

# Monahans-Wickett-Pyote Independent School District

## Health and Wellness Plan for 2005-2010

**Goal 1: Nutrition and health education will be integrated into the curriculum as a part of the total learning experience for every student.**

Summative Evaluation: A yearly increase of 2% in student participation in the lunch program district wide.  
 Title IV data through the Consolidated Application/Evaluation process will be reviewed yearly.  
 Increased interest in nutrition evidenced by observation of questions from students about nutrition both in and out of the cafeteria and physical education/health settings.

Strategies for attainment	Timeline	Formative assessments
<p>The MWPISD will:</p> <ul style="list-style-type: none"> <li>• Provide qualified nutrition personnel including cafeteria managers, cafeteria staff, nursing staff, and faculty.</li> <li>• <b>Provide a prepared staff throughout the district that is knowledgeable about nutrition and the value of nutrition education and substance abuse program.</b></li> <li>• Utilize a team approach to nutrition education involving parents, students, faculty, staff and community.</li> <li>• Establish “Learning Labs” in each cafeteria.</li> <li>• Provide parent education in the importance of nutrition and a healthy lifestyle.</li> <li>• All TEKS for physical education and health related to nutrition and health education will be taught in physical education, health, and core curriculum classes.</li> <li>• <b>Substance abuse classes will be provided at every grade level as a part of the integrated health and wellness program.</b></li> <li>• Continuing needs assessments will be conducted by the Title IV director through the office of the assistant superintendent.</li> <li>• <b>Survey will be created by the School Health and Wellness Advisory Committee and supervised by the Cafeteria Director, Head Nurse, and the Assistant Superintendent.</b></li> </ul>	<p>By the end of the school year 2010, each strategy will be initiated and monitoring efforts will be established by district administration.</p> <p>Reviews will be conducted on a three-year timetable by the office of the Cafeteria Director and the School Health Advisory Council</p>	<ul style="list-style-type: none"> <li>• Staff development for selected staff in each building-certificates and time logs.</li> <li>• Cafeteria Director will attend and provide training for district staff as needed.</li> <li>• District will use the Coordinated Health Advisory Committee, and the District Education Improvement Committee to ensure participation in nutrition activities and in nutrition education under the direction of the office of the assistant superintendent.</li> <li>• Cafeteria Director will coordinate efforts for the establishment of “labs” in each cafeteria and will monitor the effects of the labs to carry out the summative evaluation.</li> <li>• Assistant Superintendent and Head Nurse will coordinate parent training.</li> <li>• Physical education and health classes will provide curriculum and assessment of TEKS.</li> <li>• <b>Parent survey conducted by principals at each campus regarding substance abuse results.</b></li> </ul>

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**Goal 2: Physical activity will be integrated in curricula and encouraged throughout the school day and beyond both in the organized P.E. classroom and through classroom and school-wide activities.**

Summative Evaluation: Teacher lesson plans showing increased activity use as a part of the school day measured beginning with the 2006-2007 school year.  
100% highly qualified staff for PE and Health Curriculum by HQ Survey for NCLB.

Strategies for attainment	Timeline	Formative assessments
<p>The MWPISD will:</p> <ul style="list-style-type: none"> <li>• <b>Provide active, organized, physical education classes as required that are developmentally appropriate using the prescribed curriculum. (TEKS/CATCH and programs for substance abuse)</b></li> <li>• Employ highly qualified staff for all P.E. classes.</li> <li>• Keep numbers of students assigned to P.E. classes within a manageable range.</li> <li>• Provide 30 minutes (or more) of organized P.E. plus other daily activity (K-5) and 4 semesters grades 6-8</li> <li>• Provide instruction to include and encourage competitive, non-competitive and life-long physical activity.</li> <li>• Allow a daily 15-minute recess period as scheduling allow. (May be provided by individual teachers.)</li> <li>• Encourage physical activity for all students through a positive atmosphere and enjoyable environment</li> <li>• <b>Provide family information about the benefits of health and physical education including substance abuse education</b></li> <li>• Continue to encourage community access to school facilities for personal health improvement.</li> </ul>	<p>Lesson plan documentation will be checked at the end of the school year.</p> <p>Scheduling will be adjusted to provide for daily activity</p>	<ul style="list-style-type: none"> <li>• Coaches and P.E. teachers will audit for equipment and curriculum needs yearly.</li> <li>• The office of the assistant superintendent will conduct HQ surveys of all teaching credentials.</li> <li>• Principals and counselors will monitor schedules of all campuses.</li> <li>• Building principals will check for integration evidence in lesson plans and through formal and informal observation.</li> <li>• Classroom teachers will develop lesson plans in all curricula that integrate movement and activity as a part of learning.</li> <li>• Elementary principals and counselors will arrange for and provide parent training and information distribution each semester.</li> <li>• School nurses will participate in all activities as suitable.</li> <li>• <b>Student responses to substance abuse curriculum measured by observation of teachers.</b></li> </ul>

## Monahans-Wickett-Pyote Independent School District Health and Wellness Plan for 2005-2010

**Goal 3: All school-based activities will encourage physical activity and healthy habit formation.**

Summative Evaluation: Consistent participation of school community as documented in baseline.  
Baseline studies will be reviewed by the SHAC for trends and evaluated for ways to improve the goal.  
**Substance abuse curriculum will be surveyed for effectiveness as a baseline study.**

Strategies for attainment	Timeline	Formative assessments
<p>The MWPID will:</p> <ul style="list-style-type: none"> <li>• Consider the wellness policy before planning all school-based activities such as school events, school celebrations, schedules, etc.</li> <li>• Provide fully qualified nurses who train, teach, host clinics and screenings and provide support for the wellness policy.</li> <li>• <b>**Organize and maintain the School Health Advisory Council/Wellness Committee comprised of family members, teachers, administrators, and health care professionals from the community to support, plan, implement, and improve nutrition and physical activity for all students.</b></li> <li>• <b>Each campus will conduct an aggressive campaign to encourage students to make wise choices concerning illegal substance abuse (including tobacco), drugs and alcohol. Activities and curriculum will be provided through Title I and Title IV.</b></li> <li>• <b>Each campus will provide physical education classes which meet the needs of active, growing children and youth providing life-long activity choices and tobacco, alcohol and drug awareness lessons which encourage healthy habits.</b></li> </ul>	<p>Beginning in the 2006-2007 school year, checked yearly thereafter.</p>	<ul style="list-style-type: none"> <li>• Nurses logs and records maintained and checked by the head school nurse by semester.</li> <li>• Minutes and agendas of the School Health Advisory Council and the Wellness Committee maintained by the office of the head nurse will reflect positive encouragement to the total school community.</li> <li>• <b>Review of campus plans for lesson plans to address tobacco, alcohol and drugs.</b></li> </ul>

## Monahans-Wickett-Pyote Independent School District Health and Wellness Plan for 2005-2010

**Goal 4: Nutrition guidelines will be utilized for all foods served by the district and will promote healthy choices for students, faculty and parents for use by the public.**

Summative Evaluation: Increase by 3% the number of students eating in the cafeterias.  
Baseline number of teacher reports of choices of healthy snacks or treats being served in the classrooms by parents and family.

Strategies for attainment	Timeline	Formative assessments
<p>The MWPISD will:</p> <ul style="list-style-type: none"> <li>• Make available at campuses foods that comply with Dietary Guidelines for Americans.</li> <li>• Offer a variety of age appropriate healthy food and beverage selections for all campuses.</li> <li>• Encourage families, teachers, students, and school officials to choose foods available at campus cafeterias.</li> <li>• Encourage parents and teachers to supply healthy choices for snacks and parties in the classrooms.</li> <li>• Integrate health curriculum in core subjects.</li> </ul>	<p>All cafeterias and snack bars will remain compliant</p> <p>Cafeteria Director will conduct checks to ensure compliance.</p> <p>Principals will monitor campuses for compliance</p> <p>Violations will be reported</p>	<ul style="list-style-type: none"> <li>• Menus checked by Cafeteria Director for compliance with dietary guidelines each week.</li> <li>• Track by semester the use of the cafeteria offerings for treats, snacks, and celebrations.</li> <li>• Survey teachers for input about the healthy choices offered in the classrooms.</li> <li>• Lesson plan review by principals.</li> <li>• Yearly reviews of all data by the SHAC</li> </ul>

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### Health and Wellness Plan for 2005-2010

**Goal 5: Students, faculty and visitors will be offered a variety of healthy foods in a clean, inviting environment.**

Summative Evaluation: Parent, student, faculty and staff survey will reflect a positive climate and nutritious foods offered by the school's food service.

Strategies for attainment	Timeline	Formative assessments
<p>The MWPISD will:</p> <ul style="list-style-type: none"> <li>• Provide for adequate time to eat meals as recommended by the National Association of State Boards of Education (10 minutes for breakfast and 20 minutes for lunch minimum).</li> <li>• Schedule lunch periods as near the middle of the day as possible.</li> <li>• Schedule a recess for elementary preferably before noon.</li> <li>• Serve students quickly with minimal time in line.</li> <li>• Provide dining areas that are attractive and have enough space for seating all students.</li> <li>• Provide plenty of drinking water for all students during the lunchtime and throughout the day.</li> <li>• Ensure that food is not used as a reward or a punishment for student behavior unless specified in an IEP or 504 plan.</li> <li>• Provide a child nutrition program that is cost effective.</li> <li>• Ensure that all students have affordable access to the nutritious foods needed for learning.</li> <li>• Encourage students to start each day with breakfast served in a calm, quiet atmosphere.</li> </ul>	<p>Weekly checks will be conducted by the Cafeteria Director through the Cafeteria Managers.</p> <p>Appropriate schedules will be developed by principals by the 2008-2009 school year allowing for restructuring to take place.</p>	<ul style="list-style-type: none"> <li>• Cleaning and maintenance schedules checked by the cafeteria manager weekly.</li> <li>• Schedules reviewed by the principals and/or the assistant superintendent before the beginning of each school year.</li> <li>• Daily schedules reviewed for effectiveness by principals monthly.</li> <li>• Cost effectiveness reviewed by the superintendent and cafeteria manager each year.</li> <li>• Free and reduced lunch applications handled by the Cafeteria Director are finalized in an efficient and timely manner during enrollment period and upon transfer to the district for all students in the household.</li> <li>• Free and Reduced forms will be completed by as many parents as the District can contact</li> <li>• Monitoring the cafeteria daily by principal and staff.</li> <li>• Daily emphasis placed upon the breakfast program for all students by the school faculty and staff.</li> </ul>