

## Great Hearts Texas Wellness Plan

This document, referred to as the “wellness plan” (the plan), is intended to implement the Great Hearts Wellness Policy, which has been adopted by the Board to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]

Great Heart’s local school health advisory council (SHAC) will work on behalf of the district to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

### Strategies for Soliciting Involvement

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC will solicit involvement and input from parents, students, the district’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. Emails sent to previous SHAC members inviting participation, as well as posting in campus newsletters.
2. Posting on the District’s website of the person responsible for oversight of the wellness policy and plan, along with an invitation to contact that person if the reader is interested in participating in the development, implementation, and evaluation of the wellness policy and plan.

### Responsibility for Implementation

Each campus Headmaster is responsible for implementing the Great Hearts Wellness Policy and this wellness plan at his or her campus, including submitting necessary information to the SHAC for evaluation.

The District Nurse and Child Nutrition Director (or designated representatives) are the district officials responsible for overall implementation of Wellness Policy including development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

## Evaluation

In accordance with law, the district will periodically measure and make available to the public, via the district website, an assessment on the implementation of the district’s wellness policy, the extent to which each campus is compliant with the wellness policy, and the extent to which the wellness policy compares with any State or federally designated model wellness policies. Absent federal regulations to the contrary, the SHAC may use any of the following tools for that analysis:

- Relevant portions of the WellsAT 3.0 ([www.wellsat.org](http://www.wellsat.org))
- A District-developed self-assessment or other designated tool

## Goals for Nutrition Promotion and Education

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 Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the district.

<p><b>Goal 1:</b> GH food service staff, teachers, and other personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings, as well as the participation in the school meal programs.</p>	
<p><b>Objective 1:</b> Provide nutritional information to students and staff regarding nutritional content of food served at school and promote participation in the meal program.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>• Signage educating students on the components of a reimbursable meal will be displayed in the serving line or at the POS.</li> <li>• Ensure that the FRL status is not visible at the POS, use a cashless system, and verify all staff that has access to FRL statuses has taken the Civil Rights training.</li> <li>• Review and coordinate with campuses regarding the negative balance policies.</li> <li>• At least one mid-year survey regarding the food program will be emailed to parents for feedback.</li> </ul>	<ul style="list-style-type: none"> <li>• Yearly wellness plan review/assessment</li> <li>• CNP site visits</li> </ul>

<b>Goal 2:</b> Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors and the understanding of how a student’s environment affects their nutrition and health.	
<b>Objective 1:</b> Deliver an effective K-12 nutrition curriculum consistently across all grades.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>District to develop nutritional education requirements for campuses.</li> <li>Encourage each campus to have a Gardening Club whenever possible.</li> </ul>	<ul style="list-style-type: none"> <li>Follow up on curriculum progress at the District</li> <li>Review club list</li> </ul>

<b>Goal 3:</b> Educational nutrition information and the Free & Reduced Meal program will be directly shared with families (through email) and the general public (through the website) to positively influence the health of students and community members.	
<b>Objective 1:</b> Provide healthy eating educational and FRL information to families directly through campus newsletters and website.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>Website links to nutritional information and articles on child health.</li> <li>District to provide periodic articles for the campus newsletters regarding healthy eating, seasonal fruits and vegetables, and other wellness information.</li> <li>Promote the FRL applications and encourage families to apply by emailing them directly, newsletters, and website links.</li> </ul>	<ul style="list-style-type: none"> <li>Monitor campus newsletters for provided articles.</li> <li>Verify nutritional information on the website.</li> </ul>

## Goals for Physical Activity

<p><b>Goal 1:</b> Great Hearts will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.</p>	
<p><b>Objective 1:</b> Provide a safe school structure and classroom learning environment that supports opportunities for students to be active during the school day.</p>	
<p style="text-align: center;"><b>Action Steps</b></p> <ul style="list-style-type: none"> <li>• The Physical Education program provides adequate space and equipment and conforms to all applicable safety standards.</li> <li>• Physical Education instructors are required to receive professional development and training specifically for physical fitness/education.</li> <li>• Recess should be outside whenever possible.</li> </ul>	<p style="text-align: center;"><b>Methods for Measuring Implementation</b></p> <ul style="list-style-type: none"> <li>• Campus site visit or report</li> <li>• Verify professional development credits.</li> </ul>
<p><b>Goal 2:</b> Great Hearts will encourage teachers to integrate physical activity into the academic curriculum where appropriate.</p>	
<p><b>Objective 1:</b> Identify and prioritize ways to integrate movement into the student learning environment.</p>	
<p style="text-align: center;"><b>Action Steps</b></p> <ul style="list-style-type: none"> <li>• Classroom physical activity opportunities will be offered daily during the school day. At minimum, students should be able to stand and stretch every hour if they do not change classrooms.</li> <li>• An athletic and academic field days are offered for the entire student body on a yearly basis.</li> <li>• Students are given at least 15 minutes daily for supervised physical activity.</li> <li>• Campuses are encouraged to set specific guidelines on when removing recess can be used as a discipline option.</li> <li>• Strongly encourage teachers to incorporate a “stand and stretch” for every hour of continuous instruction to help students refocus and encourage movement.</li> </ul>	<p style="text-align: center;"><b>Methods for Measuring Implementation</b></p> <ul style="list-style-type: none"> <li>• Ask homeroom teachers what they are doing to provide stretch and/or brain breaks.</li> <li>• Record the date of athletic and academic field days.</li> <li>• Verify actual PE and recess minutes to ensure they meet the TEC requirements.</li> </ul>

<p><b>Goal 3:</b> Great Hearts will make appropriate before and/or after school physical activity programs available and will encourage student participation</p>	
<p><b>Objective 1:</b> Each campus will offer clubs that incorporate physical activities for each grade level.</p>	
<p style="text-align: center;"><b>Action Steps</b></p> <ul style="list-style-type: none"> <li>• Campus are encouraged to offer several Clubs with opportunities for physical activity for all grades. If there is a high demand for a certain club, campuses are encouraged to expand those offerings to include more students.</li> </ul>	<p style="text-align: center;"><b>Methods for Measuring Implementation</b></p> <ul style="list-style-type: none"> <li>• Gather a list of available clubs from each campus, as well as the number and grade level of participants.</li> </ul>
<p><b>Goal 4:</b> Great Hearts will encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.</p>	
<p><b>Objective 1:</b> Campuses will promote school-wide family events that focus on physical activity.</p>	
<p style="text-align: center;"><b>Action Steps</b></p> <ul style="list-style-type: none"> <li>• Campuses will provide at least 1 opportunity per school year for families to participate in organized, physically active activities, such as family dances, hikes, fun runs, etc.</li> <li>• If campuses do not organize an opportunity, they will participate and encourage families to join them in a community organized activity, such as a 5k, walking in a parade, rec sports team, etc.</li> </ul>	<p style="text-align: center;"><b>Methods for Measuring Implementation</b></p> <ul style="list-style-type: none"> <li>• Campuses will submit a list of activities and dates.</li> </ul>

## Other Goals for School-Based Activity

<b>Goal 1:</b> Great Hearts shall allow sufficient time for students to eat meals in facilities that are clean, comfortable, and safe.	
<b>Objective 1:</b> The district shall allow sufficient time for students to eat meals.	
<p style="text-align: center;"><b>Action Steps</b></p> <ul style="list-style-type: none"> <li>Students will have at least 20 minutes scheduled for lunch.</li> </ul>	<p style="text-align: center;"><b>Methods for Measuring Implementation</b></p> <ul style="list-style-type: none"> <li>Periodically monitor and time how long students have to eat.</li> <li>Check to see how much uneaten food is thrown away. Ask students with uneaten food if they had enough time to eat everything they wanted to.</li> </ul>
<b>Objective 2:</b> Students shall have an eating environment that is safe and clean.	
<p style="text-align: center;"><b>Action Steps</b></p> <ul style="list-style-type: none"> <li>Clean tables between lunch periods.</li> <li>Have cleaning staff on hand to help clean up, mop up spills, and sweep up food on the floor.</li> </ul>	<p style="text-align: center;"><b>Methods for Measuring Implementation</b></p> <ul style="list-style-type: none"> <li>Observe during campus site visits</li> </ul>
<b>Goal 2:</b> Great Hearts shall promote employee wellness activities and involvement at suitable school activities.	
<b>Objective 1:</b> The campuses shall allow and encourage staff members to join all activities that are also promoted for families to encourage physical activity and nutritional education.	
<p style="text-align: center;"><b>Action Steps</b></p> <ul style="list-style-type: none"> <li>Include staff in communication that promotes all campus activities involving physical activities.</li> </ul>	<p style="text-align: center;"><b>Methods for Measuring Implementation</b></p> <ul style="list-style-type: none"> <li>DCO report on participation</li> </ul>
<b>Objective 2:</b> Great Hearts should promote employee wellness at all levels – from employee to campus to district.	
<p style="text-align: center;"><b>Action Steps</b></p> <ul style="list-style-type: none"> <li>Solicit feedback through poll, comments, or “feature” request from employees on what possible wellness perks they are interested in (discount on gym memberships, discount on food or weight loss programs, etc.).</li> <li>Coordinate with either the campus (if a local perk) or district (if more global) to discuss implementing.</li> </ul>	<p style="text-align: center;"><b>Methods for Measuring Implementation</b></p> <ul style="list-style-type: none"> <li>Survey results</li> </ul>