

West Rusk CCISD

Health and Wellness Plan

This plan is intended to implement the Wellness Policy FFA (local). West Rusk established a plan that addresses nutrition education goals, physical activity goals, health goals and how to assess effectiveness.

I. Nutrition Promotion and Education

Goal #1: The West Rusk food service staff, teachers, and other district personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms and other appropriate settings.

Strategies:

- Use the West Rusk webpage and technology postings to promote healthy nutrition and habits.
- Post information in the cafeteria, classrooms, nurse's office, gym hall, locker rooms and other setting about healthy nutrition throughout the year
- Science and health classes as well as math, social studies, language arts and electives shall include healthy nutritional curriculum and messages.
- Professional development in nutrition education program will ensure that teachers and staff are adequately prepared to effectively deliver the message.
- Expand collaboration between nutrition services staff and classroom teachers.
- Classroom/campus snacks are required to conform to SMART snacks guidelines.
- Culinary students (FCCLA) learn to prepare healthy meals for school credit and career opportunities

Goal #2: West Rusk will share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

Strategies:

- Community agencies and their programs will be promoted by the district at the Fall Fest and other public activities.
- West Rusk will participate in the East Texas Food Bank backpack program and to provide students in need nutritional snacks on the weekend and holidays.
- Post by nurse to the West Rusk webpage a newsletter to promote food and fitness for a healthy child called Nutrition Nuggets.
- Include parents in district Raider Wellness Day – held annually in April

Goal #3: West Rusk shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.

Strategies:

- West Rusk staff will monitor what is posted at district buildings and events to ensure that all products being promoted meet the federal guidelines.
- Vending machines located in the district are not accessible to students during the school day.

Goal #4: West Rusk will have increased participation in the school breakfast and lunch program.

Strategies:

- The food service and campus staff will create an atmosphere that is clean, safe, and comfortable in the district “Raider Café”
- Post monthly breakfast and lunch menus on the district web page.
- The freshest food possible will be provided to the district’s students and staff.
- The Fundamentals of the USDA Foods will be followed.
- The campus master schedule will accommodate adequate time for students to receive and eat cafeteria prepared meals.

II. Physical Activity Promotion and Education

Goal #1: West Rusk shall provide an environment that foster safe, enjoyable, and developmentally appropriate fitness activities for all students. The district will meet or exceed physical activity requirements.

Strategies:

- Encourage classroom teachers to use physically engaging activities during curriculum lessons such as brain gym to get students’ body and mind ready to learn.
- Participate in FitnessGram® that assesses the five components of health-related fitness: aerobic capacity, muscular strength, endurance, flexibility and body composition.
- Add additional high school PE class that involves dance and will be the precursor to a Pom Squad.
- Offer athletics to Junior High and High School boys and girls that receive a rigorous routine of weight training and cardio daily.
- Offer physical education classes that receive moderate physical activity daily and include the instruction of individual activities as well as competitive and non-competitive team sports that encourage life-long physical activity.

- Offer marching band that provides rigorous activity to prepare for weekly halftime shows and competitive marching contest.
- Younger students are offered additional recess as an incentive to do their best.
- Elementary students participate in Ready Bodies Lab weekly.
- Elementary and Intermediate students participate in a yearly Field Day that encourages activities, competition, and comradery between students.
- Music and movement is a regular part of the campus routine.

Goal #2: West Rusk shall promote physical activity in the community by encouraging use of district facilities for district parents, children, and community members

Strategies:

- The district facilities will be available for community use before and after school for physical activities as permission is requested and granted.
- Notices promoting Little Dribblers, Little league baseball and softball are distributed to parents.
- West Rusk will promote and participate in the annual PTO Fall Fest/ Health Fair that involves physical activity for participants.

III. Health Promotion and Education

Goal #1: West Rusk will provide education about our bodies and how to keep them healthy and functioning.

Strategies:

- High school offers sports medicine (I, II, and III), health and wellness, anatomy and physiology, and World Health Research (medical terminology)
- Junior High and 9th grade students participate in the ESTEEM curriculum through their time at junior high. This is a coursework introduces discussions about abstinence from sexual activity as a preferred choice of behavior in relationships.
- Intermediate covers the health TEKS in the science classroom including healthy behaviors, social relationships and habits as well as body systems and how to prevent disease.
- Elementary begins each day with deep breathing to get minds ready to learn. They also learn ways to regain self-composure and redirection for those mentally and physically stressed.
- The district shall promote employee health by involvement in wellness activities.

Goal #2: School employees monitor and train students in how to have and keep healthy bodies.

Strategies:

- The nurse does vision and hearing screening on each student in PK, K, 1st, 3rd, 5th, and 7th grades at the beginning of each year, spinal screening in the 6th and 9th grades in March.
- All first graders are taught about healthy teeth.
- Handwashing is stressed by the nurse, faculty and staff.
- Appropriate staff will be trained in asthma basics and emergency response.

IV. Assess Effectiveness

Goal #1: To ensure that nutrition, physical activity, and health are promoted at West Rusk CCISD for all students, staff, and the community.

Strategies:

- 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 West Rusk website.
- The campus administration will review the health and wellness plan to insure that each goal and strategy are being met.
- The School Health Advisory Council (SHAC) will review the health and wellness plan annually to update and modify as needed.

V. Approval and Implementation

The West Rusk CCISD School Health and Wellness Plan is hereby approved.

This plan is effective immediately.

Administration: _____

President, Board of Trustees: _____

West Rusk SHAC Representative: _____

Date: _____