

NUTRITION  
PROMOTION

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District's nutrition promotion activities will encourage participation in the National School Lunch

**GOAL:** The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

**Objective 1:**

<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Nutrition education will be a District wide priority and will be integrated into other areas of curriculum, as appropriate.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• National School Lunch Week will be observed on each campus</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Resources from National School Lunch Week</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• None</li> </ul>

**Objective 2:**

<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Teachers at each campus will integrate nutritional education lessons in their curriculum beginning at the pre-kindergarten level and extending through high school.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Throughout year. – Lesson plans</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• None</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• None</li> </ul>

**GOAL:** 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.

**Objective 1:**

Action Steps	Methods for Measuring Implementation
Food service staff, teachers or other school personnel will display nutrition messages in the hallways, commons area, and cafeteria.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Throughout year</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Current data from the cafeteria manager</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• None</li> </ul>

**Objective 2:**

Action Steps	Methods for Measuring Implementation
Nutrition education will be increased by sharing information with families and the community via the Ponder ISD website, school campus website, parent meetings, and by using the cafeteria as a “learning laboratory” [example: nutrition education displays; taste testing; etc.].	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Throughout year</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Current data from the cafeteria manager</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Remembering to keep website current</li> </ul>

**GOAL:** The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.

**Objective 1:**

Action Steps	Methods for Measuring Implementation
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.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Throughout year</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Menus and guidelines</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Keeping current with guidelines</li> </ul>

<b>Objective 2:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
All advertisement will be acquired from credible sources (American Heart Association [AHA], American Diabetes Association [ADA], Academy of Nutrition and Dietetics [AND], United States Department of Agriculture [USDA], School Nutrition Association, and [SNA] the Child Nutrition Department	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Throughout year</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Resources from creditable groups</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Time</li> </ul>

**NUTRITION  
EDUCATION**

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a nutrition services and health education component at the elementary and middle school levels. [See EHAA]

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition education.

<b>GOAL:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Summer</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Local/federal funds</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Finding appropriate opportunities</li> </ul>
<b>Objective 2:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The school cafeteria will display posters to promote healthy eating and display other nutrition education materials	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Before school starts</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Posters</li> </ul> Obstacles: None

**GOAL:** The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

**Objective 1: Awards and incentives for students will not be food centered.**

Action Steps	Methods for Measuring Implementation
Suggestions of “Non-Food Ways to Reward a Job Well Done” will be made prior to the start of each school year. Staff will be encouraged not to use food as a reward for student accomplishment.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Beginning of the year faculty meeting.</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• None</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Teacher buy-in</li> </ul>

**Objective 2: Implement healthy activities at all campuses throughout the year**

Action Steps	Methods for Measuring Implementation
The SHAC shall work in conjunction with the food service department to foster healthy educational activities throughout the school year.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• On going throughout year</li> </ul> Resources needed: None Obstacles: <ul style="list-style-type: none"> <li>• SHAC communicating with district personnel in a timely manner.</li> </ul>

**GOAL:** The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

**Objective 1: Employees will be provided the opportunity to attend nutritional workshops**

Action Steps	Methods for Measuring Implementation
Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Timeline will be based on staff development opportunity dates.</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Local budget</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Availability of staff development opportunities</li> </ul>

**Objective 2: District will follow health education curriculum standards and guidelines as stated by the Texas Education Agency.**

<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Curriculum Director will provide teachers with TEA guidelines during the first nine weeks of school.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Throughout school year</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Curriculum Director</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• None</li> </ul>

**PHYSICAL ACTIVITY**

The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]

Federal law requires that the District establish goals for physical activity in its wellness policy.

In accordance with FFA(LOCAL), the District has established the following goal(s) for physical activity.

**GOAL:** 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: District will follow State guidelines for physical education.**

<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
All elementary students shall receive daily physical education for the entire school year taught by a certified physical education teacher.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Master schedule</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Certified teacher</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Scheduling</li> </ul>

**Objective 2: All students will be exposed to a variety of healthy skills.**

Action Steps	Methods for Measuring Implementation
Physical education classes will allow students to learn, practice and be assessed on developmentally appropriate motor skills, social skills and knowledge, including those who are not athletically gifted.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Weekly lesson plans &amp; Fitness Gram</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• None</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Motivation of students that do not enjoy physical activities.</li> </ul>

**GOAL:** The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

**Objective 1: Health teachers will reinforce healthy life-style activities.**

Action Steps	Methods for Measuring Implementation
Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active life-style and to reduce time spent on sedentary activities, such as watching television.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Lesson plans</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• None</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Working lessons into curriculum</li> </ul>

**Objective 2: Teachers will allow time for appropriate activity breaks during lesson.**

Action Steps	Methods for Measuring Implementation
Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Throughout year</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• None</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Getting students to settle back down in a timely manner.</li> </ul>

**GOAL:** The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

**Objective 1: District will encourage students to join active organizations.**

<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Students will be encouraged to join athletics, cheerleading, band, and other clubs (bowling, fishing, etc...) that encourage vigorous activities.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Extracurricular roster</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• None</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• None</li> </ul>

**Objective 2: District will make available extended school day activities at lower level.**

<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Extended School Day program in the elementary will focus on daily physical activities after school.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Daily activity plans</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Director and Teachers</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Not all students will enroll in ESD</li> </ul>

**GOAL:** The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for District employees and students.

**Objective 1: District will make facilities available for staff and students.**

<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Staff will be encouraged to use district's recreational facilities that are available outside of the school day.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Throughout school year</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• None</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• None</li> </ul>

**Objective 2: District will encourage healthy activities/competition among employees.**

Action Steps	Methods for Measuring Implementation
Staff will have different opportunities to compete with one another in activities such as: Biggest loser, tennis, basketball, volleyball, and walking clubs.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Throughout school year</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Athletic facilities</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Time after hours</li> </ul>

**GOAL:** The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.

**Objective 1: Each campus will provide information to families about a variety of activities in the district.**

Action Steps	Methods for Measuring Implementation
Each campus will provide information about physical activity and other school based physical activity opportunities; and support parent’s efforts to provide their children with opportunities to be physically active outside of school.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Throughout school year</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• None</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Making sure information gets home to parents.</li> </ul>

**Objective 2: Several methods will used to generate information to students and their families.**

Action Steps	Methods for Measuring Implementation
Methods used to share information about physical activity and physical education will be through the school website, take-home materials and special events.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Throughout school year</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• None</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• None</li> </ul>



**GOAL:** The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as tracks, playgrounds, and the like, that are available for use outside of the school day.

**Objective 1: Outside organizations will be allowed to use district facilities.**

Action Steps	Methods for Measuring Implementation
Students, parents, staff, and community members will be encouraged to use facilities. Youth sports league will also be allowed to use facilities for competition.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Schedule</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Facilities</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Scheduling of activities</li> </ul>

SCHOOL-BASED  
ACTIVITIES

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness.

In accordance with FFA(LOCAL), the District has established the following goal(s) as part of its student wellness policy to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.

**GOAL:** The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

**Objective 1: Meals for students will be free of mandatory meetings.**

Action Steps	Methods for Measuring Implementation
Tutoring, pep rallies, assemblies, club/organization meetings and other activities should not be scheduled during meal times, unless a meal is included.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Ongoing</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• None</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• None</li> </ul>

**Objective 2: Staff will be role models for students.**

Action Steps	Methods for Measuring Implementation
Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level, and by eating with the students.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Every day</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• None</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• None</li> </ul>

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

**Objective 1: Healthy life-style choices will be encouraged**

Action Steps	Methods for Measuring Implementation
The district highly values the health and well-being of every staff member and will plan and implement activities that support personal efforts to maintain a healthy life-style.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Schedule of events and planned activities</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Time</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Time</li> </ul>

**Objective 2: Staff will be trained to use safety equipment**

Action Steps	Methods for Measuring Implementation
Employees will be trained yearly for CPR and AED use. Automatic External Defibrillators shall be maintained appropriately.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Beginning of school year</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• None</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Monitoring AED on a routine basis.</li> </ul>

**GOAL:** The District shall promote employee wellness activities and involvement at suitable District and campus activities.

**Objective 1:**

<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The school district will make efforts to keep school or district-owned physical activity facilities open for use by staff outside school hours.	Baseline or benchmark data points: <ul style="list-style-type: none"><li>• Throughout year</li></ul> Resources needed: <ul style="list-style-type: none"><li>• None</li></ul> Obstacles: <ul style="list-style-type: none"><li>• None</li></ul>