

Crystal City ISD Wellness Plan

GOAL #1: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and to positively influence the health of students, families, and district staff.

Objective #1: The District will host at least two annual events to provide stakeholders with nutritional information to promote healthy eating and at least one campus-based events per semester to increase awareness about nutrition.

Action Steps:

1. Conduct survey at registration with families to determine areas of interest.
2. Convene a committee to plan district/campus events around the interests of the families
3. Set up district/campus calendar for the event along with site.
4. Contact presenters, agencies, partners, consultants needed to assist with the event.
5. Draw up checklist of duties for each event and delegate responsibility for each duty.
6. Promote activity through a media blitz.
7. Conduct event with follow up evaluation around community participation and satisfaction.

Baseline or benchmark data points:

- Parent & Student Survey @registration (BOY)
- Staff Survey @ in-service (BOY)
- Event evaluations and sign-ins.

Resources needed:

- Person to develop surveys
- Survey Monkey, time, presenters, consultants
- Checklist for events, website, media releases, district calendar
- Evaluation forms and sign-ins

Obstacles:

- Time, money, staff
- Coordination
- Staff and community perceptions around the importance of nutrition

Objective #2: The District will use multiple forms of media to provide families, community and staff with nutritional tips and advice monthly to improve eating habits and nutritional choices.

Action Steps:

1. Send out nutrition newsletters monthly via the website, facebook, and letters home.
2. Post nutritional ideas and suggestions in the cafeterias, hallways, and classrooms
3. Send home monthly menus with nutrition facts and suggestions

Baseline or benchmark data points:

Compilation of surveys and campus postings, newsletters and information sent home.

Resources needed:

News letters, media releases, informational resources, posters, menus

Obstacles:

Time, money, staff

GOAL # 2: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: As part of the Coordinated Health Program for grades K-8th, the District and campuses shall deliver nutrition education through weekly lessons that teach healthy habits that promote lifelong wellness.

Action Steps:

1. Inventory curriculum resources (Bienstar) and order missing curriculum.
2. Design master schedule and assign teachers to deliver health and nutrition lessons.
3. Monitor lesson plans to ensure the weekly delivery of lessons.

Baseline or benchmark data points:

Pre and post awareness survey of staff and students.

Resources needed:

Bienestar curriculum materials K-8th, staff and student surveys, health teachers/ class, funding sources

Obstacles:

Missing resources, staff to present lessons, reluctance of staff to focus on lessons that are not integral to the "academic" content of their subject area(s).

Objective 2: The District and/or campuses will provide teachers and staff responsible for the nutritional education program with professional development annually that will adequately prepare them to effectively deliver nutritional education to the students.

Action Steps:

1. Develop a training calendar for staff, administrators and parents in the health curriculum
2. Secure trainer for PD
3. Provide orientation to staff and administrators in Bienestar
4. Set up parent meetings at district and campus levels to provide parents with overview of nutrition and health program.

Baseline or benchmark data points:

Training rosters with PD follow up evaluations.

Resources needed:

Time for PD, presenters, funding

Obstacles

Time, funding

GOAL # 3: 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.

Objective 1: The District and campuses will provide for a minimum of two fitness activities or events per semester that are not part of regular PE classes nor the school's competitive sports to encourage student participation throughout the school day and at other specified times before and after school.

Action Steps:

1. Develop student/staff activity programs such as:
 - a Sunrise/ Sunset Walk Club available before and/or after school;
 - intramural competition from 4:30-5:30 for student and staff participation in non-UIL sports such as kickball, Ultimate Frisbee, or Four Square;
 - exercise class such as Jazzercise, Zumba, or yoga;
 - lunchtime supervised recess and games.
2. Develop schedule for the public use of facilities and grounds and invite public participation.
3. Solicit activity coordinators and publicize the availability of the program activities.

Baseline or benchmark data points:

Number of district and campus programs with participation sign-ins and surveys.

Resources needed:

Schedules, equipment for activity use, coordinator for each activity, access to facilities, publicity.

Obstacles

Coordinators, supervision, equipment, time, scheduling of multiple activities

Objective 2: The District shall encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Action Steps:

1. Provide training to staff in” brainbreak” activities that can be utilized in the classroom to stimulate thinking through movement and breathing activities.
2. Provide academic learning targets to be used in PE classes in conjunction with physical education activities to enhance learning.

Baseline or benchmark data points:

Pre-post survey of instructional awareness of benefits of movement in the learning process.

Resources needed:

Brainbreak activities, trainers, PLC time

Obstacles

Scheduling

GOAL #4: The District shall promote wellness for students and their families at suitable District and campus activities.

Objective 1: The District and campuses will provide students and families with at least two training opportunities per semester around healthy habits that promote lifelong wellness.

Action Steps Methods for Measuring Implementation

1. Survey parents, community, and students to determine areas of need and areas of interest.
2. Develop District and campus training/informational plans based on identified needs and interests.
3. Set up trainings and training calendar:
IMPACT Parent Conference, Breakfast Club, District/campus meetings, etc.

4. Advertise and promote training events and activities: letters home, news releases, School Messenger, posters, student contests/incentives.
5. Provide parents nutritional /health newsletters on a six weeks' basis.

Baseline or benchmark data points:

- Pre/post survey
- Participation sign-ins and tracking will show a 10%+ parent participation rate

Resources needed:

- Funding for consultants, materials, events
- Staff to coordinate trainings/events
- Time for planning and follow up

Obstacles:

- Limited parental participation
- Focus on academics rather than wellness
- Too many school activities

Objective 2: Network and partner with at least 5 community agencies to provide students and families with a minimum of three school-community activities or events that promote wellness.

Action Steps

1. Update Community Resource Directory and distribute to all agencies and campus offices.
2. Hold regular interagency meetings to establish networking and plan activities to promote health and wellness for our mutual parents and community members.
3. Conduct an annual Back-to-School Health Fair and a Parent Conference to promote family wellness and to showcase community agency resources.

Methods for Measuring Implementation

Baseline or benchmark data points:

- At least 6 interagency meetings will be held and agency participation will increase by 10% as evidenced by sign-ins
- Event calendar with parent/community participation sign-ins

Resources needed:

- Funding for materials, refreshments
- Staff to organize and coordinate meetings

Obstacles:

- Time, money, coordination of events
- Limited parent and community participation