

# **CCCCSD Wellness Plan**

## **Developed by the SHAC Committee**

### **2016-2017**

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**Date of School Board Approval**

# Mission Statement

## OUR MISSION STATEMENT

**CCCCSD believes in supporting the general**

## Planning and Decision Making Committee

Name	Position Parent, Business, Community, Teacher, etc	Signature
Raul Chavarria	Superintendent	
Karen Huffman	CCCSD District Nurse	
Ronny Clayton	OHS Principal	
Tamara McWilliams	OES & OMS Principal	
Erica Cruz	OMS Assistant Principal	
Vicky Muñoz	OES Assistant Principal	
Tisha Harrison	OHS Counselor	
Leanna Childress	OMS Counselor	
Katie Parker	OES Counselor	
Janina Savala	Federal Programs Director	
Ludy Vargas	Food Service Director	
Janis DeHoyos	Parent Liaison	
Tiffany Esparza	Technology Dept./Parent	
Lee Abbey	OHS PE Teacher	

## Planning and Decision Making Committee

Name	Position Parent, Business, Community, Teacher, etc.	Signature
Ray Talamantes	OES PE Teacher	
Kaily Roberts	Community/County Ext. Agent, Family Consumer Science	
Niki Bishop	Community/Wesley Nurse	
Farran Morris	Parent	
Helena Scherr	Parent	
Jill Hernandez	Parent	
Jasmine Rico	Parent	
Lindsay Bean	Parent	
Sandy Montgomery	Parent	
Constance Montgomery	Parent	
Vicki Childress	Parent	
Greg Williams	Student	
Ambertyn Dacy Taylor	Student	

## NUTRITION PROMOTION

**GOAL 1:** 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:** The District will increase participation in federal child nutrition programs by two percent by the end of each school year.

Actions Steps	Person(s) Responsible	Resources	Timeline	Evaluation
1. Distribute fliers regarding school food programs within first two weeks of the school year.	Food Service Staff	Fliers	August 2016-May 2017	Participation rates in federal child nutrition programs at the beginning, middle and end of the school year.
2. Send a follow up letter within first two weeks of second semester.	Food Service Staff	Follow Up Letters	August 2016-May 2017	Participation rates in federal child nutrition programs at the beginning, middle and end of the school year.

**GOAL 2:** The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

**Objective 1:** The District will research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding any programs offered by the District.

Actions Steps	Person(s) Responsible	Resources	Timeline	Evaluation
1. Research food access programs available in the community with which the District could partner (food pantry programs supported by a local area food bank, backpack programs, summer meal programs etc.	SHAC Counselors Parent Liaison	Partnerships with community organizations  Literature to send to families/community	August 2016-May 2017	Number of supplemental programs the District currently offers or promotes.  The types of food access programs identified and ways the information was communicated to families and the community.

**Objective 2:** Consistently post in an easily accessible location on the District’s website, the local newspaper & local radio station, the monthly school breakfast and lunch menus, along with the nutritional information of each meal.

Actions Steps	Person(s) Responsible	Resources	Timeline	Evaluation
1. Work with the District and campus child nutrition directors to develop menus that are in compliance with this objective and are designed at least one month in advance.	Food Service Director Technology Department	Website location along with metrics to tabulate number of views  Staff to create and distribute the menus for posting to the website	August 2016-May 2017	The manner in which the menus and nutrition information are currently communicated to parents.  The number of times the menus were viewed during the school year.

## NUTRITION EDUCATION

**GOAL 3:** The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

**Objective 1:** At least 70 percent of high school students in each four-year cohort will complete one-half credit of health education as an elective.

Actions Steps	Person(s) Responsible	Resources	Timeline	Evaluation
1. Inform high school counselors that health education should be considered a default elective in the development of four-year graduation plans for most students.	High School Administrators	Certified staff to teach the course  Four-year plans to accommodate health as an elective	August 2016-May 2017	Percentage of each four-year cohort who successfully complete health as an elective

**GOAL 4:** The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

**Objective 1:** District staff will promote and integrate nutrition education facts during at least five District-sponsored events in a school year.

Actions Steps	Person(s) Responsible	Resources	Timeline	Evaluation
<p>1. Identify appropriate events at which nutrition education could be promoted.</p> <ul style="list-style-type: none"> <li>• Registration</li> <li>• Welcome to our Pride Lunches @OES</li> <li>• National School Nutrition Week</li> <li>• Texas Public School Week</li> <li>• Open House/Meet the Teacher Night</li> </ul>	<p>Campus Principals Food Service Staff Parent Liaison</p>	<p>Flier to distribute to event attendees</p>	<p>August 2016-May 2017</p>	<p>The number of events during the school year at which nutrition education was either communicated or distributed.</p>

**Objective 2:** One-hundred percent of students will have access to drinking water at all times during the school day.

Actions Steps	Person(s) Responsible	Resources	Timeline	Evaluation
<p>1. Include in enrollment and registration materials that students are permitted to carry personally owned water bottles at all times.</p>	<p>Campus Principals</p>	<p>Easily accessible water fountains  Guidance/signs on any locations where water bottles may not be permitted</p>	<p>August 2016-May 2017</p>	<p>Documentation from the school nutrition department that water was available during meal periods, as required by federal standards, and that students were informed of water bottle policy.</p>



## PHYSICAL ACTIVITY

**GOAL 5:** 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:** Consistently utilize crossing guards at 100 percent of the District-identified areas where students can be encouraged to safely walk or bike to school.

Actions Steps	Person(s) Responsible	Resources	Timeline	Evaluation
1. Identify the number of crossing guards currently utilized by the District and the locations at which they are stationed. Evaluate where additional crossing guards are needed. Make recommendations to utilize additional crossing guards.	Campus Principals	Assignment of crossing guards Survey	August 2016-May 2017	The locations and number of crossing guards utilized compared to the previous school year.  Survey results showing whether the number of students walking or biking to school increased from the previous year.

**Objective 2:** At least 60 percent of campuses will have secure storage facilities for bicycles and helmets to encourage biking to school.

Actions Steps	Person(s) Responsible	Resources	Timeline	Evaluation
1. Determine campuses that do not have such access and storage.  2. Install necessary bike rack and helmet storage facilities.	Maintenance Department	Equipment and products that allow for secure storage.	August 2016-May 2017	The number of campuses meeting this objective compared to the previous school year.

**GOAL 6:** The District will encourage after-school physical activity programs available and shall encourage students to participate.

**Objective 1:** At least one campus will prompt after-school physical activity programs each year.

Actions Steps	Person(s) Responsible	Resources	Timeline	Evaluation
1. Encourage organizations to offer such programs and have staff from campuses share information.	Campus Office Staff	Support from campus administrators and employees to provide access to the facilities for these programs.  Informational materials to explain the program to students and parents.	August 2016-May 2017	Number and type of programs offered compared to the previous school year.  Student participation rates in the program from year to year.

**GOAL 7:** The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as tracks, playgrounds, and the like, that are available for use outside of the school day.

**Objective 1:** Inform the community of the facilities that are available for use outside of the school day by including a statement in at least one District or campus publication, by posting information on the District or campus website, or through the use of appropriate signs.

Actions Steps	Person(s) Responsible	Resources	Timeline	Evaluation
1. Create sample wording to be used in a publication or on a website.  2. Create wording for a sign that could be posted at certain facilities.  3. Evaluate appropriate lighting for evening use of facilities.	Maintenance Department	List of the types and locations of facilities that are available for use in the District.	August 2016-May 2017	Evidence of signs posted

## SCHOOL BASED ACTIVITIES

**GOAL 8:** The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe and comfortable.

**Objective 1:** All campuses will build their master schedules to allow for at least 10 minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.

Actions Steps	Person(s) Responsible	Resources	Timeline	Evaluation
1. Evaluate current meal time allowances by campus.  2. Work with campus administrators to adjust master schedules as necessary.	Campus Principals Custodial Staff	Average time it takes for students to receive a meal and be seated	August 2016-May 2017	The number of campuses that currently meet the standard compared to the previous school year.