

Wellness Policy Implementation Plan
 St Joseph Alamo School District
 08/11/2016

Wellness Goals: Nutrition Education

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition. In addition, students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

	Outcome Desired	Implementation Activities/Strategies	Person(s) Responsible	Collaborative Resources
1.	Students will receive instruction on healthy eating behaviors.	1. Implement the “CATCH” school health curriculum in kindergarten through grade 8.	Food Service personnel	CATCH curriculum Health curriculum Lesson Plans www.catchinfo.org
2.	Nutrition information will be promoted throughout the district via health curriculum.	2. In High school, instruction will be provided through such courses as: Health class Lifetime Nutrition class	Food Service personnel, health teacher and School Nurse	www.squaremeals.org Lesson plans
3.	Educational nutritional information will be shared with families.	3. Obtain materials and resources to promote healthy eating to students and their families through the Square Meals initiative.	Food Service personnel	www.squaremeals.org

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Wellness Goals: 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.

In addition, the District establishes the following goals for physical activity:

1. Physical education classes will regularly emphasize moderate to vigorous physical activity.
2. The District shall provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.

	Outcome Desired	Implementation Activities/Strategies	Person(s) Responsible	Collaborative Resources
1.	Students participate in physical fitness activities.	1. Implement the “CATCH” school health curriculum in kindergarten through grade 8	PE teachers	CATCH curriculum Lesson Plans
2.	PE teachers will emphasize and provide a variety of activities that encourage moderate to vigorous activity	2. Students in kindergarten through grade 5 will be scheduled to participate in moderate to vigorous physical activity for at least 135 minutes during each school week.	Principals/ teachers: Elementary School	Schedules and Lesson Plans
3.	Students will be encouraged to use physical activity as a means to stay healthy	3. Students in grade 6 through 8 will be scheduled to participate in moderate to vigorous daily physical activity for at least 30 minutes for at least 4 semesters during those grade levels.	Principals/ teachers: Middle School	Schedules and Lesson Plans
		4. Students in high school will be scheduled to participate in 1.5 credits of PE classes	Principal/ Teachers: High School	Schedules and Lesson Plans

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Wellness Goals: School-Based Activities

The District establishes the following goal to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities: sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.

	Outcome Desired	Implementation Activities/Strategies	Person(s) Responsible	Collaborative Resources
1.	Students will have time to eat meals in a clean, safe, comfortable facility	1. Maintain facilities in a clean, safe, and comfortable manner	Admin/Food Service/Custodial & Maintenance staff	Health Dept/Food Service Evaluations

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Goals: School Health Advisory Committee (SHAC)

The District’s SHAC will review the goals and policies on a quarterly bases and once a year before the start of school year to ensure policies are still relevant and /or working the District.

	Outcome Desired	Implementation Activities/Strategies	Person(s) Responsible	Collaborative Resources
1.	Maintain all local Policies and ensuring that TDA Policies are also enforced and followed.	1. Review the Wellness Policy Implementation Plan and revising any areas that are outdated.	Admin/Food Service/Principal/School Board Representative/ Physical Education Coordinator/ Parents	Local Wellness Policy Plan, TDA policies (www.squaremeals.com)
.2.	Meeting before the start of each school year to ensure Wellness Policy is current.	SHAC will schedule meeting sometime in August and February. SHAC will meet once a semester.	Admin/Food Service/Principal/School Board Representative/ Physical Education Coordinator/ Parents	Local Wellness Policy Plan, TDA policies (www.squaremeals.com)