

Wellness Policy Implementation Plan  
Dalhart Independent School District

04/04/2012

**Nutrition Guidelines:**

The District shall ensure that nutrition 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 Public School Nutrition Policy. (See Policy CO)

	Outcome Desired	Implementation Activities/Strategies	Person(s) Responsible	Collaborative Resources
1.	All campuses will comply with the nutrition policies outlined by the Dept. of Agriculture, Texas Public School Nutrition Policy(TPSNP)	<ol style="list-style-type: none"> <li>1. Adhering to the U.S. Dept. of Agriculture rules and guidelines for reimbursable school meals: Free and Reduced-priced meals.               <ol style="list-style-type: none"> <li>A. National School Lunch program</li> <li>B. School Breakfast program</li> <li>C. Summer food Service program</li> </ol> </li> <li>2. Provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.</li> </ol>	Food Service personnel	Texas Public School Nutrition Policy (TPSNP)  <a href="http://www.squaremeals.org">www.squaremeals.org</a>

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**Wellness Goals: Nutrition Education**

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component (see Policy EHAB and EHAC) and shall use health course curriculum that emphasizes the importance of proper nutrition (see Policy EHAA). In addition, students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Outcome Desired	Implementation Activities/Strategies	Person(s) Responsible	Collaborative Resources
1. Students will receive instruction on healthy eating behaviors.	1. Implement the "CATCH" school health curriculum in kindergarten through grade 8.	Principals/teachers: Elementary, Intermediate & Junior High School	CATCH curriculum Health curriculum Lesson Plans
2. Nutrition information will be promoted throughout the district via health curriculum.	2. In High school, instruction will be provided through such courses as: Health class Lifetime Nutrition class	Food Service personnel	www.squaremeals.org Lesson plans
3. Educational nutritional information will be shared with families.	3. Obtain materials and resources to promote healthy eating to students and their families through the Square Meals initiative.	Food Service personnel, health teacher and School Nurse	www.squaremeals.org

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**Wellness Goals: Physical Activity**

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 (see Policy EHAB and EHAC) In addition, the District establishes the following goals for physical activity:

1. Physical education classes will regularly emphasize moderate to vigorous physical activity (MVPA).
2. The District shall provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.

Outcome Desired	Implementation Activities/Strategies	Person(s) Responsible	Collaborative Resources
<ol style="list-style-type: none"> <li>1. Students participate in physical fitness activities to emphasize MVPA.</li> </ol>	<ol style="list-style-type: none"> <li>1. Implement the "CATCH" school health curriculum in kindergarten through grade 8</li> <li>2. Students in kindergarten through grade 5 will be scheduled to participate in moderate to vigorous physical activity for at least 135 minutes during each school week.</li> <li>3. Students in grade 6 through 8 will be scheduled to participate in moderate to vigorous daily physical activity for at least 30 minutes for at least 4 semesters during those grade levels.</li> <li>4. Students in high school will be scheduled to participate in 1.5 credits of PE classes</li> </ol>	PE teachers  Principals/ teachers: Elementary & Intermediate  Principals/ teachers: Middle School  Principal/ Teachers: High School	CATCH curriculum Lesson Plans  Schedules and Lesson Plans  Schedules and Lesson Plans
<ol style="list-style-type: none"> <li>2. PE teachers will emphasize and provide a variety of activities that encourage moderate to vigorous activity</li> </ol>			
<ol style="list-style-type: none"> <li>3. Students will be encouraged to use physical activity as a means to stay healthy</li> </ol>			

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**Wellness Goals: School-Based Activities**

The District establishes the following goal to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities: sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.

	Outcome Desired	Implementation Activities/Strategies	Person(s) Responsible	Collaborative Resources
1.	Students will have time to eat meals in a clean, safe, comfortable facility	1. Maintain facilities in a clean, safe, and comfortable manner	Admin/Food Service/Custodial & Maint. staff	Health Dept/Food Service Evaluations