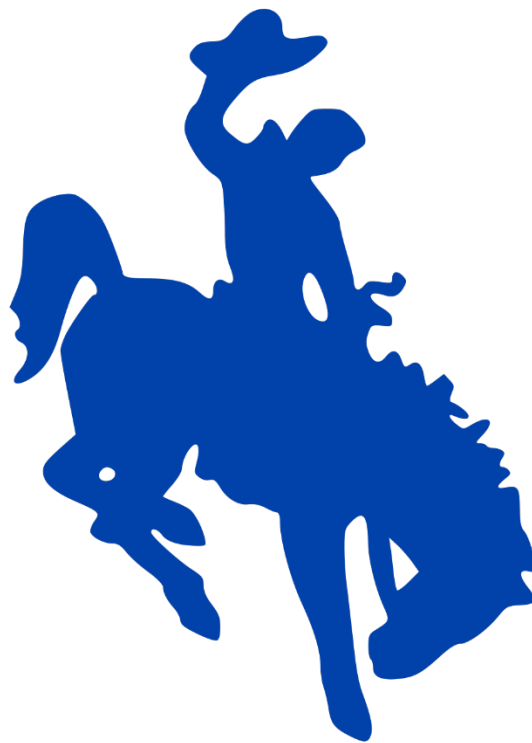




EDNA ISD WELLNESS PLAN



2024-2026

**Coordinated School Health Plan
Edna Independent School District**

Student Nutrition/CSHP/Wellness Action Plan

The Mission of Edna Independent School District is to ensure a quality education for all.

Edna ISD is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe, and healthy promoting learning environments.

Goal: Edna I.S.D. integrates its School Health Advisory Committee (SHAC) with its District Improvement Team (DIT) to coordinate school health services and policy. This will serve in Edna ISD as the District Wellness Committee. The SHAC's goal shall be to monitor district-wide nutrition and physical activity issues and to assist the district in developing, implementing, and evaluating guidelines that support a healthy school environment. The SHAC will have



Component 1: Physical Education and Physical Activity

Schools can create an environment that offers many opportunities for students to be physically active throughout the school day. A comprehensive school physical activity program (CSPAP) is the national framework for physical education and youth physical activity. A CSPAP reflects strong coordination across five components: physical education, physical activity during school, physical activity before and after school, staff involvement, and family and community engagement. Physical education serves as the foundation of a CSPAP and is an academic subject characterized by a planned, sequential K-12 curriculum (course of study) that is based on the national standards for physical education. Physical education provides cognitive content and instruction designed to develop motor skills, knowledge, and behaviors for healthy active living, physical fitness, sportsmanship, self-efficacy, and emotional intelligence. A well-designed physical education program provides the opportunity for students to learn key concepts and practice critical skills needed to establish and maintain physically active lifestyles throughout childhood, adolescence and into adulthood. Teachers should be certified or licensed, and endorsed by the state to teach physical education.

- A. Physical activity may be integrated across curricula and throughout the school day. Movement can be made a part of science, math, and social studies, language arts, etc.
- B. A snack-free recess for elementary campuses will be scheduled so children will come to lunch ready to eat.
- C. Students in kindergarten through 6th grade will receive a daily scheduled Physical Education class taught by a certified physical education teacher who maps the year's lessons via the TEKS, appropriate to each grade level. Students will have the option of participating in Athletics class in grades 7-12.
- D. Elementary students may take part in activities such as interactive Lu wall, Monday Run Day and a district coordinated annual elementary Fun Day; each special activity serves to unite the students, staff, and community-volunteers present in physical activity that promotes a healthy heart and a healthy body. It is the goal of the CSHP and the SHAC that each of these special campus activities will generate within each participant a commitment to physical activity that will bind school-family and home-family health and wellness.
- E. Parent groups organize, implement, and run athletic team opportunities for children (PK-6) – outside the regular school day (i.e.: Edna Youth Soccer, Edna Little League, and Edna Youth Football League). The district will supervise summer camps for team sports, cheerleading, and dance.
- F. District supported UIL extra-curricular activities – i.e.: football, volleyball, cross country, golf, tennis, basketball, softball, baseball, power lifting, and track. Each sport is sponsored by a district-provided coach.

- G. The district will have a discounted membership for all employees to the Jackson County Wellness Center.
- H. Staff walking and wellness classes will be offered as an employee after-school fitness activity.
- I. EISD will participate in the TRS Active Health Care Challenge and the Walk Across Texas (Ag Extension Service) to promote wellness and physical activity among staff.
- J. Edna ISD will provide opportunities for students, staff, and community members to participate in regular physical activity to promote personal lifelong behavior and maintain physical well-being.

Component 2: Nutrition Environment and Services

The school nutrition environment provides students with opportunities to learn about and practice healthy eating through available foods and beverages, nutrition education, and messages about food in the cafeteria and throughout the school campus. Students may have access to foods and beverages in a variety of venues at school including the cafeteria, vending machines, grab 'n' go kiosks, school stores, concession stands, classroom rewards, classroom parties, school celebrations, and fundraisers.

School nutrition services provide meals that meet federal nutrition standards for the National School Lunch and Breakfast Programs, accommodate the health and nutrition needs of all students, and help ensure that foods and beverages sold outside of the school meal programs (i.e., competitive foods) meet Smart Snacks in School nutrition standards. School nutrition professionals should meet minimum education requirements and receive annual professional development and training to ensure that they have the knowledge and skills to provide these services. All individuals in the school community support a healthy school nutrition environment by marketing and promoting healthier foods and beverages, encouraging participation in the school meal programs, role-modeling healthy eating behaviors, and ensuring that students have access to free drinking water throughout the school day.

Healthy eating has been linked in studies to improved learning outcomes and helps ensure that students are able to reach their potential.

- A. The Edna Independent School District will offer breakfast and lunch on a daily basis and after school snacks on days' students stay for specially established tutorial sessions. Families are provided with free or reduced meal forms in order to assure/provide each student with a minimum of two nutritional meals each day.
- B. Free breakfast will be offered at Edna Elementary and Edna Alternative School.
- C. Southwest Foodservice Excellence (SFE) staff will be responsible for nutrition education that will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities, and instructional techniques and strategies designed to promote healthy eating habits.
- D. Food safety will be a key part of the food service operation – i.e.: frequent hand washing by staff, the use of colored band aids by staff for easy detection, and hand sanitizers at the beginning of each campus food line. Nutrition education information will be reviewed by a qualified, credentialed nutrition professional.
- E. SFE will construct menus with input from the SHAC Committee that will meet the nutritional standards established by the US Department of Agriculture and the Texas Department of Agriculture, conforming to good menu planning, principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent

nutritional quality, and are served at proper temperature. Weekly menus are published in the *Weekly Happenings* and are posted on the website at www.ednaisd.org, available on the Edna ISD app and published in the newspaper.

- F. Students will be given the opportunity to provide input on their local, cultural, and ethnic (food) favorites. In addition, students have the daily option of a la carte or hot lunch and in addition options at the snack bar and salad bar.
- G. School personnel, along with parents, will encourage students to choose and consume balanced meals. A computerized calorie counter is attached to the Edna ISD website at www.ednaisd.org.
- H. The SHAC may review and make recommendations to the administration and School Board on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions.
- I. The school district shall provide nutritional information to parents to encourage them to use the home setting to teach their children about health and nutrition and to encourage them to provide nutritious meals for their families. SFE will publish a newsletter on the Edna ISD website at www.ednaisd.org.
- J. Organizations shall only use non-food items or foods designed for delivery and consumption after school hours as fund-raisers. For example, barbeque plate sales after school hours would be acceptable.
- K. Drinking fountains and bottle filling stations will be available for students to get water at meals and throughout the day. Individual water bottles are encouraged.
- L. School personnel will assist all students in developing the healthy practice of washing hands prior to eating. Hand sanitizer stations are available throughout all school facilities.
- M. Schools shall **not** schedule tutoring, pep rallies, assemblies, club/ organization meetings, and other activities during meal times.
- N. Adequate time to eat in a pleasant dining atmosphere shall be provided. Meals will be appealing and attractive to children and will meet all nutritional guidelines. Fruit and vegetables will be made available on a daily basis. Nutritional posters will be displayed in the dining area on each campus.
- O. Teachers and students may make use of web-based health and nutrition programs to enhance classroom instruction/campus-home connection.
- P. Bus schedules will be adjusted to ensure adequate time for breakfast.

- Q. A summer feeding program will be offered to ensure nutritional opportunities for children outside the normal school year.
- R. Grab-n-Go breakfast and lunch will be made available through the EHS Cafeteria.
- S. Confidentiality of the roster of free/ reduced lunch students will be maintained upon eligibility.
- T. Sharing of food items between students is prohibited. Parents can bring food items for their child only on Fridays.
- U. All foods and beverages sold in schools will meet the USDA "Smart Snacks in Schools Guidelines". There will be six designated celebration days where this guideline will be waived as well and they will be waived on STAAR testing days.

Component 3: Health Education

Formal, structured health education consists of any combination of planned learning experiences that provide the opportunity to acquire information and the skills students need to make quality health decisions. When provided by qualified, trained teachers, health education helps students acquire the knowledge, attitudes, and skills they need for making health-promoting decisions, achieving health literacy, adopting health-enhancing behaviors, and promoting the health of others. Comprehensive school health education includes curricula and instruction for students in pre-K through grade 12 that address a variety of topics such as alcohol and other drug use and abuse, healthy eating/nutrition, mental and emotional health, personal health and wellness, physical activity, safety and injury prevention, sexual health, tobacco use, and violence prevention. Health education curricula and instruction should address the [National Health Education Standards \(NHES\)](#) and incorporate the [characteristics of an effective health education curriculum](#). Health education, based on an assessment of student health needs and planned in collaboration with the community, ensures reinforcement of health messages that are relevant for students and meet community needs. Students might also acquire health information through education that occurs as part of a patient visit with a school nurse, through posters or public service announcements, or through conversations with family and peers.

Five Core Beliefs

Our core beliefs encompass five critical components of a healthy school environment designed to support PreK-12 students. We support student-centered, integrated and collaborative approaches that address the needs of the whole child. We believe the Whole School, Whole Community, Whole Child model is the best representation of a truly collaborative approach to health and learning.

1. Health and learning are directly linked and essential to the development of healthy, resilient citizens.
2. Schools are uniquely positioned to help students acquire healthy habits for a lifetime.
3. A coordinated school health approach is the most effective and efficient means of promoting healthy citizens.
4. School health professionals should be highly qualified and be able to use current theory and research to select and design effective health and education strategies.
5. Schools should be safe, nurturing environments that facilitate learning for all.

- A. Each campus' school nurse will post online and at each campus, periodic health bulletins (available at the National Center for Disease Control and Prevention) in an effort to keep home and school working together as one.
- B. Guest speakers will support/enhance the classroom health and P.E. lessons.
- C. A health plan will be developed (i.e. - 504 plan) for all students with designated health concerns such as severe asthma, diabetes, allergies, etc. Communication of these concerns will be shared with appropriate personnel and the nurse will have access if necessary to appropriate medicine (i.e. - insulin, epi-pen, etc.).
- D. SHAC will meet throughout the school year and parents, staff, and community members will be encouraged to attend to discuss and gather input on nutrition, health and wellness policies and programs.
- E. In support of the District's Coordinated School Health Plan (CSHP), health classrooms utilize as a TEKS-based curriculum.
- F. Principals will monitor the classroom curriculum through observations, walk throughs, reviewing lesson plans, and teacher conferences to assure optimum student success.
- G. Nutrition education shall be integrated across the curriculum as well as seminars given on healthy food choices by SFE, Texas AgriLife Extension, and the Jackson County Hospital district.
- H. Guest speakers from surrounding communities and counties will be invited to enhance and reinforce the campus-specific classroom health lesson(s). A Back to School Rally will occur annually before school where booths will present healthy choices in terms of nutrition, outdoor activity, Scouts, leadership, and immunization requirements. The Lion's Club will conduct a vision screening as well. First Responders will educate the youth on their duties and responsibilities to the community.
- I. Edna ISD will educate, encourage, and support healthy eating to families, students, staff, and community.

Component 4: Social and Emotional Climate

Social and Emotional Climate refers to the psychosocial aspects of student's educational experience that influence their social and emotional development. The social and emotional climate of a school can impact student engagement in school activities; relationships with other students, staff, family, and community; and academic performance. A positive social and emotional climate is conducive to effective teaching and learning. Such climates promote health, growth, and development by providing a safe and supportive learning environment.

- A. Counselors will be made available for individual and small group counseling sessions.
- B. Counseling lessons will be presented to the elementary students during their Wrangler time on a rotational basis.
- C. SEL lessons will be implemented as well during enrichment and PE time.
- D. Mid Coast Counseling and Gulf Bend Mental Health will be available resources to students through outside agencies who see students at the campus.

Component 5: Physical Environment

A healthy and safe physical school environment promotes learning by ensuring the health and safety of students and staff. The physical school environment encompasses the school building and its contents, the land on which the school is located, and the area surrounding it. A healthy school environment will address a school's physical condition during normal operation as well as during renovation (e.g., ventilation, moisture, temperature, noise, and natural and artificial lighting), and protect occupants from physical threats (e.g., crime, violence, traffic, and injuries) and biological and chemical agents in the air, water, or soil as well as those purposefully brought into the school (e.g., pollution, mold, hazardous materials, pesticides, and cleaning agents).

- A. Drinking fountains and bottle filling stations will be available for students to get water at meals and throughout the day. Individual water bottles are encouraged.
- B. School personnel will assist all students in developing the healthy practice of washing hands prior to eating. Hand sanitizer stations are installed throughout all school facilities.
- C. Schools shall not schedule tutoring, pep rallies, assemblies, club/ organization meetings, and other activities during meal times.
- D. Adequate time to eat in a pleasant dining atmosphere shall be provided. Meals will be appealing and attractive to children and will meet all nutritional guidelines. Fruit and vegetables will be made available on a daily basis. Nutritional posters will be displayed in the dining area on each campus.
- E. Food safety will be a key part of the food service operation – i.e.: frequent hand washing by staff and hand sanitizers at the beginning of each campus food line.
- F. HVAC filters will be HEPA filters and rated for increased filtration. HVAC upgrades have been made throughout the district to improve air quality.

Component 6: Health Services

School health services intervene with actual and potential health problems, including providing first aid, emergency care and assessment and planning for the management of chronic conditions (such as asthma or diabetes). In addition, wellness promotion, preventive services and staff, student and parent education complement the provision of care coordination services. These services are also designed to ensure access and/or referrals to the medical home or private healthcare provider. Health services connect school staff, students, families, community and healthcare providers to promote the health care of students and a healthy and safe school environment. School health services actively collaborate with school and community support services to increase the ability of students and families to adapt to health and social stressors, such as chronic health conditions or social and economic barriers to health, and to be able to manage these stressors and advocate for their own health and learning needs. Qualified professionals such as school nurses, nurse practitioners, dentists, health educators, physicians, physician assistants and allied health personnel provide these services.

- A. Campus nurse and PE teachers will record Body Mass Indexes for students as she completes the height, weight, vision, hearing, and other wellness indicators. EISD will give the Fitness Gram physical fitness test annually.
- B. District nurses will offer assistance to staff in maintaining updated vaccination, meningitis, and flu shots. Flu shots will be offered by the district on an annual basis to both students and staff. The mobile vaccination clinic will offer free vaccinations to those students in need of compliance. Senior students will be provided an opportunity to sign ImmTrac consent.
- C. Health plans through Section 504 will be maintained and monitored for all students with identified severe health risks such as diabetes and allergies. Protocols for all meds, epi-pens, and Narcan shall be reviewed, monitored, and shared with all applicable staff.
- D. Diabetic health plans will be developed for students with diabetes and a designated diabetic health care attendant will be trained at each campus
- E. Edna ISD will educate, encourage, and support healthy eating to families, students, staff, and community.

Component 7: Counseling, Psychological, and Social Services

These prevention and intervention services support the mental, behavioral, and social-emotional health of students and promote success in the learning process. Services include psychological, psychoeducational, and psychosocial assessments; direct and indirect interventions to address psychological, academic, and social barriers to learning, such as individual or group counseling and consultation; and referrals to school and community support services as needed. Additionally, systems-level assessment, prevention, intervention, and program design by school-employed mental health professionals contribute to the mental and behavioral health of students as well as to the health of the school environment. These can be done through resource identification and needs assessments, school-community-family collaboration, and ongoing participation in school safety and crisis response efforts. Additionally, school-employed professionals can provide skilled consultation with other school staff and community resources and community providers. School-employed mental health professionals ensure that services provided in school reinforce learning and help to align interventions provided by community providers with the school environment. Professionals such as certified school counselors, school psychologists, and school behavior specialists provide these services.

- A. Counselors will be made available for individual and small group counseling sessions.
- B. Mid Coast Counseling and Gulf Bend Mental Health will be available to students through outside agencies who see students at the campus or TCHAT online counseling services.
- C. To better support students, EISD staff will be trained in Trauma Informed Care.

Component 8: Employee Wellness

Schools are not only places of learning, but they are also worksites. Fostering school employees' physical and mental health protects school staff, and by doing so, helps to support students' health and academic success. Healthy school employees—including teachers, administrators, bus drivers, cafeteria and custodial staff, and contractors—are more productive and less likely to be absent. They serve as powerful role models for students and may increase their attention to students' health. Schools can create work environments that support healthy eating, adopt active lifestyles, be tobacco free, manage stress, and avoid injury and exposure to hazards (e.g., mold, asbestos). A comprehensive school employee wellness approach is a coordinated set of programs, policies, benefits, and environmental supports designed to address multiple risk factors (e.g., lack of physical activity, tobacco use) and health conditions (e.g., diabetes, depression) to meet the health and safety needs of all employees. Partnerships between school districts and their health insurance providers can help offer resources, including personalized health assessments and flu vaccinations. Employee wellness programs and healthy work environments can improve a district's bottom line by decreasing employee health insurance premiums, reducing employee turnover, and cutting costs of substitutes.

- A. The district will reimburse a portion of Jackson County Wellness Center membership fees for all employee.
- B. Staff walking and wellness classes will be offered as an employee after-school fitness activity.
- C. EISD will participate in the TRS Active Health Care Challenge and the Walk Across Texas (Ag Extension Service) to promote wellness and physical activity among staff.
- D. Edna ISD will provide opportunities for students, staff, and community members to participate in regular physical activity to promote personal lifelong behavior and maintain physical well-being.
- E. Flu shots are offered to all Edna ISD employees each year.

Component 9: Community Involvement

Community groups, organizations, and local businesses create partnerships with schools, share resources, and volunteer to support student learning, development, and health-related activities. The school, its students, and their families benefit when leaders and staff at the district or school solicits and coordinates information, resources, and services available from community-based organizations, businesses, cultural and civic organizations, social service agencies, faith-based organizations, health clinics, colleges and universities, and other community groups. Schools, students, and their families can contribute to the community through service-learning opportunities and by sharing school facilities with community members (e.g., school-based community health centers and fitness facilities).

- A. Each campus' school nurse will post on line and at each campus, periodic health bulletins (available at the National Center for Disease Control and Prevention) in an effort to keep home and school working together as one.
- B. Guest speakers will support/enhance the classroom health and P.E. lessons.
- C. Local health services/hospitals/organizations will be invited to do health, nutrition, and/or wellness presentations.
- D. Utilizing the local Extension Service- parents may attend health, nutrition, and/or wellness workshops.
- E. SHAC will meet throughout the school year and parents, staff, and community members will be encouraged to attend to discuss and gather input on nutrition, health and wellness policies and programs.

Component 10: Family Engagement

Families and school staff work together to support and improve the learning, development, and health of students. Family engagement with schools is a shared responsibility of both school staff and families. School staff are committed to making families feel welcomed, engaging families in a variety of meaningful ways, and sustaining family engagement. Families are committed to actively supporting their child's learning and development. This relationship between school staff and families cuts across and reinforces student health and learning in multiple settings—at home, in school, in out-of-school programs, and in the community. Family engagement should be continuous across a child's life and requires an ongoing commitment as children mature into young adulthood.

- A. Elementary students may take part in activities such as interactive Lu wall, Monday Run Day and a district coordinated annual elementary Fun Day; each special activity serves to unite the students, staff, and community-volunteers present in physical activity that promotes a healthy heart and a healthy body. It is the goal of the CSHP and the SHAC that each of these special campus activities will generate within each participant a commitment to physical activity that will bind school-family and home-family health and wellness.
- B. Guest speakers from surrounding communities and counties will be invited to enhance and reinforce the campus-specific classroom health lesson(s). A Back-to-School Rally will occur annually before school where booths will present healthy choices in terms of nutrition, outdoor activity, Scouts, leadership, and immunization requirements. The Lion's Club will conduct a vision screening as well. First Responders will educate the youth on their duties and responsibilities to the community.
- C. Free vaccination clinics, vision and dental screenings are offered to students on an annual basis.

Evaluation of the Programs

- A. SHAC review meetings – once in the fall and again in the spring. Principal(s) and Food Service Director bi-annual report to the Superintendent.
- B. Student BMI (Body Mass Index) data will be compared for Fall and Spring semesters to help evaluate activities and guidelines of the plan.
- C. School Board review of documented efforts toward student health, student nutrition, student physical activity and how this reflects in the overall academic student success.