

WELLNESS POLICY MEASUREMENT PLAN 2017-18

Contact: Shirley Parker, Director of Child Nutrition

County-District School: Humble ISD

Humble ISD Mission Statement

The mission of the Humble Independent School District School Health Advisory Council is to develop recommendations for effective policies and practices to promote a healthy lifestyle and safe environment for students, staff, and families.

Component 1: Nutrition Standards Goals:


1 Humble schools will comply with the current USDA Dietary Guidelines for Americans, Texas Public School Nutrition Policy as well as adhere to the following restrictions:

(1a.) A la carte offerings will be determined by Child Nutrition Services.

(1b.) All future food and beverage contracts shall consider the nutritional value of products and product decision making will be in collaboration with Child Nutrition Services.



Person Responsible: Child Nutrition Director

Guidelines	Unacceptable	Acceptable	Recognized	Exemplary	Supportive Evidence
(1a.) A la carte offerings will be determined by Child Nutrition Services				✓ 100% =	All a la carte items sold by the Child Nutrition Department are documented as meeting USDA Smart Snack regulations.
(1b.) All future food and beverage contracts shall consider the nutritional value of products and product decision making will be in collaboration with Child Nutrition Services				✓ 100% =	Purchasing Department consults with Child Nutrition Department regarding snack vending RFPs.
(1c.) All reimbursable meals served meet required standards of the National School Lunch Act and Child Nutrition Act.				✓ 100% =	Menus are USDA certified.




Guidelines	Unacceptable	Acceptable	Recognized	Exemplary	Supportive Evidence
<p>(1d.) Adhere to maximum exempt days (6) as established by USDA and TDA and must report those said days to child nutrition one month prior to the event. Exempt days allow the sale of ANY food/beverage with no restrictions on nutrient content.</p>				<p style="text-align: center;">✓</p> <p style="text-align: center;">100%</p>	
<p>(1e.) Special Situations: including but not limited to, food or beverages given or provided to a student by an adult or acting on behalf of a student's parent or guardian or food or beverages delivered by businesses to students on the school campus. All food or beverage given away at no charge to students, or sold within the 6 allowed exempt days, must be approved and monitored by the campus principal and/or their designee. Give examples in the Wellness Policy Measurements.</p>			<p style="text-align: center;">✓</p> <p style="text-align: center;">100% </p>		

Component 2: Physical Activities to Promote Wellness

Guidelines	Unacceptable	Acceptable	Recognized	Exemplary	Supportive Evidence
<p>(1a.) Schools will require fitness assessment for all students enrolled in physical education or PE equivalent in grades three (3) through twelve (12) using the Fitnessgram.</p>				<p>✓</p> <p>81% =</p>	<p>All students in grades 3-12 that are enrolled in a PE/PE equivalent test annually</p>
<p>(1b.) Schools will encourage classroom teachers to provide short activity breaks between lessons or classes.</p>				<p>✓</p> <p>72/92% ↑</p>	<p>The use of GoNoodle.com and other online resources are being used to enhance physical activity/brain breaks throughout the school day.</p> <p>Extra time allotted for classroom transition, professional development on innovative ways to increase physical movement throughout school day. Action Based Learning, Whole Child Wellness (Brain gyms) Classroom load sets for teacher check out (peddlers, flexible seating, seat cushions, fidgets, bands)</p> <p>Walking programs, yoga, progressive muscle relaxation infused in academics</p>
<p>(1c.) Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.</p>				<p>✓</p> <p>48/59% ↑</p>	<p>We have a full range of UIL athletics Running Clubs before and after school..</p> <p>After school sessions for First Tee Golf</p> <p>Equestrian Club, Bass Fishing Club, Ultimate Frisbee Club, German Folk Dancing Club, Inline Hockey Club, Rugby Club, Lacrosse Club, Marching Band, Cheerleading, Dance, Marathon Challenge, etc.</p> <p>Students engage in the YMCA before and after school activities.</p>

(1d.) Time allotted for physical activity will be consistent with research and state standards.				 64.3% =	Students enrolled in a PE or PE equivalent class meet state mandated credit and time requirements
(1e.) Elementary school children must have the opportunity to participate in regular periods of active, free play with peers (recess).				 79.3% =	Every elementary campus provides 15-25 minutes daily for recess

Component 2: Physical Activities to Promote Wellness

Guidelines	Unacceptable	Acceptable	Recognized	Exemplary	Supportive Evidence
(2a.) Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.				60% =	Family Fun Runs, Addie's Faith Fun Run, Health and Wellness Fair, Bike Rodeo, Family Fun and Fitness Night, the National Honor Society Color Run, staff golf tournaments, alumni games, youth sports nights, sport parent nights, and CATCH monthly family activities.
(2b.) Schools will partner with local fitness agencies to provide discounted enrollment fees for teachers and parents.			 39/31% 		YMCA, Lifetime Fitness, 24 Hour Fitness, and Gold's Gym, Clockwork Crossfit, Better Body Personal Training, and The Gym offer discounted prices to teachers
(2c.) Schools will implement physical activities from the CATCH Curriculum for students Kindergarten through grade 8.				 60% =	CATCH curriculum materials and ideas shared regularly grades 1-8 by PE teachers

Component 2: Physical Activities to Promote Wellness

Guidelines	Unacceptable	Acceptable	Recognized	Exemplary	Supportive Evidence
<p>(3a.) Schools provide training to enable teachers and other school staff to promote enjoyable, lifelong physical activity among students.</p>				<p style="text-align: center;">✓</p> <p style="text-align: center;">53% =</p>	<p>CATCH curriculum and activities used in physical education and content areas. The need for better campus communication encouraging staff wellness promotions, annual training from the Positive Coaching Alliance for athletic staff, all middle school health classes taught CPR, and Employee softball tournament</p>
<p>(3b.) Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.</p>				<p style="text-align: center;">✓</p> <p style="text-align: center;">51% =</p>	<p>Lacrosse club, Extreme Frisbee, First Tee golf, Equestrian club, Bass Fishing, German Folk Dance, Rugby, Hockey, Marathon Challenge, Tigerette dance team, Rosebud step team, and U.I.L. sports, Girls on the Run, Rap Club, Jump Rope for Heart</p>

Component 3: Nutrition Education and Promotion

Guidelines	Unacceptable	Acceptable	Recognized	Exemplary	Supportive Evidence
(1a.) Nutrition education links with school meal programs, other school foods, and nutrition-related community services.			<p style="text-align: center;">✓</p> <p style="text-align: center;">53/40% ↓</p>		<p>Got Milk posters displayed, Go, Slow, Whoa signage pasted elementary and middle school campuses, district website link to National School Breakfast and Lunch programs, diet and nutrition analysis taught in Kinesiology</p>
(1b.) Nutrition education includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.			<p style="text-align: center;">✓</p> <p style="text-align: center;">54/38.1% ↓</p>		<p>GO, Slow and Whoa promoted in class and in the cafeteria, organic school gardens, My Plate promotion, CATCH kitchen tours for 2nd grade students, all schools participate in the National School Breakfast and Lunch programs, Houston Food Bank, taste testing new foods, Dairy Max, Foreign Language classes that integrate state TEKS that provide opportunities for students to sample foods from various cultures and regions</p>

Component 3: Nutrition Education and Promotion

Guidelines	Unacceptable	Acceptable	Recognized	Exemplary	Supportive Evidence
<p>(2a.) Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.</p>			<p style="text-align: center;">✓</p> <p style="text-align: center;">49/42% ↓</p>		<p>Science classes conduct labs regarding the nutritional content of different foods. CATCH curriculum is used to teach nutrition education. Teachers conduct cooking projects with students during incentive days. Literacy, science, and language arts resources include nutrition information as it relates to current events, cooking, buying groceries, CTE Health Science courses, etc.</p>
<p>(2b.) CATCH Curriculum will be used to support nutrition education. Teachers will follow curriculum outlines for full day students through grade 8.</p>			<p style="text-align: center;">✓</p> <p style="text-align: center;">57/41% ↓</p>		<p>As time allows, nutrition is included in classroom teaching. Nutrition is a component of the CATCH based curriculum in PE classes. CATCH daily snack break at most elementary schools.</p>

Component 4: School Based and Community Based Activities to Promote Wellness

Guidelines	Unacceptable	Acceptable	Recognized	Exemplary	Supportive Evidence
(1a.) School-organized local wellness committees will be comprised of families, teachers, administrators and students.			<p style="text-align: center;">✓</p> <p style="text-align: center;">26/40% ↑</p>		<p>Most of our campuses have Wellness committees that are comprised of teachers, administrators. There is need for more community and parent members. PTA Healthy Lifestyle chairs on some campuses.</p>
(1b.) The school district will provide opportunities for on-going professional training and development in the areas of nutrition and physical education for Child Nutrition Services staff and teachers.				<p style="text-align: center;">✓</p> <p style="text-align: center;">43/55% ↑</p>	<p>CATCH Implementation guide and booster training for elementary PE and YMCA site coordinators were conducted in the summer. Professional development increased for MS/HS PE and Health, DrumFIT K-12, E-Cigarette/Vaping and Social/Emotional Wellness PD for MS Health</p>
(1c.) The school district will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.			<p style="text-align: center;">17.1%</p>	<p style="text-align: center;">✓</p> <p style="text-align: center;">76% =</p>	<p>All outdoor facilities are open year round afterschool and weekends</p>
(1d.) Schools will partner with community organizations to sponsor physical activities.	<p style="text-align: center;">4.9%</p>	<p style="text-align: center;">7.3%</p>	<p style="text-align: center;">24.4%</p>	<p style="text-align: center;">✓</p> <p style="text-align: center;">63.4% =</p>	<p>YMCA, local churches, HEB, Insuperity, Be An Angel, Memorial Hermann, American Heart Association, First Tee of Greater Houston, Addie Faith Foundation, more outdoor facilities were utilized by community groups due to Hurricane Harvey</p>

Component 4: School Based and Community Based Activities to Promote Wellness

Guidelines	Unacceptable	Acceptable	Recognized	Exemplary	Supportive Evidence
(2a.) Schools will follow Humble ISD policy for students with life threatening allergies.				<p style="text-align: center;">✓</p> <p style="text-align: center;">90% =</p>	<p>Medical Care Plans are in place for all students with life threatening allergies. Students and staff members are educated about the effects of life threatening allergies.</p>
(2b.) The campus will make available drinking fountains or another drinking water source throughout the school day.				<p style="text-align: center;">✓</p> <p style="text-align: center;">93% =</p>	<p>All students are encouraged to bring water bottles to school. All hallways have water fountains available for student use and addition of filtered water systems on several campuses</p>
(2c.) The campus encourages all students to participate in school meal programs and protects the identity of students who are eligible for free and reduced price meals.				<p style="text-align: center;">✓</p> <p style="text-align: center;">86% =</p>	<p>All students are given information about school meal programs during annual enrollment. The identity of eligible students is known only to the cafeteria manager</p>
(2d.) The campus will ensure adequate time for students to enjoy eating healthy foods.				<p style="text-align: center;">✓</p> <p style="text-align: center;">69% =</p>	<p>The One Lunch program at KHS has given students a greater window of time to enjoy various types of healthy food choices both at school and from home and engage in campus walks</p> <p>Adequate time to eat is given to students.</p>
(2e.) The campus will schedule lunch time as near the middle of the school day as possible.				<p style="text-align: center;">✓</p> <p style="text-align: center;">81% =</p>	<p>All campuses district wide meet and exceed this guideline.</p>
(2f.) The campus will encourage hand washing daily.				<p style="text-align: center;">✓</p> <p style="text-align: center;">74% =</p>	<p>Hand sanitizers are used in many settings (classrooms and cafeterias) and hand washing is encouraged several times daily.</p>

<p>(2g.) The campus will ensure that all foods sold to students will comply with National USDA and Texas state standards.</p>				<p style="text-align: center;">✓</p> <p style="text-align: center;">100% =</p>	<p>All foods directly approved and received by Humble ISD Nutrition Department meeting federal and state nutrition standards.</p>
<p>(2h.) The campus will encourage that healthy nutritious snacks be served at parties/activities provided free of charge to students during the school day.</p>				<p style="text-align: center;">✓</p> <p style="text-align: center;">52% =</p>	<p>Campuses encourage healthy food choices be provided to students when activities are held during the school day.</p> <p>Teachers send home lists of healthy snacks to be sent to school. Teachers also review healthy snack choices with parents and students during Beginning of the Year Orientations.</p>

The School Health Advisory Council (SHAC) will annually review the policy and communicate any recommendations to the Superintendent and the Board of Trustees if appropriate.