

## Coldspring- Oakhurst CISD Wellness Policy SY 2018-2019

### Mission Statement

The mission of the Coldspring-Oakhurst CISD (COCISD) Wellness Policy is to promote the physical and nutritional health of students and the community by:

- Offering Health Education
- Emphasizing nutritional standards
- Encouraging a community -based effort toward a healthier lifestyle.

#### I. Nutrition Education Goals:

- a. COCISD will promote, support and encourage proper nutrition for all students.

#### Nutrition Education Guidelines:

- a. COCISD will follow the state health curriculum and Texas Essential Knowledge and Skills (TEKS).
- b. COCISD campuses will link nutritional education activities to the Coordinated Approach To Child Health program (CATCH).

#### II. Physical Activity Goals:

- a. Schools will adopt and implement state standards for physical activity.

#### Physical Activity Guidelines:

- a. COCISD will implement the physical education lessons from the CATCH Program in grades K-8 and will implement the physical education TEKS in grades 6 - 12.
- b. All students in COCISD, grades K-8 will receive the mandated number of minutes of physical activity each week.
- c. COCISD will actively seek out family oriented opportunities that emphasize wellness or fitness activities.
- d. SB 530 - Fitness gram Assessment.
- e. SB 7 - AED Training.

#### III. Nutritional Standards Goals

- a. COCISD will implement the Texas Department of Agriculture (TDA) and the United States Department of Agriculture (USDA) for all non-modified meals served in schools.

#### Nutritional Standards Guidelines:

- a. COCISD will ensure nutrition information for foods offered, using the CATCH Whoa, Slow and Go format, is readily available near The point of sale.
- b. COCISD will ensure that all students have affordable access to nutritious foods they need to stay healthy and learn.

**IV. Other School-based Activities Designed to Promote Student Wellness Goals:**

- a. Nutrition for students, families and staff will be a priority at COCISD.

**Other School-based Activities Designed to Promote Student Wellness Guidelines:**

- a. Breakfast and lunch meals will be served in time slots that allow adequate time for eating.
- b. School newsletters or websites will include nutritional tips, healthy eating suggestions and healthy snack ideas/recipes that children can prepare.
- c. COCISD will facilitate opportunities for physical activity for students, families and staff members.
- d. A fully functioning School Health Advisory Council (SHAC) will be in place.
- e. The District will host at least one family event each year that focuses on health and physical fitness.
- f. The district will partner with outside groups to increase participation in sporting and related activities.
- g. The district will provide access to facilities for physical activity outside of school hours.

**Procedures for Measurement and Evaluation**

- a. Each goal in the Wellness Policy will be evaluated through a formative and summative process by the S.H.A.C. at the last meeting of each year.
- b. The review of the Wellness Policy will be used at the first SHAC meeting, the following school year to plan for improvements for that school year.
- c. Timelines will automatically change to read August (current school year) and June (current school year)

**Component #1 Nutrition Education**  
**COCISD will promote, support and encourage proper nutrition for all students**

Activity/Strategy	Responsibility	Resources	Timeline	AEB	Summative Evaluation
Follow the state health curriculum and TEKS	Curriculum Director Principals Athletic Director PE/Health Teachers	TEKS COCISD CATCH COORDINATOR	August 2018 - June 2019	<ul style="list-style-type: none"> <li>● Lesson Plans</li> <li>● Walkthroughs by Campus and District Administrators</li> </ul>	Evaluate at last SHAC meeting. Evaluation input from Principals, Athletic Director and Curriculum Director. Evaluation will be reviewed at the 1st SHAC meeting in the Fall.
Link nutrition education activities to the CATCH program	Curriculum Director Principals PE/Health Teachers SHAC Child Nutrition Director Health Services Director	TEKS Health Textbooks CATCH Program Related Websites	August 2018 - June 2019	<ul style="list-style-type: none"> <li>● Lesson plans</li> <li>● Campus Activities</li> </ul>	Evaluate at last SHAC meeting. Evaluation input from: Principals, Health Services Director and Child Nutrition Director. Evaluation will be reviewed at the 1st SHAC meeting in the Fall
Make CATCH nutrition concepts available to parents and staff.	CATCH Coordinator Child Nutrition Director PE/Health Teachers	CATCH Materials Menus Newsletters Website	August 2018 - June 2019	<ul style="list-style-type: none"> <li>● Newsletters</li> <li>● Website Posting</li> <li>● Menus</li> <li>● Campus Activities</li> </ul>	Evaluate at last SHAC meeting. Evaluation input from: CATCH Coordinator, Child Nutrition Director, Principals PK-8. Evaluation will be reviewed at the 1st SHAC meeting in the Fall.

**Component #2 Physical Activity**  
**COCISD will adopt and implement state standards for physical activity**

Activity/Strategy	Responsibility	Resources	Timeline	AEB	Summative Evaluation
Implement the PE lessons from the CATCH Program, grades K-8  Implement the PE education TEKS grades 6-12	Curriculum Director Principals PE Teachers Athletic Director CATCH Coordinator	TEKS CATCH Curriculum Prof. Development Appropriate equipment and supplies Facilities	August 2018 - June 2019	<ul style="list-style-type: none"> <li>● Walkthroughs and observations by campus administrators.</li> <li>● Lesson Plans</li> <li>● Fitnessgram results</li> </ul>	Evaluation input from Principals, Athletic Director, CATCH Coordinator and Curriculum Director. Evaluation will be reviewed at the 1st SHAC meeting in the Fall.
COCISD students shall receive the mandated number of minutes of physical Activity each week	<ul style="list-style-type: none"> <li>● Curriculum Director</li> <li>● Principals</li> <li>● Athletic Director</li> <li>● PE Teachers</li> <li>● Teachers</li> </ul>	<ul style="list-style-type: none"> <li>● TEKS</li> <li>● CATCH Curriculum</li> <li>● Prof. Development</li> <li>● Appropriate equipment and supplies</li> <li>● Facilities</li> </ul>	August 2018 - June 2019	<ul style="list-style-type: none"> <li>● Schedules for PE/Athletics/Band/Drill Team /JROTC</li> <li>● Lesson Plans</li> <li>● Master Schedules</li> </ul>	Evaluation input from Principals, Athletic Director, and Curriculum Director. Evaluation will be reviewed at the 1st SHAC meeting in the Fall.
COCISD will actively seek out family oriented opportunities that emphasize wellness and fitness	<ul style="list-style-type: none"> <li>● Principals</li> <li>● PE Staff</li> <li>● Athletic Director</li> <li>● SHAC Chairman</li> <li>● Parent Volunteers</li> </ul>	<ul style="list-style-type: none"> <li>● Student Organizations</li> <li>● PE Staff Members</li> <li>● Health Services</li> <li>● Child Nutrition</li> <li>● Athletic Director</li> </ul>	August 2018 - June 2019	<ul style="list-style-type: none"> <li>● Planning Meetings</li> <li>● SHAC Minutes</li> <li>● Sign in Sheets</li> <li>● Wellness Blogs</li> </ul>	Evaluation input from Principals, Athletic Director, and SHAC Chairman.  Evaluation will be reviewed at the 1st SHAC meeting in the Fall.
SB 530: Implement the Fitnessgram program in grades 3- 12	<ul style="list-style-type: none"> <li>● Athletic Director</li> <li>● PE /Health Staff</li> <li>● Principals</li> <li>● Curriculum Director</li> </ul>	<ul style="list-style-type: none"> <li>● Region VI</li> <li>● Staff Development</li> <li>● Appropriate Equipment</li> <li>● Facilities</li> </ul>	August 2018 - June 2019	<ul style="list-style-type: none"> <li>● Fitnessgram results</li> </ul>	Evaluation input from Principals, Athletic Director, and Curriculum Director  Evaluation will be reviewed at the 1st SHAC meeting in the Fall.
SB 7: CPR/Defibrillator fully implemented and trained on every campus	<ul style="list-style-type: none"> <li>● Health Services Director</li> <li>● Athletic Director</li> <li>● Athletic Trainer</li> </ul>	<ul style="list-style-type: none"> <li>● American Red Cross</li> <li>● ESC VI</li> <li>● EnPro</li> </ul>	August 2018- June 2019	<ul style="list-style-type: none"> <li>● CPR Records</li> <li>● EnPro Records</li> </ul>	Evaluation input from Health Services Director and Athletic Director/Trainer Evaluation will be reviewed at the 1st SHAC meeting in the Fall.

### Component #3 Nutritional Standards

**COCISD will implement the Texas Department of Agriculture (TDA) Nutrition Policy and the United States Department of Agriculture (USDA) for all meals served in schools**

Activity/Strategy	Responsibility	Resources	Timeline	AED	Summative Evaluation
Implement the TDA and USDA requirements for all meals/snacks served by the Child Nutrition Department.	<ul style="list-style-type: none"> <li>● Child Nutrition Director</li> </ul>	<ul style="list-style-type: none"> <li>● ESC VI</li> <li>● Websites</li> <li>● TDA and USDA</li> </ul>	August 2018- June 2019	<ul style="list-style-type: none"> <li>● Audits</li> <li>● Admin Reviews</li> <li>● Reports Child Nutrition Dept.</li> </ul>	<p>Evaluation input from Child Nutrition Director.</p> <p>Evaluation will be reviewed at the 1st SHAC meeting in the Fall.</p>
Ensure that food choices and their “whoa, slow and go” nutritional information is readily available near the point of sale. .	<ul style="list-style-type: none"> <li>● Child Nutrition Director</li> <li>● Principals</li> </ul>	<ul style="list-style-type: none"> <li>● Food suppliers</li> <li>● ESC VI</li> <li>● TDA and USDA</li> </ul>	August 2018 - June 2019	<ul style="list-style-type: none"> <li>● Information being posted in Cafeterias</li> <li>● Information being on Menus</li> </ul>	<p>Evaluation input from Child Nutrition Director, Principals, Health Services Director.</p> <p>Exemption days must be approved by the CN Director prior to being served</p> <p>Evaluation will be reviewed at the 1st SHAC meeting in the Fall.</p>
Ensure that all students have affordable access to the nutritious foods they need to stay healthy and learn.	<ul style="list-style-type: none"> <li>● Child Nutrition Director</li> <li>● Counselors</li> <li>● School Staff</li> </ul>	<ul style="list-style-type: none"> <li>● School meals</li> <li>● After school tutorial snacks</li> </ul>	August 2018 - June 2019	<ul style="list-style-type: none"> <li>● Swift processing of Free Lunch Applications</li> <li>● Substitute meal for those without funds</li> </ul>	<p>Evaluation input from Child Nutrition Director.</p> <p>Evaluation will be reviewed at the 1st SHAC meeting in the Fall.</p>

**Component #4 Other School Related Activities**  
**Nutrition for students, families and staff will be a priority at COCISD**

Activity/Strategy	Responsibility	Resources	Timeline	AEB	Summative Evaluation
Utilize newsletters and websites to provide information about nutrition, healthy eating, and recipes for snacks	<ul style="list-style-type: none"> <li>● Health Services Director</li> <li>● Principals</li> <li>● Teachers</li> <li>● Child Nutrition Director</li> </ul>	<ul style="list-style-type: none"> <li>● Websites</li> <li>● Newsletters</li> <li>● Director of Health Services</li> <li>● Blogs</li> </ul>	August 2018 - June 2019	<ul style="list-style-type: none"> <li>● Newsletters</li> <li>● Blogs</li> <li>● Websites</li> </ul>	<p>Evaluation input from Health Services Director, Teachers, and Principals.</p> <p>Evaluation will be reviewed at the 1st SHAC meeting in the Fall.</p>
SHAC Meetings - 4 times a year	<ul style="list-style-type: none"> <li>● SHAC Chair</li> <li>● Parent Co-Chair</li> <li>● Assistant Superintendent</li> </ul>	<ul style="list-style-type: none"> <li>● SHAC guidelines</li> <li>● By-Laws</li> <li>● TEA</li> <li>● DSHS</li> </ul>	August 2018 - June 2019	<ul style="list-style-type: none"> <li>● Meeting Minutes</li> <li>● SHAC Website</li> <li>● School Calendars</li> </ul>	<p>Evaluation input from Health Services Director, and SHAC members.</p> <p>Evaluation will be reviewed at the 1st SHAC meeting in the Fall.</p>
Partner with outside groups to increase participation in sporting and related activities	<ul style="list-style-type: none"> <li>● Superintendent/Assistant Superintendent</li> <li>● Athletic Director</li> <li>● Parents</li> <li>● Principals</li> <li>● Volunteers</li> </ul>	<ul style="list-style-type: none"> <li>● Youth athletic groups</li> <li>● Church</li> <li>● Community groups</li> <li>● Director of Maint.</li> <li>● District Chief of Police</li> <li>● Parents</li> </ul>	August 2018 - June 2019	<ul style="list-style-type: none"> <li>● School Dude reservations</li> <li>● School Calendars</li> <li>● Athletic Director Calendars</li> </ul>	<p>Evaluation input from Athletic Director, SHAC Chairman, Principals and Assistant/Superintendent.</p> <p>Evaluation will be reviewed at the 1st SHAC meeting in the Fall.</p>
Provide access to district facilities, including the track, out of school hours	<ul style="list-style-type: none"> <li>● Superintendent</li> <li>● Director of Maintenance</li> <li>● District Police Department</li> <li>● Principals</li> <li>● Health Services Director</li> <li>● Athletic Director</li> </ul>	<ul style="list-style-type: none"> <li>● Staff</li> <li>● Schedule of activities</li> <li>● System for securing facilities</li> </ul>	August 2018 - June 2019	<ul style="list-style-type: none"> <li>● Number of events</li> <li>● Sign In Sheets</li> </ul>	<p>Evaluation input from Athletic Director, SHAC Chairman, Principals and Assistant/Superintendent.</p> <p>Evaluation will be reviewed at the 1st SHAC meeting in the Fall.</p>