

<b>Nutrition Education: The District shall implement, in accordance with law, a Coordinated School Health Program which includes nutrition education.</b>						
Nutrition education shall include: CATCH curriculum K-8, age appropriate nutrition activities in elementary and middle school physical education classes, in the after-school programs.						
	<b>Goal</b>	<b>Objective #1</b>	<b>Action Steps</b>	<b>Baseline Methods for Measuring Implementation</b>	<b>Resources for Implementation</b>	
SHAC 2023-2024 APPROVES	Nutrition education will continue to be fully integrated into the elementary and middle school Physical Education Curriculum, high school health classes, and through Employee Wellness.	Students K-8 will receive nutrition education instruction through physical education class. Students 9-12 will receive nutrition through Health class.	Nutrition education activities will be developed and implemented into the K-8 physical education lesson plans; professional development for teachers will be offered prior to implementation through outside community stake holders.	3 nutrition education activities for grades K-5, 4 nutrition education activities for grade 6. Identify local community resource for food/cooking education.	Access to and knowledge of current and relative nutrition education information, and professional development and support offered by the District.	
		<b>Objective #2</b>	<b>Action Steps</b>	<b>Baseline Methods for Measuring Implementation</b>	<b>Resources for Implementation</b>	
		District employees will receive frequent information electronically opportunities to participate in nutrition education workshops.	The District Employee Wellness Coordinator will provide oversight for nutrition education information to District employees and attend certification courses and professional development on nutrition education.	Frequency of dissemination of nutrition education, attendance at professional workshops.	Access to and knowledge of current and relative nutrition education information, collaboration with community partners.	*no budget for employee wellness
<b>Nutrition Promotion: The District shall provide nutrition promotion at all campuses for students, staff, and visitor awareness.</b>						
Nutrition promotions will be used to reinforce healthy nutrition choices and include: Grade level menus, meal deal and healthy message signage, nutrition promotion presentations, promotional newsletters and nutritional links.						
	<b>Goal</b>	<b>Objective #1</b>	<b>Action Steps</b>	<b>Baseline Methods for Measuring Implementation</b>	<b>Resources for Implementation</b>	
SHAC 2023-2024 APPROVES	The District will continue to promote nutrition by providing current information at all campuses and electronically for students, staff, and visitor/community awareness.	District will promote nutrition at all campuses for students, staff, and visitors.	The District Child Nutrition Depts. will display meal deal signage and serving line banners at all elementary, middle, and high schools.	Age appropriate banners and signage displayed at all schools.	Access to and knowledge of current and relative nutrition information and guidelines, collaboration with district and community partners.	
		<b>Objective #2</b>	<b>Action Steps</b>	<b>Baseline Methods for Measuring Implementation</b>	<b>Resources for Implementation</b>	
		District will promote nutrition information to families and communities.	The District Child Nutrition Depts. will maintain current newsletters and nutrition links on the Dept. website.	Frequency of updating nutrition newsletter and nutrition links.	Access to and knowledge of current and relative nutrition information and guidelines collaboration with professional community partners.	
<b>Physical Activity: The District shall implement, in accordance with state law, a Coordinated School Health program with physical education and physical activity components.</b>						
Physical Activity shall include: physical education, to support physical activity, a safe environment for physical activity at all grade levels, daily, unstructured recess for elementary students. Teachers and other school and community personnel will not use physical activity (e.g. running laps, push-ups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.						
	<b>Goal</b>	<b>Objective #1</b>	<b>Action Steps</b>	<b>Baseline Methods for Measuring Implementation</b>	<b>Resources for Implementation</b>	

SHAC 2023-2024 APPROVES	Northside ISD will continue to provide opportunities for all students to lead physically active lives.	The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate physical activities for all students.	The District ensures all facilities and equipment used specifically for physical activity are safe, maintained, and available for all students.	Recommended monthly inspections on facilities, grounds, and equipment at all campuses.	Physical Education Dept., Facilities and Operations Dept., campus administration.
		<b>Objective #2</b>	<b>Action Steps</b>	<b>Baseline Methods for Measuring Implementation</b>	<b>Resources for Implementation</b>
		The District shall provide opportunities for students to participate in physical activity before, during, and after the school day.	The District disseminates information about a variety of physical activity choices to teachers, coaches, parents, families, and community members.	Data provided by teachers, coaches, and community partners.	Physical Education Dept., Athletics Dept., Learning Tree After School Program, Intramurals, and Community Partners.

**Student Education: SHAC Recommendations for 2024-2025 school year within the NISD Whole Child Framework.**

The ASCD Whole Child Framework is based on five tenets that promote long term development and success. SHAC focused on two of the tenets to help with student success in NISD.

	<b>Goal</b>	<b>Objective #1</b>	<b>Action Steps</b>	<b>Baseline Methods for Measuring Implementation</b>	<b>Resources for Implementation</b>
	To help promote long term development and success of students in the classroom.	Each student enters school healthy and learns about and practices a healthy lifestyle.	Nutrition education, continue curriculum update by partnering with local, non-profit nutrition & food preparation agency to enhance student/staff education, and encourage home applicability.	Campus schedules.	Resources: Training for health education/teacher personnel and collaboration with school administration.
		<b>Objective #2</b>	<b>Action Steps</b>	<b>Baseline Methods for Measuring Implementation</b>	<b>Resources for Implementation</b>
		Each student learns in an environment that is physically and emotionally safe for students and adults	Continue training for all NISD campus-based employees in Mental Health First Aid certification.	Baseline: Campus schedules.	Resources: Health Education, Health Services, and Counseling, school administration.

**Other School Based Activities: The District is committed to creating an environment that promotes healthy eating, physical activity, and a consistent wellness message through other school-based activities.**

Other School Based Activities shall include: Cafeteria areas will be clean, safe, and comfortable, wellness for students, families, and staff will be promoted at suitable District and campus activities, Intramural programs will be offered in grades 6-8, UIL sports programs will be offered in grades 7-12.

	<b>Goal</b>	<b>Objective #1</b>	<b>Action Steps</b>	<b>Baseline Methods for Measuring Implementation</b>	<b>Resources for Implementation</b>
SHAC 2023-2024 APPROVES	Schools will continue to provide an environment that is conducive to healthful eating and quality physical activity.	Sufficient time will be allowed for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	Each campus will set a schedule that allows 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.	Campus schedules.	Resources: Training for child nutrition personnel and collaboration with school administration.
		<b>Objective #2</b>	<b>Action Steps</b>	<b>Baseline Methods for Measuring Implementation</b>	<b>Resources for Implementation</b>

		A minimum of 20 minutes will be dedicated for recess in Elementary campuses.	Campuses will schedule 20 minutes or more of daily recess providing for unstructured physical activity for elementary students.	Baseline: Campus schedules.	Resources: Physical Education Dept. and school administration.	*20 min is a CDC recommendation
<b>Implementation</b>						
Kimberly Ridgley	The Superintendent shall oversee the implementation of this policy and the development and the implementation of the wellness plan and appropriate administrative procedures.					
<b>Evaluation</b>						
	The District shall comply with federal regulations when assessing the Wellness Policy and Plan. The SHAC shall ensure that the Wellness Plan be reviewed yearly to determine progress towards the Wellness Policy goals.					
<b>Public Notification</b>						
	The District shall annually inform and update the public about the content and implementation of the Wellness Policy, including posting on its website copies of the Wellness Policy, Wellness Plan, and the required implementation assessment.					
<b>Records Retention</b>						
	The District will retain all the required records associated with the Wellness Policy, in accordance with law and the District's record management program.					
<b>Health Services</b>						
Merry Garcia	<b>The District shall provide quality health screening and services to students at all levels, to include:</b>					
	Providing vision, hearing, and spinal scoliosis screenings.					
	Providing the Texas Risk Assessment for Type 2 diabetes in Children screening.					
	Teaching prevention and developmental health.					
	Providing automatic external defibrillators at all schools and District buildings. Assigned staff will be trained in CPR and AED.					
	Providing licensed nurses at all schools.					
	Medication administration and Nursing Procedures as ordered by doctor.					
	First Aide Administration and Health Surveillance for all students and staff.					
<b>Guidance and Counseling</b>						
	<b>The District shall assist students in fully developing their social, personal, academic and career activities. Counselors shall provide:</b>					

Mary Libby	Classroom guidance aligned to the K-12 Texas Model for Comprehensive School Counseling program and based upon the TEA-mandated, 4 Student Skill Goals: The 4 Student Skill Goals include Intrapersonal Effectiveness, Interpersonal Effectiveness, Personal Health and Safety, and College and Post-Secondary Readiness.
	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.
	System support which includes relevant training for teachers and parents along with program evaluation to ensure quality and effectiveness.
<b>School Facilities</b>	<b>The District shall make school spaces and facilities available for exercise and recreation to students, staff and community members after school, on weekends, and during school vacations.</b>
	Availability of facilities shall be in accordance with Board policy GKD (LOCAL).
	Examples of available school spaces include:
	Gyms in elementary schools.
	Playgrounds and field spaces at elementary schools.
	Outdoor spaces at middle schools and high schools, such as tracks, fields, and tennis courts.