



ELYSIAN FIELDS INDEPENDENT SCHOOL DISTRICT

WELLNESS PLAN

The policies outlined in this document are intended to create a school environment that protects and promotes the health of our students. This policy applies to all schools in the district. Our commitments to providing nutrition education and regular physical activity, as well as access to nutritious foods for all students are described here.

Goals for Nutrition Promotion

- A. The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
- B. 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.

Goals for Nutrition Education Standards

- A. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
- B. The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.
- C. The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

Goals for Physical Activity Promotion and Education

- A. The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate activities for all students, including those not participating in physical education classes or competitive sports.
- B. The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.
- C. The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.
- D. The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.
- E. Physical education classes will emphasize moderate to vigorous activity.
- F. 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 outside the school day.

Goals for School-Based Activities

- A. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
- B. The District shall promote wellness for students and their families at suitable District and campus activities.
- C. The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Goals for Monitoring and Evaluation

- A. 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 EFISD website.
- B. The SHAC will review the health and wellness plan annually to update and modify as needed.
- C. Parents, students, representatives of the school food authority, teachers, school health professionals, board members, school administrators, and members of the general public shall be allowed to provide their input to the school district during the wellness policy adoption and review process.
- D. The school board shall assess and review this policy at least every three years (triennial assessment).