

Union Grove ISD Health and Wellness Policy

I. Physical Activities:

Goals	Activities	Person Responsible	Timeline	Evaluation
1) Students are given the opportunities for physical activity during the school day	PK-6: PE class 7-8: PE class, Band, Athletics 9-12: PE, Band, Athletics, Cheerleading	Campus Administrators	Academic School Year	Class schedules Grade reports
2) Students are given opportunities for physical activity through a range of before or after school activities	U.I.L. Competition Union Grove Youth Sports Association	School Coaches and Sponsors Community Members	Designated starting dates for Activities	Participation in activities
3) Parents and Guardians are encouraged to support their children's participation in physical activity	Announcements and flyers sent home to parents Parental participation in physical activities	Campus administrators Teachers Community members	School Sponsored event dates Game day dates	Participation in activities
4) Teachers and other school staff will promote enjoyable, physical activities among students	Teacher and staff participation in game day activities	Campus administrators Teachers and Staff	School sponsored game day dates	Number of people participating in events

Approved 10/10/2016

II. Food and Nutrition

Goals	Activities	Person Responsible	Timeline	Evaluation
1) Students will receive nutrition education that teaches healthy eating behaviors	Health Education Daily menu information Poster displays of nutrition and healthy eating habits, handouts	Director of Child Nutrition, Cafeteria Managers	Academic School Year	Copies of disseminated materials
2) Students will receive consistent nutrition messages throughout schools, homes, and community	Health Education Daily menu information Poster displays of nutrition and healthy eating habits, handouts	Director of Child Nutrition, Cafeteria Managers, Campus administrators, District media sources	Academic School Year	Records of student activities Collections of information
3) Health Education curriculum standards and guidelines are included in campus and district plans	Inclusion in the campus and district plans	Campus administrators	Academic school Year	Health Education TEKS Campus plans District plans
4) Nutrition will be integrated into Health classes	Assigned classroom activities and materials	Health teachers Campus administrators	Length of class	Health Education TEKS
5) Nutrition education activities are linked with the coordinated school health program	Assigned classroom activities and materials	Health teachers Campus administrators SHAC	Length of class	Health Education TEKS
6) Staff members responsible for providing nutrition information will be trained	Professional development and training	Director of Child Nutrition Campus Administrators	Professional development days	Sign in sheets Professional development records

7) Campuses will conduct nutrition education activities and promotions that involve parents, students, and community	"Send Home" activities Family Fun Night activities	Director of Child Nutrition Campus administrators	Monthly promotions	Receipts of information
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III. Food and Beverage

Goals	Activities	Person Responsible	Timelines	Evaluation
1) Nutrition guidelines will be implemented for food and beverages in a la carte sales	Texas Nutrition Policy Guidelines	Director of Child Nutrition SHAC	August prior to the beginning of school	Copy of guidelines
2) Any food or beverage that is marketed on school campuses during the school day will be required to meet the Smart Snack standards**	Texas Nutrition Policy Guidelines	Director of Child Nutrition SHAC	August prior to the beginning of school	Copy of guidelines
3) Guidelines for reimbursable meals shall not be less restrictive than the regulations and guidance of the Child Nutrition Act and the National School Act	National School Lunch Guidelines	Director of Child Nutrition SHAC	August prior to the beginning of school	Copy of guidelines

**The SHAC chose to go with 6 "selling" days for both campuses. This is for foods that will be sold to the students that are not in compliance with Smart Snack requirements. Foods given away to students do not fall under these regulations. This includes non food items and food items. Non compliant Smart Snack foods must be sold 30 minutes after the end of the school day.

IV. Dining Environment

Goals	Activities	Person Responsible	Timeline	Evaluation
1) Campus staff will provide a clean, safe, meal environment for students	Daily Custodial services	Director of Child Nutrition, Campus administrators, custodial staff	Daily	District and Campus administrators and Health Dept. inspections
2) Campus staff will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time	Evaluation of facilities	Director of Child Nutrition Campus administrators	Daily	Daily observation
3) Campus staff will make drinking fountains available in all schools	Replacement of outdated fountains when needed	Director of Child Nutrition Campus administrators Cafeteria managers	Daily	Inspection and observation
4) Campus staff will encourage students to participate in school meal programs and protect the identity of students who participate in free or reduced price meals	Lunch form dissemination to all students. Parental return of forms allowed	Director of Child Nutrition Campus administrators Cafeteria managers	Daily	Number of students participating in programs

V. Eating Times

Goals	Activities	Person Responsible	Timeline	Evaluation
1) Students will have adequate time to enjoy eating healthy foods in schools	Designated lunch periods	Campus administration	Academic School Year	Observation
2) Lunch time will be scheduled as near the middle of the school day as possible	Designated lunch periods	Campus administration	Academic School Year	Master schedule

VI. General Environment

Goals	Activities	Person Responsible	Timeline	Evaluation
1) Administrators will ensure that fundraising efforts promote healthy eating	Fund raisers will be carefully evaluated	Campus administration	Fundraising calendar	Evaluation of activity
2) Administrators will provide professional development and training	Attendance at designated professional development activities	Director of Child Nutrition	Professional Development days	Sign in sheets
3) UGISD administrative staff may keep district owned physical activity facilities open for use by students after school hours	Schedules of use of facilities after school	District and Campus administration	Per request	Observation and surveys
4) UGISD administrative staff will encourage parents, community members and school staff to serve as role models both at school and at home	Campus game days Community Nights	District and Campus administration	On going	Health habits of stakeholders
5) UGISD will adopt and implement a coordinated school health program	CATCH curriculum for K-8 PE Glencoe Health taught in grades 9-12	PE teachers Health teachers SHAC	Academic School Year	Lesson handouts Parent Communication