

# Wellness Plan

## HUDSON ISD 2019-2020

### Nutrition Guidelines

Policy	Strategies for Implementation	Assessment
<p>The district's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or provided, 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 or instruction as authorized by state and federal rules.</p>	<ol style="list-style-type: none"> <li>1) Hudson ISD will participate in the National School Lunch Program, offering breakfast and lunch, each school day annually as noted by the school calendar.</li> <li>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.</li> <li>3) Hudson Food Services will complete monthly nutritional analyses to ensure compliance with established standards.</li> <li>4) Food temperature logs will be maintained on a daily basis to comply with the Hazard Analysis and Critical Control Points (HACCP) guidelines.</li> </ol>	

## Nutrition Promotion and Education

<b>Policy</b>	<b>Strategies for Implementation</b>	<b>Assessment</b>
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.	1) Healthy nutritional messages will be promoted using posters and other means in the school cafeterias and campus hallways throughout the entire school year. 2) Nutrition education will be implemented/promoted at various times of the year in the classroom setting of specific course units as arranged. 3) Hudson ISD will promote healthy nutrition for the students, staff, and community in the annual Hudson Gets Healthy (health fair) program, participation National School Lunch/Breakfast weeks & Farm Fresh Challenge.	
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.	1) Nutrition education will be promoted by printing informative ideas and suggestions on the back of lunch menus on a monthly basis. 2) Hudson Food Service will provide families and general public with links to nutritional information on the district website annually along with the Wellness Plan. 3) The district will share nutritional information during the annual Hudson Gets Healthy program.	

## Goals for Physical Activity

<b>Policy</b>	<b>Strategies for Implementation</b>	<b>Assessment</b>
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.	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.  2) Students at the primary/elementary campuses will participate in recess daily (weather permitting) that fosters an environment of safe physical activities.	
2. The district shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	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. 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.	

## Goals for School-based Activities

<b>Policy</b>	<b>Strategies for Implementation</b>	<b>Assessment</b>
1. The district shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	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	
2. The district shall promote wellness for students and their families at suitable district and campus activities.	The district will host a community-wide health fair during the fall semester to promote wellness for students, families, and the entire community.	
3. The district shall promote employee wellness activities and involvement at suitable district and campus activities.	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 1800MD, which provides some medical services without having to make appointments and require a doctor's fee.	