



Leveraging the Power of Our Community

Making Wellness Happen: A Guide for School Leaders

Houston Independent School District



Creating a College-Bound Culture

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Creating a College-Bound Culture

This guide was developed by the Houston Independent School District School Health Advisory Committee (SHAC).

It is available at www.hisd.org and www.healthykidshealthyschools.org.

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Making Wellness Happen in Houston ISD

This guide is designed to help Houston Independent School District's (HISD) educational leaders implement the district's wellness policy, taking action to improve the wellness practices in our schools. HISD's vision is to be *the* national leader and model for school health and wellness. Our wellness initiative, *Healthy Kids, Healthy Schools*, promotes resources and programs available to support our wellness policies and practices that can be incorporated at your school.

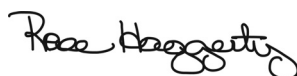
By using a coordinated school health approach, the district can improve student health and better achieve our academic goals. Simply put, healthy kids make better students. A growing body of evidence demonstrates good nutrition and adequate physical activity improve students' cognitive function, attention, memory and self-esteem, and can reduce behavior problems, tardiness and absenteeism.

This guide translates the Houston ISD Wellness Policy into steps your school can take with the resources you need along the way. HISD's *Healthy Kids, Healthy Schools* initiative is a "whole-system change" effort that includes support within and outside the district. HISD wants the healthy choice to be the easy choice for our students and staff.

HISD launched the *Healthy Kids, Healthy Schools: Leveraging the Power of Our Community* initiative with support from and in partnership with the National Dairy Council and Dairy MAX, along with partners including the Houston Texans, Houston Can Do!, Steps to a Healthier Houston-Harris County Consortium, Houston Wellness Association, Greater Houston Partnership, Texas Action for Healthy Kids and others. The partnership began with a summit, bringing together community leaders, students, teachers, principals, food service professionals, parents and national leaders to further the efforts already in place and fill gaps where programs do not exist. Using the "Appreciative Inquiry" approach, this initiative engages the "whole system" with a process to create an "epidemic of wellness" in our district and community.

An electronic version of this guide, with regular updates, is available online at www.hisd.org and www.healthykidshealthyschools.org. We will update you throughout the year with new resources, programs and opportunities that can help make wellness a way of life at your school.

Thank you for your commitment to making healthy kids and healthy schools a reality for our district.


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Section I: Nutrition Guidelines

Suggested Resources

- **MyPyramid for Kids, Tips for Families** from the U.S. Department of Agriculture Team Nutrition (www.fns.usda.gov/tn/Resources/mpk_tips.pdf)
 - **MyPyramid tools, tracker and materials that can help the whole family** from the Center for Nutrition Policy and Promotion (www.mypyramid.gov/)
 - **10 Ways to Improve Family Eating Habits** from Square Meals/Texas Department of Agriculture (www.squaremeals.org)
 - **Navigating the Grocery Aisle** from Nutrient Rich Foods Coalition (www.nutrientrichfoods.org/documents/navigating_the_grocery_aisle.pdf)
 - **Helping Youth Make Better Food Choices: Tips for Parents and Caregivers** from Action for Healthy Kids (<http://actionforhealthykids.org/filelib/board/BoardAFHKTipSheetParents.pdf>)
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- **Alternatives to Using Food as a Reward** from Michigan State University Extension (www.tn.fcs.msue.msu.edu/foodrewards.pdf)
 - **Guide to Healthy School Stores** from Alabama Action for Healthy Kids (www.actionforhealthykids.org/filelib/toolsforteam/recom/N&PA%2035%20-%20school%20store.pdf)
 - **Healthy School Celebrations** from Center for Science in the Public Interest (http://cspinet.org/new/pdf/healthy_school_celebrations.pdf)

Policy Guideline:

The district shall insure that nutrition 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 Texas Public School Nutrition Policy.

What Schools Can Do:

1. **Establish age-appropriate guidelines for food and beverages during the instructional day, at classroom parties and school celebrations.**
 - a. Food Services can offer menus for elementary schools that apply to meet HealthierUS Schools Challenge (see www.fns.usda.gov/tn/HealthierUS/index.html).
 - b. Encourage parents to pack healthy lunches and snacks and refrain from including beverages and foods that do not meet State and Federal Nutrition Policy standards for individual foods and beverages.
 - Provide handouts to parents.
 - Encourage parents to serve as role models of healthful eating for their children.
 - Improve parents' access to healthy foods by notifying them about local farmers' markets, nutritional programs and services, applying for food stamps, etc.
2. **Provide teachers with education and guidelines on the use of food as a reward in the classroom.**
 - a. Provide handouts for principals to provide teachers.
 - b. Food Services can provide nutrition education opportunities for teachers about specific nutrition topics.
3. **Establish guidelines for food and beverages sold individually at all grade levels (school-sponsored fundraising activities, a la carte servings, vending machines and the like).**
 - a. SHAC and Food Services have developed standards for a la carte services and other foods sold or offered outside of the school meals (note above) to support the Coordinated School Health effort of the district. These standards can be used as a model for all school activities where food and beverages are available.

Suggested Resources

- **Non-food Ways to Raise Funds and Reward a Job Well Done** from Texas Department of Agriculture Food and Nutrition Division (www.squaremeals.org/vgn/tda/files/2348/15496_Non%20Food%20Ways%20to%20Reward.pdf)
- **Creative School Fund-raising Ideas** from California Project LEAN (www.californiaprojectlean.org/Assets/1019/files/Creative%20School%20Fund-raising%20Ideas_Healthy%20Food%20Policy%20Resource%20Guide.pdf)
- **Tasty Lunch and Snack Ideas** from Eat Smart Move More North Carolina (www.nutritionnc.com/ResourcesForSchools/pdf/esmm/AdvocacyTools/ActionTools/FoodsFromHome.pdf)
- **Healthier Eating: Getting to Where You Need to Be** from National Dairy Council (www.nationaldairyCouncil.org/NR/rdonlyres/C2FE6804-C800-499D-A010-DFB37969EE34/0/DMIHealthierEatingHOE_4.pdf)
- **Healthy Snack Ideas and Recipes** in *ReCharge! Energizing After-school™* from National Football League (NFL) and Action for Healthy Kids (www.healthykidshealthyschools.org)



- Appoint a school wellness coordinator to help ensure implementation of developed guidelines (perhaps through SDMC or PTO/PTA).
- Establish a school wellness committee comprised of families, teachers, administrators and students to ensure implementation of developed guidelines.
- Ensure that school fundraising, parties, celebrations and rewards are supportive of HISD's snack standards and promote healthy eating habits as outlined by the *Dietary Guidelines for Americans*.
 - Provide parents and teachers resources for healthy options for rewards, parties, snacking and fundraising.
 - Share HISD's snack standards with parents and teachers (obtain these from your wellness coordinator).
 - Meet with your wellness coordinator for guidance and resources to share with parents and teachers.

4. Require that healthy food and beverage options are included at concessions at school-related events outside of the school day, beginning with the 2007-08 school year.

- Ensure that concession stands, school events and activities outside of the school day (including fundraising efforts) promote healthy eating habits.
 - Provide parents and teachers with resources on foods children need to consume more of and ideas for snacking.
 - Invite parents to out-of-school time programs that teach them about healthier food preparation techniques along with their children.
- Encourage students attending approved after-school tutorials the opportunity to select healthy snacks provided by the food service department.
 - Coordinate with Food Services for healthy after-school snack program support.
 - Share healthy snack ideas and information with after-school coordinators, staff and parents.
- Encourage the promotion of healthy foods that students need to eat more of (according to the *Dietary Guidelines for Americans*), including fruits, vegetables, whole grains and low-fat/non-fat dairy products in all areas and events where foods are provided to students.

Suggested Resources

- **School Beverage Guidelines Implementation Kit** from Alliance for a Healthier Generation (www.healthiergeneration.org/schools.aspx?id=108)
- **HealthierUS Schools Challenge Competitive Foods Calculator** from U.S. Department of Agriculture (<http://healthymeals.nal.usda.gov/hsmrs/HUSSC/calculator.html>)



5. **Require that food providers be sensitive to the school environment by encouraging healthy choices when displaying their logos and trademarks on school grounds.**
 - a. Utilize marketing materials that promote the foods children need more of, in accordance with the *Dietary Guidelines*: fruits, vegetables, whole grains and non-fat and low-fat dairy products (milk, cheese and yogurt).
 - b. In all areas where foods are sold at school, work with providers to assure there are choices that include healthy options of fruits, vegetables, whole grains and non-fat and low-fat dairy products.
6. **Honor existing contracts and relationships in the implementation of legal guidelines; this is done at the central office and is a district function.**

Section II: Nutrition Education

Suggested Resources

- **Chefs in Schools** from Recipe for Success (www.recipe4success.org/)
- **Food Allergy and Special Needs** listing of resources and links compiled by School Nutrition Association (www.asfsa.org/Content.aspx?id=634&terms=food+allergies)



- **Bridges to Wellness** from School Nutrition Association and National Dairy Council (www.nutritionexplorations.org/educators/lessons/bridges/bridges-main.asp?tab=1)
- **Nutrition Explorations**, various nutrition education programs from National Dairy Council (www.nutritionexplorations.org/educators/lessons-main.asp)
- **Families Finding the Balance: A Parent Handbook** from *We Can! Ways to Enhance Children's Activity and Nutrition* from National Institutes of Health (www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/parent_hb_en.pdf)
- **Tools for improving family nutrition and well-being** from Center for Nutrition Policy and Promotion (www.cnpp.usda.gov/)
- **Nutrient Rich Eating Tips for Parents** from Nutrient Rich Foods Coalition (<http://nutritionexplorations.org/pdf/sfs/live-nutrient-rich.pdf>)



- **Find a Nutrition Professional** from the American Dietetic Association (www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_4875_ENU_HTML.htm)
- **Helping Youth Make Better Food Choices: Ideas from and for nutrition, health and public health professionals leading the way** from Action for Healthy Kids (<http://actionforhealthykids.org/filelib/board/BoardAFHKFoodChoiceChallenges.pdf>)

Policy Guideline:

The district shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity. Schools will establish linkages between health education and school meal programs, and with related community services.

What Schools Can Do:

1. **All students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.**
 - a. Integrate nutrition education into other areas of the curriculum, as appropriate, along with the emphasis in health education.
 - b. Implement the CATCH program, which includes nutrition education (currently required in HISD elementary schools).
 - c. Provide age-appropriate nutrition showcase by Food Services.
 - d. Arrange hands-on chef presentations at the classroom level, e.g., *Recipe for Success*, *HISD Food Services*.
 - e. Arrange fieldtrips to HISD Food Services facility (including age-specific activity).
 - f. Incorporate food allergy education and food asthma triggers information into nutrition education program.
2. **The district will use a state-approved Coordinated School Health Program to enhance the nutrition education curriculum.**
 - a. Use Food Services interns to support classroom nutrition and education (e.g., emphasis on how food nutrition may vary as prepared by different sources, nutrients by food category, intake needs for their age, etc.).
 - b. Offer opportunities for ongoing professional training and development for teachers and parent groups in the areas of nutrition education.
 - c. Use classroom lesson plans to introduce and reinforce healthy eating.


Suggested Resources

- **Fuel Up to Play 60 – Free School Wellness Activation Kit**, with display materials, action strategies and more, from National Football League (NFL) and National Dairy Council (<http://www.schoolwellnesskit.org/>)
- **Game On! The Ultimate Wellness Challenge**, with step-by-step guidance for in-school taste tests, healthy eating promotions and related resources, from Action for Healthy Kids (www.actionforhealthykids.org)
- **Events Calendar and Companion** at-a-glance ideas for coordinating nutrition education with events throughout the year from USDA Team Nutrition (www.fns.usda.gov/tn/Resources/Calendar/index.htm)
- **Fruits and Veggies – More Matters** from the Centers for Disease Control and Prevention (www.fruitsandveggiesmorematters.gov/)
- **Whole Grains Made Easy Fact Sheet** and other resources from Whole Grains Council (www.wholegrainscouncil.org/resources/pdfs-from-the-whole-grains-council)
- **Milk Matters Campaign** from National Institute of Child Health and Human Development (www.nichd.nih.gov/milk/)
- **SparkPeople** online personalized wellness plans for adults and teens (www.sparkpeople.com/)
- **Smart Snacking** from Nutrition Explorations (www.nutritionexplorations.org/parents/snack-smart.asp)
- **Farm Fresh School Lunch** resources and links from School Nutrition Association (www.asfsa.org/Content.aspx?id=7986)
- **School Gardens** from Texas Agricultural Extension Service (<http://aggie-horticulture.tamu.edu/kindergarden/child/school/sjintro.htm>)
- **Coordinated School Health Program** from Texas Department of State Health Services (www.dshs.state.tx.us/schoolhealth/csh.shtm)

3. **Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.**
 - a. Provide CATCH training to Health/PE teachers, department chairs, lead and other classroom teachers on an annual basis.
 - b. Provide opportunities for professional development activities for teachers (e.g., remove roadblocks).
 - c. Recruit outside experts to provide hands-on professional education to students, teachers and parents.
 - d. Provide opportunities for CATCH-trained teachers to provide training to other campus teachers and staff during staff development.
4. **The Food Services staff, teachers and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom and other appropriate settings.**
 - a. Identify a school wellness coordinator through PTO and/or SDMC.
 - b. Provide healthy tips during morning public announcements at all grade levels (these can tie in with breakfast and lunch menu, e.g. Food Services' "Treat Yourself Right Program").
 - c. Provide clear signage and marketing activities that promote healthy eating choices.
5. **Educational nutritional information will be shared with families and the general public to positively influence the health of students and community members.**
 - a. Utilize communication materials from HISD's Healthy Kids, Healthy Schools initiative and the CATCH program.
 - b. Collaborate with Food Services to offer healthy eating seminars for parents; send home nutrition information such as healthy recipes and provide online nutrition information on school websites.
 - c. Provide ongoing opportunities for parents to share their healthy food practices during PTO/PTA meetings and with others in the school community.
 - d. Encourage parents to pack healthy lunches and snacks and refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.
 - e. Promote successful campus activities that would garner local media attention and be programmed on HISD TV channels (involvement with community partners).
 - f. Create and maintain school gardens with student participation when possible.

Section III: Physical Activity

Suggested Resources

- **Recess Before Lunch** from Washington Action for Healthy Kids (www.eatsmart.org/client_images/recess_before_lunch_wa_final.pdf)
 - **Adapted Physical Education: Answers to Frequently Asked Questions in Texas** from Texas Association for Health, Physical Education, Recreation and Dance (www.tahperd.org/LINKS/links_pdfs/ape_qanda.pdf)
 - **NASPE Teacher Toolbox**, monthly ideas for promoting quality physical education, physical activity and youth sports programs from National Association for Sport and Physical Education (www.aahperd.org/naspe/template.cfm?template=teachers_toolbox.html)
 - **Ozone Flag Program** from North Carolina Department of Health and Human Services (<http://knowledge.fhwa.dot.gov/cops/itallddsup.nsf/54be0d40ec7fbeae852568fc006f6b21/51e088926aab671b8525746000549add?OpenDocument>)
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- **2008 Physical Activity Guidelines for Americans** from U.S. Department of Health and Human Services (www.health.gov/PAGuidelines/)
 - **NFL Play 60 Challenge Program** in-class and out-of-school physical activity ideas, curriculum-linked lessons and more, from American Heart Association and National Football League (NFL) (www.americanheart.org/presenter.jhtml?identifier=3061814)
 - **Game On! The Ultimate Wellness Challenge Course Event** from Action for Healthy Kids (www.actionforhealthykids.org/gotuw/index.php?page=ccourse)
 - **FitnessGRAM Guide for Parents and Guardians** from Texas School Health Advisory Committee (www.dshs.state.tx.us/schoolhealth/shadviseresources.shtm)

Policy Guideline:

The district shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.

What Schools Can Do:

1. **The district will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.**
 - a. Provide recess before lunch period in an elementary setting.
 - b. Schools and after-school programs will offer a range of activities that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special healthcare needs.
 - c. Schools will provide health-related alerts as needed through various media, such as daily ozone or heat alerts. Options may include *Ozone Flag Program*, morning announcements, etc.
2. **Physical education classes will regularly engage students in moderate to vigorous activity and will stress the complementary benefits of physical activity and healthy lifestyles.**
 - a. Provide opportunities for students to engage in activities that support the elements of physical fitness.
 - b. Physical education curriculum will include a variety of activities and experiences for all ages, abilities and interest levels. Share information about physical activity and physical education through a website, newsletter or other take-home materials, special events or physical education homework.
3. **The district will encourage teachers to integrate physical activity into the academic curriculum where appropriate.**
 - a. Provide in-service opportunities for teachers to integrate activities into curriculum.
 - b. Utilize model programs such as Research in Action to incorporate physical activity into instructional day and particularly during peak testing times.

Suggested Resources

- **Brain Breaks – Physical Activity Idea Book for Elementary Teachers** from Michigan Department of Education (www.emc.cmich.edu/brainbreaks/)
- **Energizers** classroom-based physical activities from North Carolina PE4Me (www.ncpe4me.com/energizers.html)
- **Take 10!** curriculum-linked physical activities from ISLA Research Foundation (www.take10.net/)
- **KidsWalk-to-School** from Centers for Disease Control and Prevention (www.cdc.gov/nccdphp/dnpa/kidswalk/)
- **National Center for Safe Routes to School** (www.saferoutesinfo.org/) and **Texas Safe Routes to School** (www.txdot.gov/safety/safe_routes/default.htm)
- **Walking School Bus** from Partnership for a Walkable America (www.walking-schoolbus.org/)
- **SparkPeople** online personalized wellness plans for adults and teens (www.sparkpeople.com/)
- **Fuel Up to Play 60** from National Football League (NFL) and National Dairy Council (www.FuelUpToPlay60.com)



- **Families Finding the Balance: A Parent Handbook** from *We Can! Ways to Enhance Children's Activity and Nutrition* from the National Institutes of Health (www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/parent_hb_en.pdf)
- **President's Challenge** physical activity tools for adults, students and communities from President's Council on Physical Fitness and Sports (www.presidentschallenge.org/)
- **Parents Advocating for School Wellness Toolkit** from Action for Healthy Kids (www.actionforhealthykids.org/community_Partnerships.php)

4. Schools will be encouraged to offer before and after-school physical activity programs for students and staff.

- Develop school-based intramurals program.
- Enhance existing after-school programs.
- Develop school walking program (pedometers).
- Develop, promote and oversee a multi-faceted plan to promote staff health and wellness.
- Collaborate with local agencies and community groups to provide safe routes for students to walk and bike to and from school (*Safe Walk*).

5. Teachers and other school staff will receive professional development opportunities that promote enjoyable, lifelong physical activity for themselves and students.

- Allow physical education teachers to conduct professional development opportunities for staff.
- Solicit outside experts to conduct professional development opportunities for schools (Food Services, speakers bureau, Healthy Kids partners).

6. The district will encourage parent education that supports family participation in regular physical activity.

- Work with school PTO/PTA to incorporate wellness as a standing agenda item.
- Work with SMDC to incorporate wellness as a priority in school improvement plan.
- Establish a school wellness committee comprised of families, teachers, administrators and students (tap into PTOs/PTAs and SMDCs for wellness coordinator).
- Utilize resources at District and Regional levels (Parent Reconnect – District, Regional Parent Liaison).

7. The district will encourage students, parents, staff and community members to use the district's recreational facilities that are available outside the school day.

- Create opportunities for school facilities to be available to students, staff and community members before and after the school day, on weekends and during school vacations.
- Solicit partnerships with community organizations to sponsor physical activities.
- Communicate facility availability to community members (newsletter, online, etc.).

Suggested Resources

- Recommendations for Offering Physical Activity Outside of the School Day from Texas School Health Advisory Committee (Texas Education Agency) (www.dshs.state.tx.us/schoolhealth/tshac/files/RecommendationsforofferingPAoutsideschoolday.doc)
- Texas Association for Health, Physical Education, Recreation and Dance (TAHPERD) (www.tahperd.org/)



- Coordinated School Health Program from Texas Department of State Health Services (www.dshs.state.tx.us/schoolhealth/csh.shtm)
- Texas School Health Advisory Committee (www.dshs.state.tx.us/schoolhealth/shadviseresources/reports.shtm)
- Physical Education Curriculum Analysis Tool (PECAT) from Centers for Disease Control and Prevention – Division of Adolescent and School Health (www.cdc.gov/HealthyYouth/PECAT/index.htm)

8. The district will develop guidelines to ensure compliance with state standards for physical education and physical activity. Current Texas Policy:

Grades	Requirements	Notes
Grades K-5	150 min./week, at least 30 min./day	Some schools can be exempt with 135 mins. if they have scheduling conflicts. If a school has block scheduling, kids are required to have 225 mins. activity within 2-week period.
Grades 6-8	at least 30 min./day within 4 semesters of the 6-8 grades	Suggested by HISD: 2 semesters in Grade 6, 1 semester in Grade 7, and 1 semester in Grade 8. *HISD still recommends PE at each level during middle school.
Grades 9-12	3 semesters in 4 years	A total of 1.5 years.

- District to provide recommended scheduling for physical education and activity.
- District to provide suggestions for structured recess activities.
- Physical education teachers to recommend structured recess activities for all teachers to incorporate in recess.
- District to provide strategies to insure high levels of supervision during recess.

9. The district will use a state-approved Coordinated School Health Program to enhance the physical education curriculum.

Approved Coordinated School Health Programs:

CATCH (in HISD elementary schools) Tel. 512-346-6163 www.sph.uth.tmc.edu/catch/	Bienestar Health Program Office: 210-533-8886 1-866-676-7472 http://sahrc.org
The Great Body Shop Tel. 800-782-7077 www.thegreatbodyshop.net	Healthy and Wise by Caprock Press Tel. 800-383-1927 www.caprockpress.com

- Develop, implement and provide support for HISD-required Coordinated School Health Program at elementary school level.
 - Establish a CATCH team at school.
 - Send CATCH team for training.
 - Team to develop a campus-based Coordinated School Health Program.



b. Provide “best practices” and other resources to support development and implementation of Coordinated School Health Programs (include asthma education as part of Coordinated School Health Program).

10. The district will provide teachers with education and guidelines that prohibit the use of physical activity as a negative consequence.

a. District to provide professional development opportunities, which include guidelines that eliminate the practice of denying student participation in recess or other physical activities as a form of discipline or for classroom makeup time.

Section IV: School-based Activities

Suggested Resources

- **Square Meals** from Texas Department of Agriculture (www.squaremeals.org/)
- **Eat Smart. Play Hard. Healthy Lifestyle** from U.S. Department of Agriculture (www.fns.usda.gov/eat-smartplayhardhealthy lifestyle/)
- **Texas Asthma Control Program** from Texas Department of State Health Services (www.dshs.state.tx.us/asthma/default.shtm)
- **Childhood Asthma Overview** from American Lung Association (www.lungusa.org/site/c.dvLUK900E/b.22782/)



- **Healthy Snack Ideas and Recipes** in *ReCharge! Energizing After-school™* from NFL and Action for Healthy Kids (www.healthykidshealthyschool.org)
- **Girls on the Run**, healthy lifestyle program for pre-teen girls (www.girlsontherun.org/)
- **Marathon Kids**, school- and community-based fitness program (www.marathonkids.org/)
- **Fuel Up to Play 60** from National Football League and National Dairy Council (www.FuelUpToPlay60.com)
- **National Center for Safe Routes to School** (www.saferoutesinfo.org/) and **Texas Safe Routes to School** (www.txdot.gov/safety/safe_routes/default.htm)

Policy Guideline:

The district establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities.

What Schools Can Do:

- 1. Sufficient time (no less than 30 minutes not including passing time) will be allowed for students to eat meals in lunchroom facilities that are clean, safe and comfortable.**
 - a. Engage campus wellness coordinator in monitoring lunch time.
- 2. Wellness for students, their families and school employees will be promoted at school activities, as appropriate.**

HISD utilizes a coordinated approach to school health that addresses the health of the students, staff and the school campus. At HISD “wellness” encompasses activities associated with healthy eating, adequate physical activity, nutrition education and physical education.

- a. Establish a school wellness committee comprised of families, teachers, administrators and students.
- b. Develop, promote and oversee a multi-faceted plan to promote staff health and wellness.
- c. Provide sanitizers or hand-washing time prior to meal service to help control illness and promote healthy habits.
- d. Collaborate with the School Health Advisory Council to provide parents a list of foods that meet the district’s snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities (e.g., SquareMeals.org, Texas Public School Nutrition Policy).
- e. Provide parents, teachers and staff with basic asthma education, which includes signs and symptoms (work with HISD Health and Medical Services, Asthma Coordinator, American Lung Association).
- f. Facilitate participation in and sponsorship of community programs, e.g., Girls on the Run and Marathon Kids.
- g. Collaborate with local agencies, local governments and community groups to provide safe routes for students to walk and bike to and from school.

Suggested Resources

- **Non-food Ways to Raise Funds and Reward a Job Well Done** from Texas Department of Agriculture Food and Nutrition Division (www.squaremeals.org/vgn/tda/files/2348/15496_Non%20Food%20Ways%20to%20Reward.pdf)
- **Guide to Healthy School Stores** from Alabama Action for Healthy Kids (www.actionforhealthykids.org/filelib/toolsforteam/recom/N&PA%2035%20-%20school%20store.pdf)



- **Milk Vending**, tools and resources from National Dairy Council (www.nutritionexplorations.org/sfs/schoolmilk_vending.asp)
- **School Wellness Checklist for School Leaders** from American Association for School Administrators (www.dshs.state.tx.us/schoolhealth/docs/FullActionCheklist.doc)
- **Progress or Promises? What's Working For and Against School Wellness** report, fact sheets and audience-targeted briefs from Action for Healthy Kids (www.actionforhealthykids.org/special_exclusive.php)

3. The district will provide guidelines for food marketing in the schools, consistent with the district wellness policy.

- Promote marketing activities that foster healthful behavior such as: vending machine covers promoting water and low-fat milk, pricing structures that promote healthy options in a la carte lines or vending machines (fruits, vegetables, whole grains and low-fat/non-fat milk and milk products) and sales of fruit for fundraisers.
- The district will provide guidelines for school-based activities such as fundraisers, school stores and PTO/PTA activities.

4. The district will provide opportunities for ongoing professional training and development for Food Services staff and teachers in the areas of nutrition and physical education.

- Offer opportunities for all teachers and staff to attend ongoing professional training.
- Offer opportunities for lead teachers to offer professional training to other teachers at school.

