

# STAFFORD MUNICIPAL SCHOOL DISTRICT

## WELLNESS POLICY MEASUREMENT PLAN

**Wellness Policy Mission Statement:** The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity. (See policy FFA (LOCAL))

<b>Component 1: Nutrition Standards:</b> The District’s nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules (See CO and FJ)				
Goals/Guidelines	Exceptional	Acceptable	Need Improvement	Comments/Examples
1.The District shall establish standards for all foods and beverages provided, but not sold to students during the school day. These standards shall be addressed in the District’s Wellness Plan.		HS IS ES	MS	Too much sugar. Lacks basic nutrition (MS)

<b>Component 2: Nutrition Promotion &amp; Education Standards:</b> The District shall implement, in accordance with law, a coordinated school health program with nutrition education component. (See EHAA) The District’s nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.				
Goals/Guidelines	Exceptional	Acceptable	Need Improvement	Comments/Examples
1.The District’s food service staff, teachers and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	MS	HS IS ES		We have great people (MS)
2.The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students		MS IS ES	HS	More website information is needed (MS)

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<b>Component 3: Physical Activity Standards:</b> 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 BDF, EHAA, EHAB, and EHAC)				
<b>Goals/Guidelines</b>	<b>Exceptional</b>	<b>Acceptable</b>	<b>Need Improvement</b>	<b>Comments/Examples</b>
1.The District 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.	<b>ES</b>	<b>IS</b>	<b>HS MS</b>	<b>Our PE teachers are exceptional. They do WOW (Writing on Wednesdays)</b>
2.The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.		<b>HS</b>	<b>MS IS ES</b>	<b>Not sure if we do this (MS)</b>
3.The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.		<b>HS IS ES</b>	<b>MS</b>	<b>Not sure if we do this (MS)</b>
4.The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.		<b>IS</b>	<b>HS MS ES</b>	<b>Not sure if we do this (MS)</b>
5.The District shall encourage parents to support their children’s participation to be active role models, and to include physical activity in family events.		<b>IS ES</b>	<b>HS MS</b>	<b>Title I- Parent contact with teacher &amp; administration (MS)</b>
6.The District shall encourage students, parents, staff and community members to use the District’s recreational facilities, such as tracks, playgrounds and the like, that are available outside of the school day (See GKD)		<b>HS IS ES</b>	<b>MS</b>	<b>Football field used by Cobras &amp; basketball court is used by Stafford Youth Basketball Association (MS)</b>

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<b>Component 4: Other School-Based Activities Standards:</b> The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities.				
<b>Goals/Guidelines</b>	<b>Exceptional</b>	<b>Acceptable</b>	<b>Need Improvement</b>	<b>Comments/Examples</b>
1.The District shall promote employee wellness activities and involvement at suitable District and campus activities.		<b>HS</b>	<b>MS IS ES</b>	<b>Not enough done (MS)</b>
2.The District shall allow sufficient time for students to eat meals in a cafeteria facility that is clean, safe, comfortable and that visually promotes a message of the importance of healthy eating and overall wellness.	<b>ES</b>	<b>HS MS</b>	<b>IS</b>	<b>Cafeteria is clean, sparkling (MS)</b>

**Results completed on: September 18, 2019**