



ALVARADO ISD SCHOOL WELLNESS PLAN

Mission Statement: The mission of the Alvarado Independent School District School Health Advisory Council is to facilitate opportunities for the overall life-long health and wellness of the Alvarado Community

Vision Statement: It is the vision of the Alvarado Independent School District School Health Advisory Council to ensure Alvarado becomes an emotionally and physically healthy community.

Goal	Person Responsible	Measurement
1. The District shall ensure that nutritional 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 School Nutrition Policy and Smart Snacks.	Child Nutrition Director	Review Standardized Recipes Use of Nutrition Analysis Software Review of Menus Onsite Reviews
2. The District will ensure that the nutrition programs meet USDA and TDA Standards	Child Nutrition Director	Walkthroughs
3. The staff responsible for nutrition will be adequately prepared and will participate in professional development activities to effectively deliver the designed program.	Child Nutrition Director	Sign In Sheets Training Agendas
4. The District will follow USDA and TDA guidelines for vending and other foods available on school campuses. <ul style="list-style-type: none"> a. Campus principals will provide the Operations Assistant Superintendent copies of nutrition labels and nutrition calculations using the smart snacks calculator for any foods that they plan to sell on campus prior to the sale of those foods. This includes foods sold in vending machines b. All foods sold on campus with the exception of the foods sold by the child nutrition department must be prepackaged, contain a nutrition label, and be designed for resale. 	Campus Principals Operations Assistant Superintendent	Nutrition Labels Printouts of Nutrition Calculations Administrative Campus Walkthroughs



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<ul style="list-style-type: none"> c. The district believes that extracurricular activities help to promote student health and wellbeing. In order to promote school extracurricular activities the district elects to have no time and place restrictions on the sale of foods for fundraisers. d. The district believes celebrating the successes of our children and celebrating the holidays that have cultural significance to our community fosters healthy children, and we, therefore, elect to allow classroom parties and school celebrations. Campus principals will monitor these celebrations to ensure that they are appropriate and in compliance with district goals and standards. e. The district believes in rewarding children for their achievements and elects to allow staff to reward our students with food rewards. We, however, encourage the staff to choose healthy snacks and to use non-food rewards as well including but limited to positive praise, posting of exemplary work, etc. 		
5. The District shall implement, in accordance with law, a coordinated health program with a nutrition education component that emphasizes the importance of proper nutrition.	Teaching Staff Campus Principal	Lesson Plans Campus Walkthroughs
<ul style="list-style-type: none"> a. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors 		
<ul style="list-style-type: none"> i. The CATCH program will be implemented in grades K-8 	Teachers Campus Principals	Campus Walkthroughs
<ul style="list-style-type: none"> ii. Nutrition information will be provided on school menus to help provide parents and students with opportunities to make healthy choices. 	Child Nutrition Director	Online posting of the menus



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b. Nutrition education will be integrated into the curriculum, as appropriate.	Teachers Campus principal	Lesson Plans Campus Walkthroughs
c. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned. Training will include a segment on nutrition and wellness activities.	Teachers Campus principal	Lesson Plans Campus Walkthroughs
d. The food service staff, teachers, and other school personnel will promote nutritional messages throughout the school environment to encourage student understanding of good nutrition and its relation to wellness.	Teachers Campus principal CN Managers	Campus Walkthroughs
e. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members. This will include links to nutrition information from our web page.	CN Director	Annual Wellness Review
6. The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. <ul style="list-style-type: none"> a. 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. b. Physical education classes will regularly emphasize moderate to vigorous activity. c. The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate. 	Teachers Campus Principals	Campus Walkthroughs



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d. Before school and after school physical activity will be offered to secondary school students, and students will be encouraged to participate.	Campus Principals	Walkthroughs
e. Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.	Campus Principals	
f. The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.	AISD Staff	
7. The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:		
a. Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.	Campus Principals	Walkthroughs
b. Wellness for students and their families will be promoted at suitable school activities. i. The District will host wellness activities at the annual Family Fun Night.	AISD Staff	
c. Employee wellness education and involvement will be promoted at suitable school activities.	AISD Staff	
8. The School Health Advisory Council will a. meet regularly, b. communicate with district stakeholders about opportunities to serve and ensure appropriate representation from stakeholders, c. develop a School Wellness Policy that is in compliance with state and federal standards, d. annually review the School Wellness Policy and the district's implementation of said policy,	Chief Special Programs Officer	District Webpage



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e. share the district's Wellness policy, Wellness plan, and the results of the annual review of the wellness policy with stakeholders, and revise the policy as needed	Chief Special Programs Officer	
9. The district shall ensure that food and beverage advertisements accessible to students on a school campus during the school day contain only products that meet the federal guidelines for competitive foods.	Campus Principals	Walkthroughs
10. The district shall retain all required records associated with the wellness policy, in accordance with law and the District's records management program.	Campus Principal CN Director Chief Programs Officer	