

Grapevine-Colleyville ISD
Wellness Policy Assessment Checklist
School Year 2019-2020

GCISD shall follow applicable state and federal nutrition guidelines that advance student health and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

Wellness Policy Objectives:	Met Objective	Needs Improvement
Nutrition Education- GCISD shall implement, in accordance with law, a coordinated school health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.	X	
Physical Activity- The District shall implement, in accordance with law, a coordinated school health program that complies with the state-mandated time for daily/weekly physical education. Students in high school shall meet the physical education component as required for graduation. GCISD will provide an environment that fosters safe and enjoyable fitness activities for students, including those who are not participating in competitive sports. Time allotted for moderate to vigorous physical activity will be consistent with state standards and district board policy and regulations.	X	
School Based Activities- GCISD shall establish an environment conducive to healthful eating and physical activity and to express a consistent wellness message through school-based activities	X	
Health Education- GCISD has adopted a state approved coordinated school health curriculum for grades K-8. This program provides lessons and strategies aligned with the state curriculum	X	
Health Services- The District shall provide quality health screening and services to students at all levels.	X	
Guidance & Counseling- GCISD shall help students develop positive, decision-making skills related to health and wellness in order to maximize educational opportunities to function, contribute, and compete in a changing world.	X	

Wellness Policy Objectives:	Met Objective	Needs Improvement
<p>Nutritional Guidelines- GCISD shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as applicable state and federal regulations and guidance and that all foods available on each program subscribing campus are in accordance with the Healthy Hunger Free Kids Act of 2010.</p>	X	
<p>Competitive Foods- Foods sold at GCISD schools, except high schools, shall meet the nutrition requirements. GCISD has established local nutritional guidelines for foods and beverages at high schools. Third party individuals or groups may not sell competitive foods and beverages at any time during the school day in elementary and middle schools.</p>	X	
<p>Monitoring & Implementation- The School Health Advisory Committee shall help GCISD oversee this administrative regulation and periodically review the implementation of the wellness regulation with input from: Health Services, Nutrition Services, Counseling Services and the Athletics/Physical Education Department. The campus administration shall be responsible for implementation.</p>	X	

Wellness Plan Assessment 2019-2020

NUTRITION AND WELLNESS

GCISD shall follow applicable state and federal nutrition guidelines that advance student health and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

GOALS AND GUIDELINES

GCISD shall maintain wellness goals and nutritional guidelines in consultation with the local school health advisory committee (SHAC) and with representatives of the district's Nutrition Services Department, school administration, school board and parents. Goals shall be accomplished through nutrition education, physical education and activity and the foods and beverages served by the Nutrition Services Program.

NUTRITION EDUCATION

GCISD shall implement, in accordance with law, a coordinated school health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

- Nutrition Education shall include:
 - a. Nutrition messages promoted throughout the school, including the cafeteria and classrooms.
 - b. Nutrition education available on the district website periodically.

Supporting Documentation (Met Objective)

- GCISD Back to school Fair **8/10/2019**
 - Provided assistance with free and reduced lunch applications
 - provided nutrition education materials
 - provided healthy breakfast items
- Parent Culinary Academy **12/4/2019**
 - Provided information about the program to participants
 - Live Chef demonstrations including healthy recipe prep at home
 - Provided samples and taste testing to participants
- Leap into Wellness event held on **2/29/2020**
 - provided nutrition education materials to participants
 - Live Chef Demonstrations held during event focusing on healthy cooking and recipes

- provided healthy snacks including fruit and whole grain granola bars

PHYSICAL ACTIVITY

The District shall implement, in accordance with law, a coordinated school health program that complies with the state-mandated time for daily/weekly physical education. Students in high school shall meet the physical education component as required for graduation. GCISD will provide an environment that fosters safe and enjoyable fitness activities for students, including those who are not participating in competitive sports. Time allotted for moderate to vigorous physical activity will be consistent with state standards and district board policy and regulations, to include at a minimum:

- a. Elementary (K-5); 30 minutes daily or 135 minutes weekly
- b. Middle School (6-7): 30 minutes daily for four semesters;
- Physical Education will be offered to 8th graders as an elective and students will be encouraged to participate.
- High School (9-12): 2- ½ credits (1.0 credits total) of physical education. Exemptions for middle and high school will be in accordance with District Board Policy and State mandates.
- Schools will not remove or pull students from Physical Education classes unless for administrative reasons such as discipline or counseling issues.
- State-certified physical education instructors who will participate in professional staff development opportunities that are aligned with district requirements will teach all Physical Education courses.
- Schools are encouraged at all elementary campuses to schedule recess before lunch. The benefits of having recess before lunch includes: better behavior on the playground, in the cafeteria and in afternoon classes. Additionally, there is less food waste, increased beverage consumption and an improved cafeteria atmosphere.
- Schools are encouraged to hold family events that will promote the benefits of physical activity and healthy lifestyle choices. Information shall be provided to families to help them consider and know how to make healthy choices and incorporate physical activity into their daily routines. Check It Out Centers are available at each Elementary Campus to provide information regarding fitness activities throughout the local area.

Supporting Documentation (Met objective)

- Elementary students participate in 135 minutes of PE weekly. Each campus has the flexibility to develop a schedule that meets these criteria.
- Middle School students participate in PE for 30 minutes daily.
- Students in 8th grade are offered P.E as an elective but are encouraged to participate.

SCHOOL-BASED ACTIVITIES

GCISD shall establish an environment conducive to healthful eating and physical activity and to express a consistent wellness message through school-based activities:

- Schools will set schedules that allow a minimum of 10 minutes to eat breakfast and 20 minutes to eat lunch. This time will not include the time a student waits in line.
- Wellness for students and their families will be promoted at suitable school activities.
- Employee wellness education and involvement will be promoted at suitable school activities.

Supporting Documentation (Met Objective)

- Lunch schedules are designed specific to each campus and allow students at least 20 minutes to eat lunch
- Staff Wellness Rooms opened in January 2020 to support Staff Wellness
- Teachers Walking Club 3 days per week
- Wellness Boards in Teacher's Lounge
- Running Clubs
- Girls on the Run Running Club
- Sharpen the Saw Clubs
- Wellness Promotion during morning show and announcements
- Walk N' Roll to school days
- Cheer Club

HEALTH EDUCATION

Health Education is a component of the Coordinated School Health Model, which consists of a planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. The comprehensive health education curriculum includes a variety of topics such as personal health, family health, community health, consumer health, environmental health, mental and emotional health, injury prevention and safety, nutrition, prevention and control of disease, and substance use and abuse. Qualified, trained teachers provide health education. GCISD continually reviews the state and national standards for current updates and research.

Supporting Documentation (Met Objective)

- Leap Into Wellness Fair
- Parent Culinary Academy
- Fire Safety Programs
- Fun Runs
- National Walk to School Day
- Red Ribbon Week
- Fitness Clubs
- Jump Rope for Heart
- Water Safety
- Bike Safety
- Healthy Body Choices
- Kindness and Compassion Clubs
- Peer Mentoring
- Stomp Out Bullying
- Veteran's Day Programs
- JPS Healthy Smiles
- Nurse Health Screenings
- Weekend Food
- Watch DOGS
- Holiday Giving Tree
- Dance Teams
- PALS



GCISD has adopted a state approved coordinated school health curriculum for grades K-8. This program provides lessons and strategies aligned with the state curriculum.

WELLNESS Regulation
PRC 10-02-2015

HEALTH SERVICES

The District shall provide quality health screening and services to students at all levels. Goals of the Screening Program include:

Supporting Documentation (Met Objective)

- Teaching prevention and developmental health
- Employee FLEX hours include: Bloodborne Pathogens, Anaphylaxis, Seizures and Diabetes
- Growth and Development (Puberty) Videos are shown to 4th girls and 5th grade boys and girls
- Staff trained in CPR and AED
- CPR/AED/FA: Due to COVID-19, Classes are a virtual format with Skills Check-off.
- Assigning registered nurses to all schools
- Conduct Vision, Hearing, AN, and Spinal Screening for grades: PK, K, 1, 3, 5, 7
- Conduct AED Drills - All campuses perform an AED drill every semester.

GUIDANCE AND COUNSELING

GCISD shall help students develop positive, decision-making skills related to health and wellness in order to maximize educational opportunities to function, contribute, and compete in a changing world.

Counselors shall provide:

- Responsive services which may include group and individual counseling, coordination of services and /or referral to external agencies as needed.
- Individualized student planning, which includes goal-setting, transitional services between grade levels, college and career investigation, and course selection and graduation planning.
- GCISD will encourage schools and counseling personnel to maintain a system of support, which includes relevant training for teachers and parents along with program evaluation to ensure quality and effectiveness.

Supporting Documentation (Met Objective)

- Leap into Wellness Fair implemented in Spring 2020
- The counselor provided professional development to the staff on topics including child abuse, suicide awareness, counseling strategies for highly gifted students, as well as the information about the school's counseling program.
- Counselors conduct Google Classroom polls regarding coping mechanisms for students to have input and receive suggestions.
- Counselors maintain a website containing information on health and wellness topics including resources and videos.
- Student Advocates hold group counseling sessions on a variety of topics (ex. Grief, Anxiety).

- Counselors visit classrooms to facilitate course selection and decisions related to grade transition (ex. 8th to 9th) as well as junior parent meetings.
- Counselors hold professional development sessions for teachers at district PD days on a variety of topics.
- 100% of students in Kindergarten through 5th grade received multiple lessons in bully prevention and assertiveness skills.
- Counselors direct students to appropriate resources (ex. Eating disorders).
- Counselors discuss coping mechanisms and encourage positive techniques (ex. Going for a run vs eating junk and watching tv while stressed).
- 100% of grades 3-5 received lessons covering the *Life Skills* curriculum. This curriculum includes decision-making skills, media influence on decisions, social skills, and peer pressure.
- The counselor offers student support groups including topics such as anger management, friendship skills, divorce support, and grief support.
- 100% of 5th graders met with the counselor individually to select courses and plan for their middle school transition.

SCHOOL FACILITIES & STAFF WELLNESS

GCISD shall make outdoor areas and facilities that are not otherwise subject to an Interlocal Agreement or contract for use or are in use for school programs and activities, available for exercise and recreational activities that involve physical activity for students and staff when staff are available to supervise such use.

- Availability of outdoor areas and facilities shall be in accordance with Board Policy GKD (LOCAL)
- Examples include:
 - Playgrounds and field spaces at elementary schools that are not locked
 - Outdoor spaces at middle schools and high schools that are not locked, such as tracks, fields, and tennis courts.

Supporting Documentation (Met Objective)

Per board policy FFA Local, campus facilities are to be left unlocked and accessible to the community outside of the school day. Schools promote staff wellness through activities such as weight loss competitions, yoga and running groups, etc.

NUTRITIONAL GUIDELINES

GCISD shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as applicable state and federal regulations and guidance and that all foods available on each program subscribing campus are in accordance with the Healthy Hunger Free Kids Act of 2010.

- Provide each campus with education and guidelines on the use of food as a reward.

- Comply with the applicable sections of the Texas School Nutrition Policy and USDA Smart Snacks.
 - Elementary schools will not have or use vending machines.
 - Middle school vending machines may offer snacks and beverages that comply with Smart Snack guidelines.
 - High School vending machines may offer snacks or beverages except for sodas and candy except during the established “Breakfast Period.”
 - Elementary and Middle Schools may not **give away** foods or beverages that do not meet the Smart Snack guidelines during any part of the school day with the exception of the five designated days per school year as determined by the principal.

Supporting Documentation (Met Objective)

GCISD standards for all foods and beverages provided- All food items and beverages provided to students in grades Pre-K to 8 during the school day must meet USDA Smart Snack guidelines. Exceptions include exempt days limited to 5 event and 6 fundraising days per campus and school year. During these exempt days, food and beverages that are provided and/or sold to students may not be done so in competition with breakfast and/or lunch service. In addition, the items should not be consumed in areas where reimbursable meals are sold and or consumed.

Schools plan parties and special celebrations where food is given away within the parameters listed above.

COMPETITIVE FOODS

Foods **sold** at GCISD schools, except high schools, shall meet the nutrition requirements. GCISD has established local nutritional guidelines for foods and beverages at high schools. Third party individuals or groups may not sell competitive foods and beverages at any time during the school day in elementary and middle schools.

Supporting Documentation (Met Objective)

PK-8 schools do not participate in activities involving the sale of food items during the regular school day. All fundraisers are held after school and on weekends.

Guidelines for Food & Beverages sold at High School- GCISD High Schools do not participate in the National School Breakfast & Lunch Programs. GCISD has established nutritional guidelines for food and beverages served at these schools. The plate lunch menu follows the Pre-K-8 cycle menu. Managers are allowed to add food items to the menu using recipes found in Nutrikids Menu Planning. High schools may use frying as a method of cooking for certain potato products, chicken, egg rolls and some snack

items. High schools purchase beverages and snacks from approved vendors. Beverage and snack items are offered in portion sizes relevant for the nutritional needs of High School age children.

FUNDRAISING

Fundraisers conducted at GCISD schools must meet all nutritional requirements* according to the USDA's Food and Nutrition Services Federal Code 7 CFR parts 2010 and 220 (FNS-2011-0019) and the Texas Department of Agriculture Administrative Code (Title 4, Part 1, Chapter 26 Subchapter A), and shall comply with one of the categories listed below:

1. Food items that meet competitive food service nutrition standards. Smart Snacks:
<http://www.squaremeals.org/Programs/NationalSchoolLunchProgram/SmartSnacks.aspx>
2. Food items that **are not** intended to be consumed at school such as ready-to-bake cookie dough or ready-to-heat pizza
3. Non-food items

EXEMPT FUNDRAISERS

Elementary and Middle Schools may sell food and/or beverages as part of a fundraiser that does not meet the Nutritional Requirements, as outlined above, during the school day for up to six (6) days per school year on each school campus. Such fundraisers must comply with the rules listed below:

1. Food and beverages sold during an exempt fundraiser must not be sold in competition with school meal service (breakfast and lunch)
2. Food and beverages sold during an exempt fundraiser must not be consumed in the school meal service area (i.e, school cafeteria).

Supporting Documentation (Met Objective)

PK-8 schools do not regularly participate in fundraisers involving the sale of food items during the regular school day. Schools hold fundraisers involving the sale of food off campus, after the school day and on the weekends. If/when fundraisers are held on campus during the school day they are within the parameters listed above.

MONITORING AND IMPLEMENTATION

The School Health Advisory Committee shall help GCISD oversee this administrative regulation and periodically review the implementation of the wellness regulation with input from: Health Services, Nutrition Services, Counseling Services and the Athletics/Physical Education Department. The campus administration shall be responsible for implementation.

*For a list of the Smart Snack compliant foods and beverages currently sold by Nutrition Services please visit the Nutrition Services' Wellness and Student Health webpage. Additional foods and beverages in question can be analyzed with the smart snack calculator online at <http://tools.healthiergeneration.org/calc/calculator/>

Supporting Documentation (Met Objective)

GCISD reviews the district Wellness Plan with Health Services and the SHAC committee as required. GCISD Nutrition Services provides nutrition education to all students through a variety of channels. The calendar menu provides students with nutrition information, for example: the importance of local agriculture, fruit and vegetable consumption and eating a balanced diet. The district Dietitian communicates with campus staff the availability for scheduling nutrition education on campus. Students participate in regular physical activity that meet the minimum standards while at school during P.E and recess times. Nutrition Services promotes healthier snacking options such as fruit and yogurt based smoothies and snacks that only meet smart snack guidelines in grades PK-8.

Below are a list of dates in which the Wellness plan has been discussed, reviewed & approved formally:

- Julie Telesca-Director of Nutrition Services
- Laura Brookover-Ybarra-Dietitian
- Amy Howard-Director of Health Services
- Anita Clayton-Director of Student Services
- Emberly Hill-Director of Counseling Services
- Shiela Shiver-Executive Director of Instructional Leadership

Insert dates of discussion here:

Wellness Policy Discussions-2019.2020		
Info:	Members	Date
Triennial wellness assessment and survey to campus leadership	Anita, Amy, Shiela S. Julie, Laura	2.7.20
Triennial Wellness Plan-Briefing	SHAC Committee	2.19.20
Triennial Wellness survey discussion	Julie, Laura	2.24.20
Discussion to finalize survey results	Julie, Laura	6.9.20