

2018 Wellness Plan Report to Trustees  
October 18, 2018

Federal law requires that the District establish goals in its wellness policy. The goals below are found in AHISD policy FFA (LOCAL) in the following categories: (1) nutrition promotion, (2) nutrition education, (3) a coordinated health program with physical education and physical activity components, (4) other school-based activities promote student and staff wellness.

Each campus principal is responsible for the implementation of FFA(LOCAL) and the wellness plan at his or her campus, including the submission of necessary information to the School Health Advisory Council (SHAC) for evaluation. The Assistant Superintendent for Administrative Services is responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and ensuring that each campus complies with the policy and plan.

In accordance with law, the SHAC will report annually and make public the implementation of the District's wellness policy.

#### Nutrition Guidelines Assessment

FFI (LOCAL), the district's Wellness Policy, also includes the district nutrition guidelines. In the spring semester, in preparation for the August start of the school year, the Assistant Superintendent for Administrative Services reviews the nutrition guidelines with each campus principal. During start of school staff communication, the principal reviews the nutrition guidelines with all staff. Conversations with principals and staff are revisited as needed. On the child nutrition side, the director, Richard Mallard, monitors compliance with federal nutrition guidelines regarding the foods prepared and sold to students in the cafeteria.

#### Annual Assessment of Progress on Wellness Goals

The goals below are found in AHISD policy FFA (LOCAL) in the following categories: (1) nutrition promotion, (2) nutrition education, (3) a coordinated health program with physical education and physical activity components, (4) other school-based activities promote student and staff wellness. The SHAC developed the goals and the objectives for each goal and presented them for consideration to the Board of Trustees. Each campus principal provided the text in blue below to explain what each campus is doing to achieve the objectives listed. In the September 12, 2018 meeting, the SHAC reviewed and confirmed the campus reports for presentation to the Board of Trustees.

**GOAL:** The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

**Objective 1: Ensure regular communication from child nutrition department to campuses**

HECC: Administrators meet with Richard Mallard, Director of Child Nutrition, to plan campus events, e.g., Family Breakfasts, Thanksgiving Lunch.

CE: Administrators meet with Richard Mallard and cafeteria manager about campus events such as Family Breakfast and Thanksgiving lunch. The principal shares these details with the team leaders that will communicate with staff.

WE: Administrators meet with Richard Mallard to plan campus events--Family Breakfasts, Thanksgiving Lunch. He also communicates with the staff about summer school.

JS: Administrators meet with Richard Mallard and cafeteria manager about how they can incorporate child nutrition into our school events.

HS: Administrators meet with Richard Mallard regularly, and he is invited to talk to our staff at the beginning of the year (BOY).

**Objective 2: Ensure regular communication from child nutrition department to parents.**

HECC: Flyers are sent to parents about the various cafeteria events. Notices are sent to parents about low account balances to ensure that students are getting the services they need. Monthly menus are posted.

CE: Flyers and information in Monday Mail are shared with parents regarding events on campus. Communication with parents about low balances are made weekly to ensure that students are getting the services they need. Cafeteria manager prints out a low balance sheet every two weeks to principal, so that she can keep an eye on any students not able to pay for meals consistently to ensure that students are getting the services they need

WE: Flyers are sent to parents about the above mentioned events. Notices are sent to parents about low account balances to ensure that students are getting the services they need

JS: Monthly menus are posted on the website & bulletin boards. Starting in 2017-18, will include nutritional tips into our news broadcast, provided by child nutrition department.

HS: Starting in 2017-18, will include nutritional tips into our news broadcast, provided by child nutrition department.

**GOAL:** The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

**Objective 1: Physical education courses include maintenance of healthy eating behaviors.**

HECC: PE teacher integrates healthy eating as part of lessons on muscles.

CE: During PE students learn about healthy eating choices through games and activities.

WE: Games in PE that focus on healthy eating. The WOW (wellness PTO) committee provides 2 healthy taste testing events during PE classes

JS: Health class addresses healthy eating habits as well as eating disorders and what one can do to help. PE classes and Athletics regularly discuss healthy eating habits. Healthy vending machines available on campus.

HS: Regular discussion in Health about healthy eating. Use of Health 101 newsletter. Healthy vending machines (2 machines on campus)

**Objective 2: Campuses coordinate with child nutrition department to reinforce maintenance of healthy eating behaviors.**

HECC: Head Start and PreK model and teach healthy eating behaviors in coordination with Child Nutrition Department.

CE: PE teacher has a Garden Club once a week that grow vegetables. They have made four different recipes for a farm to table experience during student lunches ("School Garden to School Cafe, October, January, February, April); Roving Chef (healthy food prep classes for students; January and April). CHEF Program implemented during one-hour PE class (in partnership with the Goldsbury Foundation).

WE: We had posters available around the cafeteria and digital media (WNL, marquee, etc) to encourage healthy eating, app for phone on website, and household letter sent out to families.

JS: Dietitian intern taught nutrition lessons for 6th grade health course (April)

HS: Regular meetings with Richard Mallard Mallard to discuss eating patterns in the cafeteria.

**GOAL:** The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

**Objective 1:** Offer access to alternative physical activity opportunities 6-12

JS: During FLEX time we offered several additional classes of choice throughout the year including: Yoga, CrossFit, Team Sports, Fitbit Challenge.

HS: Weight room is open before and after school for students. Various clubs, such as hula hoop and aikido, offer alternative physical activity opportunities.

**GOAL:** The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

**Objective 1:** Ensure active adult monitoring in cafeterias K-8

HECC: We have five minutes between each class. We have an organized environment with posted expectations and visual supports. We have two lunch monitors that supervise children during lunch, in addition to volunteers and Head Start monitors.

CE: Four cafe monitors that supervise during lunch. The principal and AP met with the cafe monitors in the fall and again in the spring to discuss schedule, expectations of job roles, and coverage of duties.

WE: Four monitors supervise students during lunch. The principal and AP met with the cafe monitors in the fall and again in the spring to discuss schedule, expectations of job roles, and coverage of duties. When time permits the counselors and administrators help.

JS: We have three scheduled 45-minute lunch periods by grade level to ensure all students can eat in our cafeteria. Students are dismissed at the 30-minute mark, but may stay in the cafeteria a prolonged amount of time if needed. Cafeteria monitors and teachers are always on duty to ensure safety of students.

**Objective 2:** Monitor environment in lunchroom regarding safe and comfortable

HECC: In addition to above, administrators and Special Education Teacher monitors the cafeteria and we make individual plans for children who may need them. We have "Allergy Free" tables. We held cafeteria assemblies for all kinder classes during the first week of school.

CE: Administrators met with cafeteria monitors twice a year, also as needed throughout the year to discuss cafeteria environment.

WE: Same as Objective 1 above. This is also discussed in meetings with monitors throughout the year

JS: We have two cafeteria monitors at every lunch period. In addition, teachers are assigned cafeteria duty. Administrators and counselors rotate through the different lunches to check on Students.

HS: Administrators and teacher assistants rotate through the cafeteria at lunch.

**GOAL:** The District shall promote employee wellness activities and involvement at suitable District and campus activities.

**Objective 1: Provide access to proactive wellness measures for staff**

ALL: Annual flu shots are organized for staff based on providers that take our insurance.

HECC: We kick off a health initiative typically in January: Howard Weight Challenge; Howard Healthy Habits. We provided yoga for a small fee once a week. We provided a Zumba class weekly in the spring (after February 2018 PD day). We had a speaker at a faculty meeting on Stress Management with optional follow up. The clinic is open for wellness checks (blood pressure, weight, etc).

CE: Yoga classes provided by a Cambridge Teacher, Running group in the spring for a twice a week running opportunity in the spring. Spring Weight Loss challenge.

WE: We had a "What's Up Woodridge" event where the staff met to walk the river

JS: Healthy snacks are always provided at staff monthly meetings. Fruit bowls are provided daily by Nutrition services. In 2017-18, staff yoga meets after school.

HS: Monthly reminders about balance and wellness to the staff. Health 101 sent to staff as well as students.

**Objective 2: Provide access to employee assistance services**

All: Deer Oaks EAP.

HECC: Counsel individuals as needed about accessing these services.

CE: Reinforce the services provided by Deer Oaks. Counselors are always available for staff as they need them.

WE: Reinforce the services provided by Deer Oaks. Counselors are always available for staff as they need them.

JS: Deer Oaks newsletters. Wellness counselor available to staff.

HS: Deer Oaks newsletters. Wellness counselors available for staff.

## SHAC Self-Assessment Survey

The SHAC also took a self-assessment survey to help identify areas of strength and areas to improve regarding compliance with the wellness plan. Below are the results.

Survey Self-Assessment Question	Partially + fully place Fall 2017	Partially + fully place Fall 2018
Lessons are given to teach lifelong healthy eating habits and healthy level of physical activity.	73%	93%
Healthy eating and physical activity are actively promoted.	91%	87%
Nutrition Education is being implemented and taught in classes.	72%	47%
Breakfast and lunch menus, along with nutrition information is posted on the district website.	73%	93%
Students have access to healthful food choices in the school cafeteria.	96%	100%
Adequate time is given to eat lunch and breakfast every day.	91%	93%
The cafeteria atmosphere is clean and inviting and offers a pleasant eating environment.	91%	73%
Health-promotion activities are available that encourage physical activity, such as speakers, recreational demonstrations, and walking clubs.	77%	87%
Physical-activity is promoted in after-school programs, such as intramurals, interscholastic athletics, and physical activity clubs.	91%	100%