

Junction ISD Wellness Implementation Plan-Self Audit

Nutrition Guidelines

The district shall ensure 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 Policy. (See Policy)

In addition to legal requirements, the District shall:

(LOCAL) policy requirements (choose any that apply or none)	Plan (activities/strategies) for implementation	Person (s) Responsible	Collaborate Resources	Timeline
1. Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations.	Adhere to the USDA/TDA requirements and guidelines for reimbursable school meals.	Campus Administration, Food Service	www.squaremeals.org	Upon enrollment, then yearly
	Communicate the age-appropriate USDA/TDA guidelines for food and beverages for classroom parties or school celebrations to teachers and parents.	Campus Administration, Teachers, Food Service		Upon enrollment, then yearly
2. Provide administration with education and guidelines on the use of food as a reward in the classroom.	The Food Service Director provides education on nutrition to administration on each campus. EX: Smart Snack Nutrition Training	Food Service Director	www.squaremeals.org http://www.regulations.org	Yearly
3. Review menus for changes that can be made to promote students' interests in making healthy food choices.	Review and add menu items that will increase student in healthy food choices.	Cafeteria Manager	www.squaremeals.org	Monthly

Goals for Nutrition Education

The District shall implement, in accordance with law, a coordinated health program with nutrition education component (see Policy) and shall use health course curriculum that emphasizes the importance of proper nutrition (see Policy).

In addition, the District establishes the following goals for nutrition education:

(LOCAL) policy requirements (must have at least one)	Plan (activities/strategies) for implementation	Person (s) Responsible	Collaborative Resources	Timeline
1. students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	Lunchroom posters highlight the “Balanced Choice” options and “Offer vs. Serve” posters.	Cafeteria Manager	www.squaremeals.org	Monthly
2. the food service staff, teachers, and other school personnel will coordinate the promotion of cafeteria, the classroom, and other appropriate settings.	Posters will be put up in cafeteria and other areas of school that encourage an active lifestyle. Nutrition information will be put on the back of cafeteria menus.	Cafeteria Manager	TDA posters www.squaremeals.org	Continuous

Goals for Physical Activity

The District shall implement, in accordance with law, a coordinated health program with physical education and physical education activity components and shall at least the required amount of physical activity for all grades (see Policy EHAB and EHAC)

In addition, the District establishes the following goals for physical activity:

(LOCAL) policy requirements (must have at least one)	Plan (activities/strategies) for implement	Person (s) Responsible	Collaborative Resources	Timeline
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.	<ul style="list-style-type: none"> • In K-5th grade, vigorous physical activity is required for 135 minutes a week. • In 6th-8th grade, vigorous physical activity is required for 225 minutes/week. • 9th -12th grade is required to have 1 year during high school. 	Athletic Dept.	Policy	Continuous
2. Physical education classes will regularly emphasize moderate to vigorous activity.	<p>In k-5 grade it is required vigorous physical activity for 135 minutes a week. In 6th-8th grade is required vigorous physical activity for 225 minutes weekly. In 9th-12th grade is required to have 1 year during high school.</p>	Athletic Dept.	Policy	Continuous
3. After-school physical activity programs will be offered, and students shall be encouraged to participate.	Youth leagues are encouraged such as: football, cheerleading, baseball, softball, tennis, basketball, TOTS, Soccer, Scouts, gymnastics, dance, and 4H by passing out registration forms, hanging posters, and posting information on the school's website and Facebook Page. Coaches of these activities include teachers, parents, older, students, and community members.	Community, Parents, Staff		Continuous

Goals for school-based Activities

The District establishes the following goals to create an environment conducive to healthy eating, physical activity as well as express a consistent wellness message through other school-based activities:

(LOCAL) policy requirements (must have at least one)	Plan (activities/strategies) for implementation	Person (s) Responsible	Collaboration Resources	Timeline
1. Sufficient time shall be allowed for students to eat meal in lunchroom facilities that are clean, safe and comfortable.	The students have at least 30 minutes for meals.	Campus Administration	Master schedule	Daily