

## **NEW DIANA INDEPENDENT SCHOOL DISTRICT WELLNESS PLAN 2017-2020**

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006, all schools must develop a local wellness plan that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness plan.

**Mission Statement:**

New Diana Independent School District envisions a community where all students feel safe and are healthy, promoting successful achievement.

<b>Standard 1</b>	<i>Nutrition Education</i>		
<b>Goals</b>	<b>Persons Responsible</b>	<b>Timeline</b>	<b>Formative Evaluation</b>
1.1 Schools will provide and promote nutrition education to students, staff and community. (i.e, <b>posters, announcements, balanced diet inst., sharing on televised announcements</b> )	Dir of Operations SHAC Principals Dir. of Nutrition	Dec. 2018 Dec. 2019 Dec. 2020	Documentation of posters, announcements and nutrition information
1.2 The coordinated school health team (may include school administrator, nurse, cafeteria manager, etc.) will monitor and promote campus wellness education and activities (i.e., <b>health fair at comm. pep rally</b> ).	SHAC	Dec. 2018 Dec. 2019 Dec. 2020	Health fair
1.3 All nutrition education will be acquired from credible sources (American Heart Association [ADA], American Diabetes Association [ADA], Academy of Nutrition and Dietetics [AND], United States Department of Agriculture [USDA], School Nutrition Association[SNA], and the Child Nutrition Department).	Dir. of Nutrition Dir. of Operations	Dec. 2018 Dec. 2019 Dec. 2020	Dietary documentation

1.4 Nutrition education will be increased by sharing information with families and the community via the New Diana ISD website, parent meetings, and by using the cafeteria as a “learning laboratory” (i.e, nutrition education displays; taste testing; parent night, etc.).	Dir. of Operations Dir. of Nutrition Dir. of Curr./Inst. School Nurse Principals	Dec. 2018 Dec. 2019 Dec. 2020	Nutritional information shared at Parent Night, Health Fair and taste testing conducted by the nutrition department.
<b>Standard 2</b>	<i>Physical Activity</i>		
<b>Goals</b>	<b>Persons Responsible</b>	<b>Timeline</b>	<b>Formative Evaluation</b>
2.1 Schools will provide opportunities for students to participate in regular physical activity to promote personal lifelong behavior and maintain physical well-being.	Dir. of Curr./Inst. Dir. of Operations Athletic Director PE Teachers	Dec. 2018 Dec. 2019 Dec. 2020	Campus master schedules  Lesson plans
2.2 Provide opportunities for physical activity outside the classroom and/or school day. (i.e., infomercials for community physical activity).	Athletic Director	Dec. 2018 Dec. 2019 Dec. 2020	Documentation of opportunities provided

<p>2.3 Schools will provide opportunities for every student to develop the knowledge and skills for specific physical activities in accordance with district, state and national guidelines.</p>	<p>Dir. of Curr./Inst. Principals Athletic Director PE Teachers</p>	<p>Dec. 2018 Dec. 2019 Dec. 2020</p>	<p>Campus master schedules  Lesson plans</p>
<p>2.4 State-certified physical education instructors teaching all physical education classes.</p>	<p>Dir. of Curr./Inst. Athletic Director Principals</p>	<p>Dec. 2018 Dec. 2019 Dec. 2020</p>	<p>Certifications of all physical education instructors</p>
<p>2.5 Strive toward physical education classes to have a student/adult ratio not to exceed 45:1. If ratio is greater than 45:1, district must identify the manner in which safety will be maintained.</p>	<p>Dir. of Curr./Inst. Athletic Director Principals</p>	<p>Dec. 2018 Dec. 2019 Dec. 2020</p>	<p>Physical education class rosters</p>
<p>2.6 K-6<sup>th</sup> grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity (MVPA) daily, or 135 minutes weekly.</p>	<p>PE Teachers Principals</p>	<p>Dec. 2018 Dec. 2019 Dec. 2020</p>	<p>Campus master schedule  Lesson plans</p>

<p>2.7 7<sup>th</sup>-8<sup>th</sup> grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity (MVPA) daily, or 135 minutes weekly, or 225 minutes over a two-week period.</p>	<p>PE Teachers Principals</p>	<p>Dec. 2018 Dec. 2019 Dec. 2020</p>	<p>Campus master schedule  Lesson plans</p>
<p>2.8 Time allotted for physical activity will be consistent with national and state standards.</p>	<p>PE Teachers Principals</p>	<p>Dec. 2018 Dec. 2019 Dec. 2020</p>	<p>Campus master schedules  Lesson plans</p>
<p>2.9 All physical education instructors and their paraprofessional assistants must be trained in CPR/AED.</p>	<p>School Nurse Dir. of Curr./Inst.</p>	<p>Dec. 2018 Dec. 2019 Dec. 2020</p>	<p>Training records and sign-in sheets</p>

Standard 3		Nutrition Standards		
Goals	Persons Responsible	Timeline	Formative Evaluation	
3.1 USDA Nutrition Standards and Smart Snacks will be used as the standard for guidelines pertaining to foods and beverages made available on school campuses. (i.e., teaching dietary guidelines, cafeteria plate with food labeled and with contents, Pals and other school orgs can assist).	Dir. of Nutrition Dir. of Operations	Dec. 2018 Dec. 2019 Dec. 2020	Documentation of compliance	
3.2 All foods made available on campus will comply with local, state and federal laws and regulations as well as the current USDA dietary Guidelines for Americans. (teach guidelines to athletes).	Dir. of Nutrition	Dec. 2018 Dec. 2019 Dec. 2020	Documentation of compliance	
3.3 Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws, regulations and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for EC/PK, elementary schools, middle schools and high schools. (i.e., provide real examples of soda, candy, etc. with contents listed).	Dir. of Nutrition	Dec. 2018 Dec. 2019 Dec. 2020	Documentation of compliance with state and local food laws  Menus demonstrating age appropriate and healthy food and beverage at both elementary and elementary campuses.	

Standard 4	<i>Healthy Eating Environment</i>		
Goals	Persons Responsible	Timeline	Formative Evaluation
4.1 The school environment is safe, comfortable and promotes healthy eating practices.	Principals Dir. of Nutrition Dir. of Operations	Dec. 2018 Dec. 2019 Dec. 2020	Documentation of compliance by Principals/Dir. Nutrition/Dir. of Operations
4.2 Dining areas are clean and attractive and provide enough seating for all students during their lunch time.	Dir. of Nutrition Principals	Dec. 2018 Dec. 2019 Dec. 2020	Observation of clean dining areas  Health Inspection Reports
4.3 Drinking water is available for all students during meals. (i.e., fundraiser for water purification stations in the cafeteria, provide pitchers of water during lunch).	Dir. of Nutrition	Dec. 2018 Dec. 2019 Dec. 2020	Observation documentation of water made available to students.
4.4 Food is not used as a reward or punishment for student behavior unless it is detailed in a student's Individualized Education Plan (IEP).	Principals	Dec. 2018 Dec. 2019 Dec. 2020	IEP documentation
4.5 If food or beverages are used in a learning activity, all laws, guidelines and regulations are met. (i.e., use smart snacks calculator).	Dir. of Nutrition Principals	Dec. 2018 Dec. 2019 Dec. 2020	Dir. of Nutrition teacher requests for smart snacks. Principal documentation.
4.6 Adequate time and space are allowed for eating meals.	Dir. of Nutrition Principals	Dec. 2018 Dec. 2019 Dec. 2020	Campus schedules  Documentation of dining hall space

4.7 Adequate time is provided to eat breakfast and lunch from the time the student is seated. [Recommended times by the National Association of State Boards of Education is 10 minutes for breakfast and 20 minutes for lunch] (i.e., use grab and go breakfast for students missing breakfast).	Dir. of Nutrition Principals	Dec. 2018 Dec. 2019 Dec. 2020	Campus schedule  Principal and Dir. of Nutrition documentation
4.8 Lunch periods are scheduled as near the middle of the day as possible and are planned to assure that students do not spend too much time waiting in line.	Principals Dir. of Curr./Inst.	Dec. 2018 Dec. 2019 Dec. 2020	Campus Schedules
4.9 If meetings or activities are scheduled during meal times, students must be allowed to eat breakfast or lunch.	Principals Dir. of Nutrition	Dec. 2018 Dec. 2019 Dec. 2020	Documentation of meetings/activities  Principal/Dir of Nutrition documentation

<b>Standard 5</b>	<i>School Health and Safety</i>		
<b>Goals</b>	<b>Persons</b>	<b>Timeline</b>	<b>Formative Evaluation</b>
5.1 All foods made available on campus will adhere to food safety and security guidelines. (i.e., no homemade foods, all foods in original packaging and labeled).	Principals Dir. of Nutrition Dir. of Operations	Dec. 2018 Dec. 2019 Dec. 2020	Principals/Dir. of Nutrition/Dir. of Operations documentation

<p>5.2 All foods made available on campus comply with the federal, state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food borne illness in schools.</p>	<p>Dir. of Nutrition Dir. of Operations</p>	<p>Dec. 2018 Dec. 2019 Dec. 2020</p>	<p>Dir. of Nutrition/Dir. of Operations documentation</p>
<p>5.3 Every campus promotes/demonstrates appropriate hand washing practices. (i.e., posters in bathrooms).</p>	<p>Principals Teachers</p>	<p>Dec. 2018 Dec. 2019 Dec. 2020</p>	<p>Posters, signs placed on campuses near restrooms.</p>
<p>5.4 For the safety and security of the food and facility, access to the food service operations is limited to Child Nutrition staff and authorized personnel. For further guidance see U.S. Department of Agriculture (USDA) food security guidelines.</p>	<p>Dir. of Nutrition Dir. of Operations Principals</p>	<p>Dec. 2018 Dec. 2019 Dec. 2020</p>	<p>Documentation of Dir. of Nutrition/Principals/Dir. of Operations</p>
<p>5.5 District administrators, by area of responsibility, are responsible for ensuring local, state and federal laws, regulations and guidelines are updated and in place.</p>	<p>Dir. of Curr./Inst. Dir. of Nutrition Dir. of Operations</p>	<p>Dec. 2018 Dec. 2019 Dec. 2020</p>	<p>Updated local, state and federal law guidelines and regulations are located in school policies and procedures.</p>
<p>5.6 District safety, health and security policies and crisis plans are current. Training and communication are provided to staff, students and the community.</p>	<p>Dir. of Operations Principals</p>	<p>Dec. 2018 Dec. 2019 Dec. 2020</p>	<p>Current health and security and crisis plan are current and in place.  Documentation of staff/student training regarding crisis plans and communication to community regarding plans documented.</p>

Standard 6	<i>Other School Based Activities</i>		
Goals	Persons Responsible	Timeline	Formative Evaluation
6.1 School based activities are consistent with local wellness plan goals.	Principals	Dec. 2018 Dec. 2019 Dec. 2020	Principals' documentation
6.2 School-based marketing for food and beverage products are consistent with nutrition education and health goals and aligned with federal, state and local regulations, laws and guidelines.	Principals Dir. of Nutrition Dir. of Operations	Dec. 2018 Dec. 2019 Dec. 2020	Documentation of compliance with guidelines by Principals/Dir. of Nutrition/ Dir. of Operations.
6.3 After-school activities may encourage and include physical activity and health and wellness information.	Principals	Dec. 2018 Dec. 2019 Dec. 2020	Documentation of after-school activities.
6.4 Schools will provide anti-bullying information and positive reinforcement for pro-social behavior. (i.e., Pals videos, guest speakers, etc).	Principals Counselors	Dec. 2018 Dec. 2019 Dec. 2020	Documentation of information provided to students.
6.5 Schools will provide students with coping strategies for dealing with relationship issues. (i.e., Esteem classes).	Principals Counselors	Dec. 2018 Dec. 2019 Dec. 2020	Documentation of coping skills training offered to students.
6.6 Student Health is supported by the Health Care Staff on each campus coordinating and hosting health clinics, health screenings and helping enroll eligible children into Medicaid and Children's Health Insurance Program (CHIP).	School Nurses	Dec. 2018 Dec. 2019 Dec. 2020	Nurse's documentation

<p>6.7 School Health Advisory Council (SHAC) comprised of parents, teachers, Child Nutrition Services, Nursing Services, PE/Wellness Services, administrators, students and members of the community work together to create strategies to integrate health curriculum into a coordinated school health program that reflects local values.</p>	<p>SHAC</p>	<p>Dec. 2018 Dec. 2019 Dec. 2020</p>	<p>List of SHAC committee members and sign-in sheets.</p>
<p>6.8 School Health Advisory Committee (SHAC) shall report directly to the school board at least once annually, including written report with information regarding the council's recommendations, modifications and activities.</p>	<p>Dir. of Curr./Inst. School Nurse</p>	<p>Dec. 2018 Dec. 2019 Dec. 2020</p>	<p>Agenda of School Board meetings documenting SHAC annual report.</p>
<p>6.9 District policies support personal efforts by staff to maintain a healthy lifestyle.</p>	<p>Superintendent</p>	<p>Dec. 2018 Dec. 2019 Dec. 2020</p>	<p>District policies</p>
<p><b>Standard 7</b></p>	<p><i>Monitoring and Evaluation</i></p>		
<p><b>Goals</b></p>	<p><b>Persons</b></p>	<p><b>Timeline</b></p>	<p><b>Formative Evaluation</b></p>
<p>7.1 Designate one or more school or district officials as appropriate to ensure that each school complies with the local wellness plan.</p>	<p>Dir. Curr/Inst. Principals</p>	<p>Dec. 2018 Dec. 2019 Dec. 2020</p>	<p>Documentation of compliance by Dir. of Curriculum and Campus Principals.</p>

<p>7.2 The district permits parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness plan.</p>	<p>Dir. of Curr./Inst. Principals SHAC</p>	<p>Dec. 2018 Dec. 2019 Dec. 2020</p>	<p>School wellness plan and sign-sheets at meetings where the wellness plan was monitored and updated.</p>
<p>7.3 The district informs and update the public (including parents, students and others in the community) about the content and implementation of the local school wellness plan. (i.e., school website, etc).</p>	<p>Dir. of Nutrition Principals</p>	<p>Dec. 2018 Dec. 2019 Dec. 2020</p>	<p>Communication of the district to all stakeholders.  Wellness plan posted on the district website.</p>
<p>7.4 The district periodically measures and makes available an assessment on the implementation of the local school wellness plan, including a formal evaluation and updated plan every 3 years.</p>	<p>School Nurse Dir. of Curr./Inst.</p>	<p>Dec. 2018 Dec. 2019 Dec. 2020</p>	<p>Formal evaluation and updated plan every three years.</p>
<p>7.5 A requirement that the director of Curriculum and Instruction or more district school officials, as appropriate, to ensure that each school complies with the local school wellness plan.</p>	<p>Dir. of Curr./Inst. Principals</p>	<p>Dec. 2018 Dec. 2019 Dec. 2020</p>	<p>Documentation of compliance provided by the principals and Dir. of Instruction.</p>

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