

McKinney Independent School District
FFA (LOCAL) Wellness and Coordinated Health Campus Status Information

Campus _____

School Year _____

Please print all responses or CIRCLE where appropriate for each item.

FFA (LOCAL) Wellness and Coordinated Health Campus Status Information

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The federal Healthy, Hunger-Free Kids Act (HHFKA) of 2010 amended the Child Nutrition and WIC Reauthorization Act of 2004 to expand the requirements for local wellness policies. Under federal law, each district that participates in the National School Lunch Program and/or the School Breakfast Program must adopt a wellness policy. The United States Department of Agriculture's Food and Nutrition Service charged with developing regulations to implement the HHFKA, adopted final regulations August 29, 2016. Districts must meet the requirements of the federal regulations by June 30, 2017.

Texas SB 892 states: "Expands the required components of a campus improvement plan(CIP) for an elementary, middle or junior high school to include goals and objectives for the coordinated health program at the campus based on fitness assessment data, student academic performance data, student attendance rates, the percentage of students who are economically disadvantaged, the use and success of any method to ensure student participation in the state mandated moderate to vigorous physical activity, and any other indicator recommended by the local school health advisory council(SHAC)."

The 8 components of coordinated health are: 1) physical education, 2) health education, 3) health services, 4) counseling, including drug and violence prevention, 5) safety/environmental education, 6) nutrition education, 7) staff wellness, and 8) community and parental involvement and education.

The Wellness plan for McKinney ISD includes FFA (LEGAL), FFA (LOCAL) and FFA (REGULATION) and locally established coordinated health components.

Each campus will have a coordinated health team consisting of an administrator, nurse, physical education/health teacher, counselor, classroom teacher, cafeteria personnel, and PTA/PTO or other parent representing the 8 components of coordinate health. The committee will follow the District Coordinated Health/Safe and Drug free Schools/Wellness Committee (SHAC) guidelines and approved programs.

Name of the Campus Wellness Coordinator: _____

Names and titles of Campus team members: _____

The team shall meet a minimum of 4 times per school year and will maintain documentation of sign in sheet, and minutes and provide to the Director of Health Services 4 times per year.

Meeting dates 1) _____ 2) _____ 3) _____ 4) _____

McKinney Independent School District
FFA (LOCAL) Wellness and Coordinated Health Campus Status Information

The parent serving on the campus coordinated health committee will also be a member of the District SHAC Committee. The dates and times of the district SHAC meetings have been provided to our parent representative.

YES NO

NUTRITION GUIDELINES

Definitions used for this policy:

****School Day** begins at midnight and ends 30 minutes after the official school day ends.

*****Competitive foods** shall include food compliant with federal Smart Snack Guidelines AND sold by someone other than Food Service Provider, the District's child nutrition services wherever reimbursable meals are sold. A competitive food is defined as Foods and/or beverages sold to students that compete with the school's operation of the NSLP and/or SBP. This definition includes, but is not limited to, food and/or beverages sold a la carte in a meal service line, in vending machines, in school stores, or as part of fundraisers.

Elementary:

Adhere to the 3 scheduled party and 2 principal designated food waiver days. Dates are provided annually to the Health Services Department and follows food guidelines.

1)_____2)_____3)_____4)_____5)_____

Middle and High:

Adhere to the 5 scheduled and 2 principal designated food waiver days. Dates are provided annually to the Health Services Department and follows food guidelines.

1)_____2)_____3)_____4)_____5)_____6)_____7)_____

All

- 1) Vending machines are not available to students during the **school day*. YES NO
- 2) Food is not delivered for consumption by a student except by a parent or guardian. YES NO
- 3) Students, staff, and families are encouraged to make healthy food and beverage choices through marketing and education. YES NO
- 4) Sufficient time is scheduled for students to eat meals, at least 30 minutes. YES NO
- 5) ****Competitive food** is not available for purchase during the school day. YES NO
- 6) No fundraisers during the **school day* involve food or beverages. YES NO
- 7) Prohibit the use of deep-fat fryers in the school cafeterias. YES NO

NUTRITION PROMOTION AND COMPREHENSIVE HEALTH EDUCATION

- 1) All school personnel consistently promote healthy nutritional messages in cafeterias, classrooms, and appropriate settings. Example_____ YES NO
- 2) Share educational information with families and the community to promote healthy nutrition

McKinney Independent School District
FFA (LOCAL) Wellness and Coordinated Health Campus Status Information

- choices. Example _____ YES NO
- 3) Deliver nutrition education that fosters adoption and maintenance of healthy eating behaviors.
Example _____ YES NO
- 4) Nutrition education is integrated into other areas of the curriculum. Example _____
_____ YES NO
- 5) District coordinated health team members have received professional development to
adequately prepare for delivery of the program. YES NO
- 6) Sufficient time is scheduled for health instruction with minimal interruption. YES NO
- 7) Any presentations from outside providers are approved **in advance** by the health and
physical education, counseling, health services and/or SHAC Committee department(s).
YES NO

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

Elementary

- 1) Students receive at least 135 minutes per week of moderate to vigorous of physical
education. YES NO
- 2) Students spend at least 80% of their PE class time engaged in moderate to vigorous
physical activity. YES NO
- 3) Students' schedule includes a minimum of 20 minutes recess for all grade levels. Weather
permitting, students are allowed to go outside for recess. In inclement weather, (See MISD weather
guidelines) indoor recess activities are implemented. YES NO

Secondary

- 1) Students are enrolled in physical education or athletic courses for at least 4 semesters of the
6 semesters of middle school grades 6, 7 and 8. YES NO
- 2) Students spend at least 80% of their PE class time engaged in moderate to vigorous
physical activity. YES NO
- 3) Students enrolled in PE receive 225 minutes of quality PE per week. YES NO

ALL

- 1) Brief physical activity of at least one minute every 60 minutes of instruction time is encouraged.
Specific examples _____ YES NO
- 2) Recess, PE class, or physical activity is **NOT** withheld from or assigned to students as
punishment. YES NO
- 3) Before school and after school physical activity programs are available and encouraged. Specific
examples _____ YES NO

McKinney Independent School District
FFA (LOCAL) Wellness and Coordinated Health Campus Status Information

SCHOOL-BASED ACTIVITIES

1) Wellness for students, staff and families is promoted at suitable school activities. Specific examples _____ YES NO

2) Promote wellness for students and families at 2 suitable District and/or campus events. Specific examples 1) _____ 2) _____ YES NO

3) Students and the community are provided with positive, encouraging messages about healthy lifestyle choices. Specific examples _____
_____ YES NO

4) Adult staff are encouraged to model good health behaviors on school property and at school sponsored meetings or events. YES NO

5) Staff wellness initiatives are encouraged. Specific examples _____
_____ YES NO

**SAFE AND SUPPORTIVE SCHOOL ENVIRONMENT
(Health services, counseling, safety and environmental)**

1) Create a safe and supportive environment for all students and staff that are culturally proficient, inclusive, and provides skill-based education, and access to services. Students learn to value healthy relationships and environments, possess the necessary knowledge and skills to use safe health practices, and access resources and services to support their personal health. Specific examples _____ YES NO

2) Prevention and intervention based work addresses and integrates social health, emotional, mental, behavioral, physical health, drug; alcohol, suicide and violence prevention; and a safe, inclusive climate for all students. Create a safe and supportive learning environment that optimizes academic outcomes for all students. Specific examples _____
_____ YES NO

3) To ensure food safety and the security of our students, no outside food or beverages are provided to a student during the lunch period by anyone other than the student's own parent, guardian. YES NO

McKinney Independent School District
FFA (LOCAL) Wellness and Coordinated Health Campus Status Information

4) To support food safety and the security of our students, only prepackaged, store bought items in the original packaging will be provided for the consumption by students. Procedures and practices including Celebrations the McKinney Way, the Diabetes Policy and the Life Threatening Allergy Policy are adhered to. YES NO

EVALUATION

Annually, the District shall assess and prepare a report of each campus' progress toward meeting the goals established in the local wellness and coordinated health plans, including a summary of each campus' major activities and events. This information will be reported to the Superintendent and school board through a board presentation and posted on the District website.

The Campus Wellness/Coordinated Health Coordinator is responsible for accurately reporting his/her campus' status and progress toward full implementation to the Director of Health Services.

The Director of Health Services is responsible for overall implementation of FFA (LOCAL) and the District Wellness Plan.

The principal has been provided a copy of this completed document. **A signed copy will be sent to the Director of Health Services NO LATER than May 1st.**

Signature of Campus Principal

Date