

Mineola Independent School District Wellness Plan



School Health Advisory Council (SHAC)

Committee Members

Kim Tunnell	Superintendent
Venita Watts	Assistant Superintendent
Kerry VanCleave	Teacher
Kim Myers	Student Nutrition Director
Lindsey Hammond	School Nurse
Mary Hurley	Parent
Reana Sneed	Parent
Melanie Henderson	Parent
Jamie Finley	Parent Chairman
Gina Phelps	Parent
Nicole Ballard	Parent
Shelby Umphries	Student

Goal 1. The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other settings.

ACTION STEPS	METHODS FOR MEASURING IMPLEMENTATION
Healthy nutrition will be taught in classrooms	Lesson plans
Food service staff will offer healthy food choices	Menus Procurement Records Texas Department of Agriculture USDA Dietary Guidelines
The school environment will encourage students to make healthy food choices through healthy messages.	Materials displayed Healthy choice menus posted
Promote completion of National School Lunch Program forms.	Parent meetings
Promote summer food program.	Posters displayed
Promote SHAC meetings and Review wellness plan as needed.	Meeting dates posted on website Wellness Plan posted on website

Goal 2. The District will share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of the students.

ACTION STEPS	METHODS FOR MEASURING IMPLEMENTATION
Mobile asthma clinic will be offered through UT Health Center	Number of appointments scheduled
State dental clinic is offered for Primary and Elementary students	Number of appointments scheduled
Kiwanis support for the back to school promotion providing shots and health screenings	Attendance records
Grace Community Health center partners with High School Phlebotomy class	Number of visits to clinic

Goal 3: The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.

ACTION STEPS	METHODS FOR MEASURING IMPLEMENTATION
USDA Dietary and smart snack guidelines are followed	USDA guidelines posted
Posted menus offer healthy choices	Menus on file

Goal 4: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors

ACTION STEPS	METHODS FOR MEASURING IMPLEMENTATION
Jump rope for heart program at Primary and Elementary	Number of participants
Moving Monday walking program	Number of participants
Staff wellness exercise program and mindful movement program	Number of staff participating
Health fair for staff sponsored by ETMC	Number of staff participating

Goal 5: The District shall make nutrition education a district-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate

ACTION STEPS	METHODS FOR MEASURING IMPLEMENTATION
Lifetime Nutrition and Wellness classes taught at High School	Students participating
Nutrition education taught through PE classes, Science classes, and Health classes	Curriculum utilized

Goal 6: 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

ACTION STEPS	METHODS FOR MEASURING IMPLEMENTATION
Summer food program training	Teachers in attendance
Attendance at ESC 7 professional development	Food service staff in attendance
Food handler training for Consumer Science students	Certifications received

Goal 7: The district shall establish and maintain school gardens and farm-to-school programs

ACTION STEPS	METHODS FOR MEASURING IMPLEMENTATION
Kindergarten students plant and maintain a garden each Spring	Foods produced
Mineola Elementary sponsors a Cabbage program	Students taking cabbage plant home to plant
Local Farmers market available	Availability of market to community

Goal 8: The district shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports

ACTION STEPS	METHODS FOR MEASURING IMPLEMENTATION
Moving Monday fitness classes	Students earning tokens for miles
Physical education classes offered on all campuses	Number of classes offered
Recess offered daily at Primary, Elementary and Middle School	Class Schedules
Public access to exercise programs and mindful movement program	Public in attendance

Goal 9: The district shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate

ACTION STEPS	METHODS FOR MEASURING IMPLEMENTATION
Brain Gym offered at Primary School	Staff trained
Station rotation offered at Primary and Elementary School	Staff trained

Goal 10: The district shall make appropriate before-school and after- school physical activity programs available and shall encourage students to participate

ACTION STEPS	METHODS FOR MEASURING IMPLEMENTATION
Students participating in UIL sports	Number of students participating
Students participating in Band, Rope Trick team, Cheerleading	Number of students participating
5K Community Training	Number of students completing 5K

Goal 11: The district shall make appropriate training and other activities available to district employees in order to promote enjoyable, lifelong physical activity for employees and students

ACTION STEPS	METHODS FOR MEASURING IMPLEMENTATION
Dance to fitness program offered 3 times per week	Dance exercise class participation
District team fitness challenge	Teams participating
Mindful movement program offered 1 time per week	Class participation

Goal 12: The district shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events

ACTION STEPS	METHODS FOR MEASURING IMPLEMENTATION
Brain Gym offered at Primary School	Staff trained
Station rotation offered at Primary and Elementary School	Staff trained

Goal 13: The district shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, playgrounds, that are available outside the school day.

ACTION STEPS	METHODS FOR MEASURING IMPLEMENTATION
Jacket camps offered in the summer for students to participate	Number of students participating
Little Dribblers available to all students	Number of students participating
Exercise classes open to the public	Number of adults participating
Peewee Cheer and football available	Number of students participating
Youth soccer practice available	Number of students participating

Goal 14: The district shall be in compliance with all Federal and State nutrition guidelines.

ACTION STEPS	METHODS FOR MEASURING IMPLEMENTATION
The food service director will follow mandated dietary guidelines	USDA Dietary Guidelines Smart Snack Guidelines
The guidelines for reimbursable meals shall not be less restrictive than the regulations and guidance of the Child Nutrition Act and the National School Lunch Act	Child Nutrition Act National School Lunch Act