

Goal 1: Yantis ISD’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 SCHOOL LUNCH PROGRAM FORMS.

*PARENT MEETINGS

*PROMOTE SUMMER FOOD PROGRAM.

*POSTERS DISPLAYED

*PROMOTE SHAC MEETINGS AND REVIEW WELLNESS PLAN.

*MEETING DATES POSTED ON WEBSITE
*WELLNESS PLAN POSTED ON WEBSITE

Goal 2: Yantis ISD 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
IMPLEMENTATION**

METHODS FOR MEASURING

*SIGNAGE IN THE SERVING LINES PROMOTING HEALTHY CHOICES.

*SIGNS POSTED

*SCHOOL DISTRICT WEBSITE SHOWS MENU OPTIONS AND PROMOTES HEALTHY CHOICES.

*WEBSITE UPDATES WITH MENUS POSTED

Goal 3: Yantis ISD shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors and shall integrate nutrition education into other areas of the curriculum as appropriate.

**ACTION STEPS
IMPLEMENTATION**

METHODS FOR MEASURING

*NUTRITION EDUCATION INCORPORATED INTO CLASSROOM LESSONS, AS APPROPRIATE.

*NUMBER OF PARTICIPANTS, LESSON PLANS

*INCORPORATE NUTRITION EDUCATION INTO PE AND HEALTH CLASSES.

*LESSON PLANS

Goal 4: Yantis ISD 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
IMPLEMENTATION**

METHODS FOR MEASURING

*SUMMER FOOD PROGRAM TRAINING

*NUMBER OF TEACHERS IN ATTENDANCE

*ATTENDANCE AT REGION 7 PROFESSIONAL DEVELOPMENT

*NUMBER OF FOOD SERVICE STAFF IN ATTENDANCE

Goal 5: Yantis ISD 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 OF MEASURING IMPLEMENTATION

*DAILY PE CLASSES ON PRIMARY CAMPUS

*PE TEACHER - NUMBER OF PARTICIPANTS

*DAILY PE CLASSES OR ATHLETICS FOR SECONDARY CAMPUSES.

*PE/ATHLETICS STAFF - NUMBER OF PARTICIPANTS

*RECESS FOR PRIMARY CLASSES

*STAFF ON DUTY - NUMBER OF STUDENTS PARTICIPATING

Goal 6: Yantis ISD shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

ACTION STEPS**METHODS OF MEASURING IMPLEMENTATION**

*BRAIN BREAKS ON PRIMARY CAMPUS

*STAFF PARTICIPATING

*STATION ROTATION AND REGULAR MOVEMENT BETWEEN ACTIVITIES

*LESSON PLANS

*FLEXIBLE SEATING IN CLASSROOMS ALLOW FOR MOVEMENT

*SEATING ASSIGNMENTS

*INCORPORATE STRETCH BREAKS AND MOVEMENT DURING TESTING

*TESTING DOCUMENTATION FOR BREAKS

Goal 7: Yantis ISD shall make appropriate extracurricular physical activity programs available and shall encourage students and District employees to participate.

ACTION STEPS**METHODS OF MEASURING IMPLEMENTATION**

*TEAM SPORTS AT SECONDARY

*NUMBER PARTICIPATING

*LITTLE DRIBBLERS BASKETBALL IF COACHES ARE AVAILABLE

*NUMBER PARTICIPATING

*THE DISTRICT WILL PRESENT WELLNESS OPPORTUNITIES TO EMPLOYEES AND STUDENTS AT LEAST ONCE PER YEAR

*THE NUMBER OF EMPLOYEES AND/OR STUDENTS WHO PARTICIPATE

*SEEK OUT PROVIDERS AND OPPORTUNITIES FOR THE ACTIVITIES

*THE NUMBER OF EMPLOYEES AND/OR STUDENTS WHO PARTICIPATE

Goal 8: Yantis ISD shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

**ACTION STEPS
IMPLEMENTATION****METHODS FOR MEASURING**

*ENCOURAGE DISTRICT ADMINISTRATORS TO DEVELOP A LIST OF IDEAS AND ORGANIZE ONE EVENT A YEAR IN THE DISTRICT.

*PARTICIPATION RATES FROM YEAR TO YEAR.

*FIELD DAY AT ELEMENTARY

*NUMBER PARTICIPATING

Goal 9: Yantis ISD shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe and comfortable.

**ACTION STEPS
IMPLEMENTATION**

*ALL CAMPUSES WILL BUILD THEIR MASTER SCHEDULES TO ALLOW AT LEAST 30 MINUTES TO EAT BREAKFAST AND LUNCH

*THE DISTRICT CAFETERIA WILL BE CLEANED AND SANITIZED DAILY IMMEDIATELY AFTER USE.

METHODS FOR MEASURING

*MASTER SCHEDULES

*SELF-REPORT BY CAMPUS ADMINISTRATORS

Goal 10: Yantis ISD shall promote employee wellness activities and involvement at suitable District and campus activities.

**ACTION STEPS
IMPLEMENTATION**

* COLLABORATE WITH THE DISTRICT'S HEALTH INSURANCE PROVIDERS TO VISIT THE SCHOOL AND ASSIST EMPLOYEES WITH THEIR NEEDS AT THE BEGINNING OF EACH SCHOOL YEAR.

*PROVIDE AND DISTRIBUTE MATERIALS AND METHODS TO SHARE INFORMATION ABOUT SERVICES AND WELLNESS CHALLENGES WITH EMPLOYEES.

*FLU SHOTS

*MOBILE MAMMOGRAPHY

METHODS FOR MEASURING

*NUMBER OF EMPLOYEES PARTICIPATING

*DOCUMENTATION OF WHEN AND HOW INFORMATION WAS SHARED.

*NUMBER OF EMPLOYEES PARTICIPATING

*NUMBER OF EMPLOYEES PARTICIPATING