

Wellness Plan

HUDSON ISD 2024-2025

Nutrition Guidelines

Policy/Goals	Plan Objectives	Strategies
<p>The district's nutrition guidelines for reimbursable school meals and all other foods and beverages sold, provided 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, except when the district allows an exemption for fundraising activities or instruction as authorized by state and federal rules.</p>	<p>1) Hudson ISD will participate in the National Breakfast Program and the National School Lunch Program, offering breakfast and lunch each school day annually as noted by the school 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 Child Nutrition department will complete consistent nutritional analysis to ensure compliance with established standards.</p> <p>4) Food safety standards 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 through Nutrition Buzz listing both breakfast and lunch offerings. Menus and nutritional newsletters are sent to all parents and 6-12 students via Parent Square. Physical menus are also posted at Peavy and Bonner cafeterias as well as in the entryway of these campuses. Teachers at Peavy and Bonner are given two physical copies of the menu to share to their discretion. -</p> <p>Menu analysis is completed when menus change to ensure compliance with USDA standards. Carb and sodium counts for menus are sent to each campus nurse.</p> <p>HACCP records such as food temperature logs are kept on file in each campus's cafeteria office.</p>

Nutrition Promotion and Education

Policy/Goals	Plan Objectives	Strategies
1. The district's food service staff, teachers, and other district personnel shall consistently promote healthy nutritional messages in cafeterias, classrooms, and other appropriate settings.	<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 nutrition education for the students, staff, and community in the annual Hudson Health Fair and other various events such as National School Breakfast and Lunch week.</p>	<p>Positive nutritional messages are displayed in each cafeteria using posters and menu signage. Monthly health information is posted on the district website through Nutrition Buzz.</p> <p>The Child Nutrition Program participates in the farm to school program by purchasing hydroponic lettuce raised by students for salads at all campuses.</p> <p>The Child Nutrition Program utilizes the Share Cart Initiative to allow students to get extra food items as needed.</p> <p>Culinary classes participate in coursework and contests that promote nutritional education, including periodic/thematic lessons in classes.</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>1) Nutrition education will be promoted throughout each campus in the classrooms, hallways, and cafeterias as well as the Nutrition Buzz website.</p> <p>2) Hudson Food Service will provide families and the general public with links to nutritional information on the district website annually along with the Wellness Plan.</p> <p>3) The district will share nutritional information during the annual Hudson Health Fair</p>	<p>All campuses participate in Parent Square to receive a digital copy of menus that include nutrition education information and are distributed to each family and 6th-12th grade students monthly and are also posted to the district website.</p> <p>All district cafeteria staff will be recognized during NSB and NSL week annually for their service.</p> <p>The Child Nutrition Department will participate in the annual Hudson Health Fair.</p>

Goals for Physical Activity

Policy/Goals	Plan Objectives	Strategies
<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>HISD is in compliance with all State Mandates.</p> <p>Fitnessgram assesses the five components of health-related fitness which is performed yearly by the PE coaches, middle school & high school in the Spring. Skills testing is performed throughout the year by HISD PE coaches.</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/or other activities in the classroom.</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 offers 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 manages a park complex used for youth sport activities and the community. A variety of youth sports are offered throughout the entire year for HISD students.</p>	<p>HISD hosts Youth Basketball, Youth Baseball, Youth Volleyball and Youth Cross Country runs.</p>

Goals for School-Based Activities

Policy/Goals	Plan Objectives	Strategies
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 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 two Health Department inspections per year to insure clean & safe eating environment	Lunch schedules which are posted in the Student Handbook allow 30 min per period. Health Inspections as conducted periodically
2. The district shall promote wellness for students and their families at suitable district and campus activities.	1) The district will host a community-wide health fair during the spring semester to promote wellness for students, families, staff, and the entire community. 2) Student Vision/Hearing/Scoliosis Screening 3) Immunization Compliance according to the State of Texas	1) Healthy Hornets Spring Health Fair is a community-based health and wellness fair hosted annually. 2) All students in PK, K, 1, 3, 5, and 7 are screened annually for vision and hearing. Scoliosis screening is conducted on all 5 th and 7 th females and all 8 th grade boys. 3) The district ensure that all students are in compliance with immunization requirements, including exceptions for students who have conscientious or medical exemption with notarized certificates.
3. The district shall promote employee wellness activities and involvement at suitable district and campus activities.	1) Offer district-wide male and female panel lab work (including CBC, lipid panel, thyroid, testosterone, HgbA1c), vitamin shots, etc. 2) The district will offer annual flu shots at low costs to district employees.	First Choice Family Medicine is scheduled on all campuses every 2-3 weeks to offer this service. In & Out administered flu shots to employees and/or employee family members September 4, 2024.

	<p>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.</p>	<p>All full-time Hudson staff and their families have access to the 1800MD program funded by the district and at no cost to the employee or employee's family member.</p>
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