, & other organs.</p> <p>Flu shots & other immunizations were administered at the Health Fair. Vitamin B12 shots are administered Bimonthly for employees, annual lab work offered 2 times a year by Aurora Concepts.</p> <p>All full-time Hudson staff have access to the TeleDoc program funded by the district and at no cost to the employee.</p>