



Local Wellness Plan

Purpose: To support the strategic plan of Klein ISD that every student enters with a promise and exits with a purpose, as it promotes life-long wellness behaviors and links healthy nutrition and exercise to students' well-being, scholastic performance and readiness to learn.

The areas addressed in this plan are:

- Nutrition education goals
- Physical activity goals
- Other school based activity goals
- Nutrition standard goals
- Monitoring and evaluation of the wellness plan
- Communication to the public regarding contents and revisions of the plan

Nutrition Education Goals

1. Schools will provide nutrition education to students, staff, and community.

Implementation:

- Teachers will utilize adopted curriculum to support nutrition education.
- Activities and training for staff will provide basic nutrition knowledge and will be designed to promote healthy eating habits.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

2. Nutrition education will include enjoyable, developmentally appropriate lessons in effort to engage students in health and wellness learning.

Implementation:

- The school cafeteria will display posters to promote healthy eating and display other nutrition education materials.
- Nutrition education includes participatory activities, such as contests, promotions, taste testing, Mobile Dairy Classroom, health fairs, culinary programs and/or school gardens.
- Nutrition education will be provided via multiple types of media, such as newsletters, website, Facebook, twitter, and offered in multiple languages and reading levels as needed.

Physical Activity Goals

1. Schools will provide opportunities for students to develop the knowledge and skills for specific physical activities, which will enable students to maintain and/or improve their physical fitness.
Implementation:
 - Students are given opportunities for physical activity during the school day through physical education classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
 - 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.
2. Schools will help students understand the short- and Education will involve sharing information with families and the broader community to positively impact the health of students and the community.
 - Schools will implement physical activity that meet current district and state guidelines.
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3. Schools will, at a minimum, adopt and implement state standards for physical activity.
Implementation:
 - Elementary Students (K-5) must have 135 minutes of physical activity per week.
 - Intermediate Students (6-8) must participate in moderate or vigorous activity at least 30 minutes per day for at least four semesters.
 - High School Students (9-12) must earn one credit of physical education for graduation requirements.

Other School Based Activity Goals

1. School based activities are encouraged to follow and consider local wellness plan goals.
Implementation:
 - School meals meeting all USDA and TDA nutrition guidelines will be offered for field trips and other off-site activities if desired.
 - School based activities encouraging health and wellness will be offered.
 - Health awareness will be promoted through campus events.
2. Schools will serve as a safe learning environment that is conducive to being in good health.
Implementation:

- The school district will encourage the use of non-food items, such as pencils, erasers, stickers, homework passes and markers as rewards, as an alternative to food rewards.
 - Support for the health of all students is demonstrated by hosting health clinics/programs and health screening.
 - The school district makes drinking fountains available in all schools, so that students can get water at meals and throughout the day.
 - Provide opportunities to maintain hand-hygiene.
3. The school district encourages stakeholders to serve as role models in practicing healthy lifestyles.
- Implementation:
- The school district will make efforts to keep school or district-owned physical activity facilities, including green spaces and playgrounds open for use by students outside school hours.
 - School newsletters, social media, and websites will be used as an avenue for reaching parents and the community for information about the benefits of a healthy lifestyle.
 - KleinWell activities and benefits promoting health and wellness are offered to staff, students, and community members annually.

Nutrition Standard Goals

1. All meals and snacks served to students during the school day as part of the National School Lunch Program, School Breakfast Program, School Supper Program, and Reimbursable Snacks will meet all USDA and TDA guidelines for nutrition standards.
- Implementation:
- Nutrition & Food Services will follow all USDA and TDA guidelines for meals and snacks served to students.
 - At a minimum, the school district will be monitored every three years by the USDA/TDA Administrative Review to insure regulations and being followed.
2. All foods outside of the above programs sold to students will meet USDA Smart Snacks in Schools and TDA guidelines or be used as one of six exemption days for fundraising per campus per school year.
- Implementation:
- All foods sold to students through the school kitchen will meet the Smart Snacks and TDA guidelines.
 - All foods sold through snack vending on each campus will meet the Smart Snacks and TDA guidelines.
 - Principals will insure all other foods sold on campus outside of the Nutrition & Food Services Department meet the Smart Snacks and TDA Guidelines.
 - Each campus will report fundraiser exemption days to the Food Service Office.

3. All foods given away at no charge to students will be approved and monitored by campus principals in collaboration with campus nurses and/or their designees.

Implementation:

- Principals in collaboration with campus nurses will approve and monitor foods given away to students.
- Non-food rewards will be encouraged.

Monitoring & Evaluation

Monitoring of implementation will be coordinated by the Student Health Advisory Committee (SHAC). Campus principals will be given an implementation tool to complete and return to the SHAC every three years. Campus principals will work with other campus professionals to collect data and measure implementation. The local wellness plan will be reviewed and revised as needed by the SHAC.

Communication to the Public

The Klein ISD local wellness plan will be available on the Klein ISD Wellness webpage accessed through Teaching and Learning for all students, parents, staff, students, and community to access. Revisions made to the plan will also be posted on the website.

Legal Reference: 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 policy 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 policy.