

# Frankston Independent School District Wellness Plan

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.

**Mission Statement:** FISD is committed to promoting a healthy lifestyle for students, parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our district wellness policy which will incorporate nutrition education and standards, physical activity and any other school related activities.

## Nutrition Education

### Goal #1

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

- All schools will provide nutrition education and engage in nutrition promotion.
- The coordinated school health team (may include school administrator, nurse, cafeteria manager, etc.) will monitor and promote campus wellness education and activities.
- All nutrition education will be acquired from credible sources, such as American Heart Association (AHA), 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, including the curriculum, *Coordinated Approach to Child Health (CATCH)*.
- Nutrition education will be integrated into areas of the curriculum, as appropriate. Staff will participate in professional development to effectively deliver a relevant, meaningful nutrition program.

## Physical Activity

### Goal #1

Schools will provide opportunities for students to participate in regular physical activity to promote personal lifelong behavior and maintain physical well being.

- Daily physical activity should not be used as a reward or punishment.

- Provide opportunities for physical activity outside the classroom and/or school day.

## **Goal #2**

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.

- State-certified physical education instructors teaching all physical education classes.
- Strive toward physical education classes to have a student/adult ratio not to exceed 22:1.
- All physical education instructors and paraprofessionals must be trained in CPR/AED.
- Schools will provide opportunities for activity through physical education classes, recess, and integration in the curriculum.

## **Nutrition Guidelines**

### **Goal #1**

Schools will ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Healthy, Hunger-Free Act of 2010.

- All foods made available on campus will comply with local, state, and federal laws and regulations, as well as the current Healthy, Hunger-Free Act of 2010 and Smart Snacks in School.
- Food providers will take every measure to ensure that student access to foods and beverages meet federal, state and local laws, regulations and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for all campuses.
- All foods and beverages made available on campus will adhere to the Smart Snacks in Schools guidelines.

## **School Based Activities**

### **Goal #1**

Schools will create a total school environment that is conducive to being physically active.

- Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
- Wellness for students and families will be promoted at suitable school activities.
- Employee wellness education and involvement will be promoted at suitable school activities.
- After-school activities may encourage and include physical activity and health and wellness information.
- Snacks served during the day or in after-school activities will make a positive contribution to children's nutrition and health.
- Student health is supported by the nurse on each campus by coordinating and hosting health screenings.
- School Health Advisory Council (SHAC) will create strategies to integrate health curriculum into a coordinated school health program that reflects local values.

## **Implementation of the District Wellness Plan**

The Superintendent shall oversee the district level implementation of this policy and shall oversee the development of administrative procedures for periodically measuring the implementation of the wellness policy. Campus level administration will oversee the campus implementation and evaluation of the wellness policy. Ongoing recommendations from the SHAC will be provided to for consideration in campus and district improvement plans.

## **District Contacts**

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