

Memphis ISD Wellness Implementation Plan

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)

In addition to legal requirements, the District shall:

(LOCAL) policy requirements	Plan (activities/strategies) for implementation	Person (s) Responsible	Collaborative Resources	Timeline
1. Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations.	Adhere to the USDA/TDA requirements and guidelines for reimbursable school meals. Communicate the age-appropriate USDA/TDA guidelines for food and beverages at classroom parties or school celebrations to teachers and parents.	Campus Administration, Food Service Campus Administration, Teachers, Food Service	www.squaremeals.org	Upon enrollment, then yearly Upon enrollment, then yearly
2. Provide teachers with education and guidelines on the use of food as a reward in the classroom.	Literature From The ARM	Food Ser. Direct.	www.squaremeals.org	Yearly
3. Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food.	Follow TDA Guidelines	Administration		School Year

Goals for 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, the District establishes the following goals for nutrition education:

(LOCAL) policy requirements	Plan (activities/strategies) for implementation	Person (s) Responsible	Collaborative Resources	Timeline
1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	From Square Meals and Others	Teachers / Director		Quarterly
3. Staff responsible for nutrition education will be adequately prepared and shall participate in professional development activities to effectively deliver the program as planned.	Service Center and Online	ESC 16		Yearly
4. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.	Posters, Flyers	Director		Quarterly
5. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.	Flyers, Information Sheets	Director		Quarterly

Goals for 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:

(LOCAL) policy requirements	Plan (activities/strategies) for implementation	Person (s) Responsible	Collaborative Resources	Timeline
1. The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.	P.E. and Recess	P.E. Teacher		Thru the Year

Goals for School-based Activities

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

(LOCAL) policy requirements	Plan (activities/strategies) for implementation	Person (s) Responsible	Collaborative Resources	Timeline
1. Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.		Principals and Director		Thru the Year
3. Employee wellness education and involvement will be promoted at suitable school activities.	District Promotes Physical Activity For Rewards	Principals		Thru The Year

Implementation The Superintendent or designee shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.