



*Palestine
Independent
School District*

Wellness Program

Staff and Student Wellness

MISSION STATEMENT:

Palestine ISD is committed to providing a healthy school and work environment that promotes and protects the health and well-being of our students and staff. The educational setting provides students and staff the ability to learn and succeed by embracing wellness, good nutrition and regular physical activity as part of the total learning environment.

VISION:

The PISD Wellness Program is to become the primary resource for Palestine Independent School District students and employees in achieving a healthier lifestyle. Programs and opportunities will be implemented that will foster a culture that promotes good health while placing emphasis on reducing identified health risks and their progression. The District Wellness Coordinator will assist schools in coordinating Wellness Activities for students, teachers and staff.

PHILOSOPHY:

Palestine Independent Schools are committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the goal of the School District that:

- The School District will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Food and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program (including after school snacks); and the Summer Food Service Program.
- Schools will provide all students K-12 nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

GOALS FOR NUTRITION EDUCATION, PHYSICAL ACTIVITY AND OTHER SCHOOL-BASED ACTIVITIES THAT ARE DESIGNED TO PROMOTE STUDENT WELLNESS

Nutrition Education:

The primary goal of nutrition education is to influence students' eating behaviors. The following are our responsibility

- Students in grades preK-12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors
- Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the food service staff and teachers
- Students receive consistent nutrition messages through the school, classroom, cafeteria, home, community and media
- State and district health education curriculum standards and guidelines include both nutrition and physical education
- Nutrition is integrated into the health education curricula or core curriculum (e.g., math, science, language arts)
- Schools link nutrition education activities with the coordinated school health program
- Staff who provide nutrition education have appropriate training
- School will conduct nutrition education activities and promotions that involve parents, students, and the community

Physical Activity:

The primary goal for school physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of physically active and healthful lifestyle.

- Students should have a minimum of 30 minutes of physical activity on most, preferably all, days of the week
- Students will be given opportunities for physical activity during the school day through daily recess periods, elective physical education (PE) classes, walking programs, and the integration of physical activity into the academic curriculum
- Students will be given opportunities for physical activity through a range of after-school programs, intramurals, interscholastic athletics, and physical activity clubs
- Physical education classes will be taught by certified Physical Education teachers
- Adequate equipment will be available so that each student has the opportunity to participate in physical education during the time allotted
- Physical Education teachers will provide an annual student fitness report to parents
- Physical Education courses and curriculum are aligned with the Texas Essential Knowledge and Skills and offer the best opportunity to provide physical activity to all children
- The Physical Education programs shall provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.

- Physical education teachers assess student knowledge, motor and social skills and provide instruction in a safe, supportive environment
- Physical education programs incorporate health concepts, developmentally appropriate physical skills, the instruction of individual activities as well as cooperative and competitive games to encourage life-long physical activity
- Students with disabilities should participate in the Physical Education program at their assigned school in the least restrictive environment
- Information will be provided to families to educate and motivate them to incorporate health concepts and physical activity into their children's lives via the district and school website, brochures, newsletters/flyers, press releases, or the school marquis

Other School-Based Activities:

Policies established under this category create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

- Provide sufficient time for students to eat meals in lunchroom facilities that are clean, safe and comfortable
- Provide adequate time for students to enjoy eating healthy foods with friends, scheduled as near the middle of the school day as possible
- Prohibit use of food as a reward or punishment
- Provide enough space and serving areas to ensure student access to school meals with a minimum of wait time
- Prohibit denial of student participation in recess or other physical activity as a form of discipline, cancellation of recess or other physical activity time for instructional make-up time
- Provide on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education
- Develop strategies for parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home

GOALS FOR NUTRITION EDUCATION, PHYSICAL ACTIVITY AND OTHER ACTIVITIES THAT ARE DESIGNED TO PROMOTE EMPLOYEE WELLNESS

Health maintenance requires a balance between energy consumed (food), and energy expended, (exercise). Excess food intake along with physical inactivity leads to obesity and various medical conditions. It is the goal of Palestine Independent School District to provide an environment where all employees are at optimal health.

We will foster a healthy environment by the following:

- Evaluating the needs of staff and deliver programs to address these needs
- Providing wellness opportunities

- Providing professional development opportunities
- Sharing health related information with staff and community to positively impact the broad school
- Staff will be instructed about basic injury prevention and about safety specific to the school environment or their job
- Teachers and other school staff shall receive training to promote enjoyable, life-long physical activity for themselves and students

A PLAN FOR IMPLEMENTING THE GOALS OF THE PROGRAM

A coordinated effort between the District School Health Advisory Council and the District Wellness Coordinator will provide the structure for Wellness policy implementation.

- The District Wellness Coordinator and School Health Advisory Council shall develop, implement, monitor, review and revise annually the district's wellness procedures
- The district Wellness Coordinator and School Health Advisory Council shall provide and serve as resources to school sites for implementing the wellness policy procedures
- Each school shall have a school wellness team led by a school wellness coordinator to facilitate the implementation of the district wellness policy

NUTRITION GUIDELINES FOR FOODS AND BEVERAGES AVAILABLE ON EACH SCHOOL CAMPUS AND DISTRICT FACILITIES DURING SCHOOL/WORK DAY

Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support a student's physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the District's Food Service. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible
- A la carte offerings to students shall be nutritious and meet federal recommended guideline. Students, parents and staff input may be solicited when selecting food items
- Set guidelines for foods and beverages sold in vending machines, snack bars, and concession stands on school campuses
- Set guidelines for foods and beverages sold as part of school-sponsored fundraising activities
- Set guidelines for refreshments served at parties, celebrations, and meetings during the school day

A PLAN FOR MEASURING IMPLEMENTATION

Palestine Independent School District will establish a plan for measuring implementation of the local wellness policy. The District Wellness Coordinator and the School Health Advisory Council shall provide assistance to schools to create healthy school nutrition environments, promote healthy eating habits, and increase physical activity among elementary and secondary students. Support will include implementation, measurement and evaluation of goals and activities.

- The district health education teachers will be responsible for providing technical assistance and resources to all schools. They will support the implementation of health education and nutrition education to all schools
- All schools must include a goal for student health and fitness in the School Improvement Plan
- The district and schools will conduct ongoing evaluation, revision, and implementation of the wellness policy

A PLAN FOR MODIFYING THE PROGRAM BASED ON EVALUATION DATA

To help with the initial development of the district's wellness activities, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments. The results of the school-by school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every year, or as needed, to review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the District Wellness Committee will evaluate the nutrition and physical activity environment in the schools. The district, and individual schools within the district, will, as necessary, revise the wellness strategies and develop work plans to facilitate their implementation.

WELLNESS COORDINATOR FOR EACH SCHOOL AND DISTRICT FACILITY

All schools shall create, strengthen, or work within Wellness School Teams (SWC) to develop, implement, evaluate, revise and recommend school nutrition and physical activity plans. This will promote education for lifelong healthy nutrition and physical activities.

The SWC is a group of individuals representing the school and community. The SWC may include representatives from any of the following:

- School Counselor
- School Nurse
- Food Service Department
- Physical Education Teacher
- Parent/Community Involvement
- Other members as determined by the school principal

The District Wellness coordinator will direct the District Wellness Committee which includes representation following coordinated school health model which will comprise the PISD School Health Advisory Council (SHAC). The school wellness coordinators will provide a report to the district wellness coordinator to give the status of pre-K-12 wellness education programs. The recommendations of the SHAC concerning health/nutrition education will also be considered and implemented to the greatest level possible for grades preK-12. School policies concerning safety shall apply at all times.

School Wellness Committees will provide coordinated communications to all students, families, community and staff.

Physical activities and/or nutrition service programs designed to benefit staff health may be coordinated utilizing District resource individuals.

Each school and district facility will designate a Wellness coordinator for their facility. The names of those individuals should be given to the District Wellness Coordinator by September of each year.

Responsibilities of the school Wellness coordinator include:

- Organize and lead the School Wellness Committee
- Evaluate school wellness
- Determine wellness goal for school
- Aid in implementation of plan to reach School Improvement goal
- Coordinate schoolwide wellness initiatives
- Monitor and revise plan after re-evaluation

INVOLVEMENT OF PARENTS, STUDENTS, REPRESENTATIVES OF THE SCHOOL FOOD AUTHORITY, THE SCHOOL BOARD, TEACHERS, SCHOOL ADMINISTRATORS, SUPPORT STAFF, DISTRICT ADMINISTRATORS AND THE PUBLIC

Long term effective partnerships among families, school and local community partners benefit both schools and the local community. These partnerships help to improve both the planning and implementation of health promotion projects.

- School Health Advisory Council and the community at large will have the opportunity to be included as participants in all individual school and district wellness planning
- Individual schools and the district at large shall actively support the engagement of students, families and staff members in community activities and events that encourage or promote health and wellness