

# *West Rusk CCISD*

## **Health and Wellness Plan**

This plan is intended to implement the Wellness Policy FFA (local). West Rusk established a plan that addresses nutrition education goals, physical activity goals, health goals and how to assess effectiveness.

### **I. Nutrition Promotion and Education**

**Goal #1:** The West Rusk food service staff, teachers, and other district personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms and other appropriate settings.

#### **Strategies:**

- Use the West Rusk webpage and technology postings to promote healthy nutrition and habits.
- Post information in the cafeteria, classrooms, nurse's office, gym hall, locker rooms and other setting about healthy nutrition throughout the year
- Science and health classes as well as math, social studies, language arts and electives shall include healthy nutritional curriculum and messages.
- Professional development in nutrition education program will ensure that teachers and staff are adequately prepared to effectively deliver the message.
- Expand collaboration between nutrition services staff and classroom teachers.
- Classroom/campus snacks are required to conform to SMART snacks guidelines.
- Culinary students (FCCLA) learn to prepare healthy meals for school credit and career opportunities

**Goal #2:** West Rusk will share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

#### **Strategies:**

- Community agencies and their programs will be promoted by the district at the Fall Fest and other public activities.
- West Rusk will participate in the East Texas Food Bank backpack program and to provide students in need nutritional snacks on the weekend and holidays.
- Post by nurse to the West Rusk webpage a newsletter to promote food and fitness for a healthy child called Nutrition Nuggets.
- Include parents in district Raider Wellness Day – held annually in April

**Goal #3:** West Rusk shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.

**Strategies:**

- West Rusk staff will monitor what is posted at district buildings and events to ensure that all products being promoted meet the federal guidelines.
- Vending machines located in the district are not accessible to students during the school day.

**Goal #4:** West Rusk will have increased participation in the school lunch program.

**Strategies:**

- The food service and campus staff will create an atmosphere that is clean, safe, and comfortable in the district “Raider Café”
- Post monthly breakfast and lunch menus on the district web page.
- The freshest food possible will be provided to the district’s students and staff.
- The Fundamentals of the USDA Foods will be followed.
- The campus master schedule will accommodate adequate time for students to receive and eat cafeteria prepared meals.

## **II. Physical Activity Promotion and Education**

**Goal #1:** West Rusk shall provide an environment that foster safe, enjoyable, and developmentally appropriate fitness activities for all students. The district will meet or exceed physical activity requirements.

**Strategies:**

- Encourage classroom teachers to use physically engaging activities during curriculum lessons such as brain gym to get students’ body and mind ready to learn.
- Participate in FitnessGram® that assesses the five components of health-related fitness: aerobic capacity, muscular strength, endurance, flexibility and body composition.
- Add additional high school PE class that involves dance and will be the precursor to a Pom Squad.
- Offer athletics to Junior High and High School boys and girls that receive a rigorous routine of weight training and cardio daily.
- Offer physical education classes that receive moderate physical activity daily and include the instruction of individual activities as well as competitive and non-competitive team sports that encourage life-long physical activity.

- Offer marching band that provides rigorous activity to prepare for weekly halftime shows and competitive marching contest.
- Younger students are offered additional recess as an incentive to do their best.
- Elementary students participate in Ready Bodies Lab weekly.
- Elementary and Intermediate students participate in a yearly Field Day that encourages activities, competition, and comradery between students.
- Music and movement is a regular part of the campus routine.

**Goal #2:** West Rusk shall promote physical activity in the community by encouraging use of district facilities for district parents, children, and community members

**Strategies:**

- The district facilities will be available for community use before and after school for physical activities as permission is requested and granted.
- Notices promoting Little Dribblers, Little league baseball and softball are distributed to parents.
- The district weight room is available for community use after hours on a regular schedule as posted.
- West Rusk will promote and participate in the annual PTO Fall Fest/ Health Fair that involves physical activity for participants.
- Younger students participate in Jump Rope for Heart where they exercise by jumping rope and raise money for a great cause.

**III. Health Promotion and Education**

**Goal #1:** West Rusk will provide education about our bodies and how to keep them healthy and functioning.

**Strategies:**

- High school offers sports medicine (I, II, and III), health and wellness, anatomy and physiology, and World Health Research (medical terminology)
- Junior High and 9<sup>th</sup> grade students participate in the ESTEEM curriculum through their time at junior high. This is a coursework introduces discussions about abstinence from sexual activity as a preferred choice of behavior in relationships.
- Intermediate covers the health TEKS in the science classroom including healthy behaviors, social relationships and habits as well as body systems and how to prevent disease.
- Elementary begins each day with deep breathing to get minds ready to learn. They also learn ways to regain self-composure and redirection for those mentally and physically stressed.
- The district shall promote employee health by involvement in wellness activities.

**Goal #2:** School employees monitor and train students in how to have and keep healthy bodies.

**Strategies:**

- The nurse does vision and hearing screening on each student in PK, K, 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, and 7<sup>th</sup> grades at the beginning of each year, spinal screening in the 6<sup>th</sup> and 9<sup>th</sup> grades in March.
- All first graders are taught about healthy teeth.
- Handwashing is stressed by the nurse, faculty and staff.
- Appropriate staff will be trained in asthma basics and emergency response.

**IV. Assess Effectiveness**

**Goal #1:** To ensure that nutrition, physical activity, and health are promoted at West Rusk CCISD for all students, staff, and the community.

**Strategies:**

- The district shall inform and update the public about the content and implementation of the wellness policy and plan by posting a copy on the West Rusk website.
- The campus administration will review the health and wellness plan to insure that each goal and strategy are being met.
- The School Health Advisory Council (SHAC) will review the health and wellness plan annually to update and modify as needed.

**V. Approval and Implementation**

The West Rusk CCISD School Health and Wellness Plan is hereby approved.

This plan is effective immediately.

Administration: Lauren Coleman

President, Board of Trustees: Panda Smith

West Rusk SHAC Representative: Dwen Dilliam

Date: May 23, 2016