



CONROE
INDEPENDENT
SCHOOL DISTRICT

School Health Advisory Council

April 23, 2024

Conroe ISD Board Room

Agenda

- I. Opening
- II. Consider Approval of Minutes
- III. Community Feedback



Community Feedback



Agenda

IV. Receive SHAC Committee Updates

- Compliance
- Membership
- Mental Health
- Alternative and Supplemental Health Curriculum
- Physical Activity and Fitness
- Bylaws



Compliance



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Compliance Subcommittee

- Focused on these areas from TEC:
- **Recommend Age-Appropriate Opioid Instruction:** underway, will be discussed during Tucker's law update.
- **Recommend Strategies to Increase Parental Awareness Regarding Suicide:** MH toolkit completed; Suicide Prevention toolkit underway, target to share with SHAC in June.
- **Recommend Policy on Daily Recess:** daily recess allotment for K-8th campuses requested, per Mr Haymark the data is being collected and will be provided in June.
- **Recommend Strategies to Prevent Physical Health Concerns:** agreed to work on vaping, not underway.



Membership



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Membership Subcommittee

- As discussed in last SHAC meeting, will initiate '24-25 membership process:
 - May 1, CISD will advertise the electronic application on campuses & social media.
 - Anyone interested in applying must apply by June 30.
 - Beginning July 1, determine vacancies and review applications.
 - Will provide the application to CC feeder Principals / PTOs to encourage participation.



Mental Health



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Bullying work group

- No work group meetings since our last SHAC.
- Dr. Taylor and her department is collaborating with the bullying subgroup.
- Bullying survey
- Feedback on the recommendation for closed loop communication is producing a formal supplement to policy FFI from the guidance and counseling department. (in progress)

Family Changes Workgroup

Clark Intermediate's Model - Grand Oaks Feeder Zone

- ★ The goal of a family changes group is to support and normalize the experience for students whose families are going through transitional changes such as displacement, separation, divorce, adoption or foster care.
- ★ The primary purpose of the group is to let children know that they are not alone in their situation. The group is meant to provide a safe and confidential place to discuss feelings and concerns.
- ★ The goal of the group is for students to be in a judgment free zone and feel supported to share anything they are feeling regarding their personal situation.



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Activity Summary

- Workgroup Chair met with 5th and 6th grade Clark Counselors to better understand the program components
- Detailed information was shared with the Mental Health Subcommittee on how this group is structured as well as additional mental health resources for students and families experiencing change
- Other CISD schools do have varying models of a Family Changes type group, some of which are run by Yes to Youth
- Currently working with Lindsey Taylor to determine if an informational page or toolkit about how to structure a family changes group is warranted at this point in time



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Staff Wellness

- Tiffany Rodriguez presented on how teachers could use the free 24/7 mental health hotline, whether or not they use district insurance. 1-800-475-3327
- Looking into ways to build comradery among staff at schools, possibly through intramurals.
- Volunteer Hours Log - community members can be a great resource to support our teachers. to encourage parents to volunteer and schools to work with volunteers, working on a way to have schools work with PTOs and/or staff to log volunteer hours. This is done in other districts as a way to encourage volunteers and recognize their efforts (Ex. social media posts of schools with highest hours each month, lunches with the superintendent for volunteers with highest hours etc).



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Anxiety/Testing/Suicide Prevention

- Per TEC, SHAC is to make recommendations to prevent mental health concerns including suicide as well as increase parental awareness on suicide risk factors and warning signs and community resources.
- To meet TEC, created a toolkit for campuses to use for Mental Health awareness in May.
- A similar toolkit for Suicide Prevention/Awareness in September is underway.

Update from Guidance & Counseling

G&C department is working on the following awareness toolkits for the 24-25 school year:

- Suicide Prevention & Awareness
- Bullying Prevention
- Fentanyl Awareness & Red Ribbon Week
- Generation Texas Week
- Digital Citizenship & Online Safety
- Healthy Relationships
- Personal Safety
- Mental Health Awareness Month

These toolkits/resources will be made available to campus administrators and school counselors for them to utilize within their campus community.



Update from Guidance & Counseling - cont.

G&C is working on solidifying community presentation topics for the 24-25 school year that align with the toolkit topics:

- Talk Saves Lives presented by American Foundation of Suicide Prevention on Sept 26 (in-person at Jett)
- Bullying Prevention presented by Stephanie Duer, ESC 6 Behavioral Health Partnership Program Liaison on November 21 (webinar)
- Digital Citizenship & Online Safety on January 16 (presenter TBD; webinar)
- Healthy Relationships presented by the Mont County Women's Center on Feb 6 (webinar)
- Hidden in Plain Sight presented by Tall Cop Says Stop on March 20 (in-person at Jett)
- Flipping the Switch on Anxiety on April 10 (presenter TBD; webinar)



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Girls' Academic Success Work Group

- Review of data from the district showed more boys than girls are taking Geometry in 8th grade, but no difference in those taking Algebra I in 8th grade.
- New state law requires students with 60% or higher on 5th grade math STAAR to go into advanced math for 6th grade.
- Education - reviewing counseling resources on advanced math for opportunities increase parental awareness of how choices made at the elementary and intermediate level have consequences in high school.
- Project Mentor - currently many students on waitlist for a mentor. Will be communicating with leadership of this program if our group can help encourage community members to become mentors.



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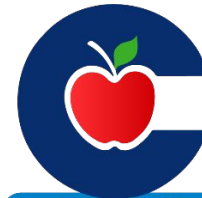
Alternative and Supplemental Health Curriculum



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Physical Activity and Fitness



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By-Laws



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Review newly proposed SHAC Bylaws

- How do the proposed changes impact the SHAC's ability to improve student health and wellness?
- How do the proposed changes impact the SHAC's ability to ensure local community values are reflected in the SHAC's responsibilities in TEC 28.004?

Agenda

- V.** Consider Recommendation to Board of Trustees, HB 3908 “Tucker’s Law”
Fentanyl and Drug Abuse Prevention Instructional Resources and Supports Grades 9-12”
- VI.** Conroe ISD Wellness Triennial Assessment Update
- VII.** Request for Future Agenda Items
- VIII.** Closing Remarks
- IX.** Call to Adjournment



HB 3908 “Tucker’s Law”

***Fentanyl and Drug Abuse Prevention Instructional
Resources and Supports Grades 6-12***



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Tucker's Law

In September 2023, the Texas legislature enacted [House Bill 3908](#), also known as Tucker's Law, in an effort to raise awareness about the dangers of fentanyl as a lethal drug. Tucker's Law mandates Texas youth in public schools to receive research-based instruction on four components: (1) Suicide prevention, (2) Prevention of the abuse of and addiction to fentanyl, (3) Awareness of local school and community resources and any processes involved in accessing those resources, and (4) Health education that includes information about substance use and abuse, including youth substance use and abuse.

CATCH's comprehensive health education curriculum, [Health Ed Journeys](#), supports the requirements of Tucker's Law in the following ways:

Tucker's Law Guidance	Health Ed Journeys Unit & Lesson	Content Addressing Components of HB 3908
Suicide Prevention	Unit 4 - Fentanyl Facts	<p>Slides 8 & 9: Suicide warning signs and what to do for self and others if signs are present including information about the national suicide prevention hotline.</p> <ul style="list-style-type: none"> Links to https://sourcesofstrength.org/campaigns-resources/ in teacher's notes and teacher's guide so teachers can access CDC recommended Suicide Prevention resources.
Prevention of the abuse of and addiction to fentanyl	Unit 4 - Fentanyl Facts	<p>Key Learning Objectives:</p> <ul style="list-style-type: none"> Explain that illicit drug use is not the norm for students their age. Describe the danger of using fentanyl. Identify the substances that fentanyl can be found in. Describe the signs of overdose and how to respond if someone is



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		<p>overdosing.</p> <ul style="list-style-type: none"> • Explain how to get help for addiction. • Describe the top three facts students need to know about fentanyl. • Demonstrate refusal skills and other strategies for avoiding fentanyl use.
<p>Awareness of local school and community resources and any process involved in accessing those resources</p>	<p>Unit 4 - Fentanyl Facts</p>	<p>Slide 7: "If you or someone you know is struggling with addiction, you can reach out to a school nurse, your doctor or the counselor for help. You can also put your zip code into findtreatment.gov to find local treatment."</p>
<p>Health education that includes information about substance use and abuse, including youth substance use and abuse</p>	<p>Unit 4 - Substance Misuse Prevention</p>	<p>9 lessons covering youth substance misuse and abuse with a focus on vaping prevention</p> <ul style="list-style-type: none"> • Lessons 1-4: Make up the essential evidence-based core curriculum for the CATCH My Breath youth vaping prevention program designed to be taught in its entirety without deviations or modifications. • Lessons 5 & 6: Expand beyond the lens of the youth vaping epidemic to provide a foundational understanding of all kinds of substance misuse. • Lessons 7 & 8: Revisit the timely topic of vaping with two supplemental lessons designed to reinforce key ideas through additional learning modalities. • The Fentanyl Facts lesson (supplement for grades 6-12): Allows students to investigate the dangers of fentanyl and gain crucial skills to identify fentanyl, avoid fentanyl and respond to a fentanyl overdose.



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Suicide Warning Signs

They may talk about:

- Killing themselves and death
- Feeling trapped
- Feeling like a burden; saying things like “I won’t be a problem much longer...”
- Having no reason to live
- Unbearable pain



Call or text 988 for the suicide crisis hotline or chat at [988lifeline.org](https://www.988lifeline.org)

Behaviors:

- Increased use of alcohol or drugs
- Tries to access lethal means and makes a suicide plan
- Withdraws from activities and interests, family and friends
- Sleeps too much or too little
- Tells people goodbye
- Gives away possessions
- Experiences depression, anxiety, irritability or extreme mood swings

What To Do If You Notice Warning Signs

For Yourself:

- Talk to a trusted adult ASAP
- Seek mental health treatment from your doctor or school counselor immediately
- Call or text the 988 hotline
- Call 911 or go to the emergency room if you are having suicidal thoughts or have a plan



Call or text 988 for the suicide crisis hotline or chat at [988lifeline.org](https://www.988lifeline.org)

For a Friend:

- Listen to them and tell them you care
- Ask if they are thinking about suicide, and if so, take them seriously
- Report it to a trusted adult ASAP
- Encourage them to seek treatment from a counselor or doctor, help them call/text the 988 hotline and call 911 if they are in immediate danger
- Follow up to see how they are doing

Scenario 1:

A friend of yours has some pills that his cousin gave him. He is not sure exactly what they are, but he takes a few of them then offers some to you and your other friends.



1. What is risky about this situation?
1. Would you need to take action to report this? Why or why not? If so, how would you report it?
1. How could someone refuse or offer a healthy alternative?

Scenario 2:

A friend of yours has stolen some alcohol from her parents and appears to be drunk at a party. She offers some to you and your friends. Then, some older teens offer for her to leave the party with them, so she decides to go.



1. What is risky about this situation?
1. Would you need to take action to report this? Why or why not? If so, how would you report it?
1. How could someone refuse or offer a healthy alternative?

Scenario 3:

One of your friends has had surgery recently and is on some medication for the pain. While they are out with you, they ask some older teens for some alcohol. They drink some, then offer it to you.



1. What is risky about this situation?
1. Would you need to take action to report this? Why or why not? If so, how would you report it?
1. How could someone refuse or offer a healthy alternative?

Conroe ISD Wellness Policy

Triennial Assessment Update



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The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to dark navy blue. The shapes are primarily triangles and polygons, creating a dynamic, modern aesthetic. The text is centered on a white background that is partially framed by these blue shapes.

Conroe ISD Wellness Policy Triennial Assessment

SHAC Update 4.23.2024

What is the Wellness Policy

- According to the United States Department of Agriculture, a local school wellness policy is a written document that guides a local education agency's (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn.
- The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010.
- Requires each LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy.

<https://www.fns.usda.gov/tn/local-school-wellness-policy>

Wellness Policy in Conroe ISD

- FFA (LEGAL) The local school wellness policy is a written plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum federal standards. 7. C.F.R. 210.31(a)
- FFA (LOCAL) The local school health advisory council (SHAC) on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public.
- The *Wellness Plan* is intended to implement FFA(LOCAL), which has been adopted by the Board to comply with the requirements for a school wellness policy.

What is the Triennial Assessment

At least once every three years, assess schools' compliance with the local school wellness policy, and make assessment results available to the public. The assessment must measure the implementation of the local school wellness policy, and include:

- a.)The extent to which schools under the jurisdiction of the district are in compliance with the local school wellness policy.
- b.)The extent to which the district's local school wellness policy compares to model local school wellness policies.
- c.)A description of the progress made in attaining the goals of the local school wellness policy.

Once the Triennial Assessment is complete, the *District* must:

- Make appropriate updates or modifications to the local school wellness policy, based on the Triennial Assessment.

**Our last
Triennial
Assessment
was
2020-2021**

Triennial Assessment

a.)The extent to which schools under the jurisdiction of the district are in compliance with the local school wellness guidelines

- A Wellness Plan Assessment Scorecard was developed to address compliance with each goal in the Conroe ISD Wellness Plan. The Wellness Plan Assessment Scorecard survey will be sent to campus principals to be completed prior to the end of the school year.
 - Seven questions. Each question is a goal on the Wellness Plan.
 - Each objective for the specific goal will be scored by the campus.

(3) Fully Implemented
(2) Partially Implemented
(1) Under Development
(0) Not Implemented
(N/A) Not Applicable for your grade level

Nutrition Guidelines

Goal

1: USDA Nutrition Standards will be used as the standard for guidelines pertaining to foods and beverages made available on school campuses.

Goal 1: USDA Nutrition Standards will be used as the standard for guidelines pertaining to foods and beverages made available on school campuses. Score each objective for this goal. *

	(3) Fully Implemented	(2) Partially Implemented	(1) Under Development	(0) Not Implemented	N/A for this grade level
1. a) All foods sold on campus will comply with local, state, and federal laws and regulations as well as the current USDA Dietary Guidelines for Americans.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1. b) Food providers will take every measure to ensure that students have access to food and beverages that meet federal, state and local laws, regulations and guidelines.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Conroe ISD Wellness Plan Assessment Scorecard

Wellness Policy Mission Statement

The District shall follow nutrition guidelines that advance student health, reduce childhood obesity and promote the general wellness of all students through nutrition education, physical activity, and other school-based activities. The District shall develop nutritional guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, school administration, the school board, parents, and the public.

Triennial Assessment:

At least once every three years, the District must assess schools' compliance with the local school wellness policy, and make assessment results available to the public. The assessment must measure the implementation of the local school wellness policy, and include: a) the extent to which schools under the jurisdiction of the district are in compliance with the local school wellness policy, b) the extent to which the district's local school wellness policy compares to model school wellness policies, and c) a description of the progress made in attaining the goals of the local school wellness policy.

Please complete each question in the survey. Please refer to the following documents which may be helpful to you:

CISD Student Nutrition Guidelines

USDA Smart Snacks in School Effective July 1, 2014 Food Guidelines.

Email*

Campus Name*

Campus Grade Level

Elementary/Intermediate

Jr. High

High School

Name of person completing assessment scorecard.*

Nutrition Guidelines

QUESTION
#1

Goal 1: USDA Nutrition Standards will be used as the standard for guidelines pertaining to foods and beverages made available on school campuses. Score each objective for this goal.*

Objective	(3) Fully Implemented	(2) Partially Implemented	(1) Under Development	(0) Not Implemented	N/A for this grade level
1.a) All foods sold on campus will comply with local, state, and federal laws and regulations as well as the current USDA Dietary Guidelines for Americans.					
1.b) Food providers will take every measure to ensure that students have access to food and beverages that meet federal, state and local laws, regulations and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for EC/PK, elementary schools, middle and high schools.					
1.c) Schools will comply with the Federal Smart Snacks guidelines.					
1.d) Snacks served during the school day will comply with the Federal Smart Snacks Guidelines.					

Additional comments if applicable.

Wellness Goals: Nutrition Promotion and Education**Goal 1**

Schools will provide and promote nutrition education to students, staff and community. Score each objective for this goal.

QUESTION
#2

Objective	(3) Fully Implemented	(2) Partially Implemented	(1) Under Development	(0) Not Implemented	N/A for this grade level
1.a) Schools will provide nutrition education and engage in nutrition promotion.					
1.b) Campus Coordinated School Health team (may include school administrator/s, nurse, cafeteria manager, physical education teacher/s, classroom teacher/s, parents, and students etc.). The Coordinated School Health team will promote campus wellness education and school-wide activities.					
1.c) Nutrition education will be acquired from researched based sources, such as: (American Heart Association, American Diabetes Association, Academy of Nutrition and Dietetics, United States Department of Agriculture, School Nutrition Association, the CISD Child Nutrition Department and Coordinated Approach to Child Health curriculum.					
1.d) Nutrition education will be increased by sharing information with families and the community via the Conroe ISD Child Nutrition Department website, campus website.					
monthly campus newsletters and parent meetings.					
1.e) After-school activities may encourage and include physical activity along with health and wellness information.					

Additional comments if applicable.

Goal 2

All foods made available on campus will adhere to food safety and security guidelines. Score each objective for this goal.

QUESTION
#3

Objective	(3) Fully Implemented	(2) Partially Implemented	(1) Under Development	(0) Not Implemented	N/A for this grade level
2.a) All foods made available on campus comply with the federal, state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food borne illnesses in schools.					
2.b) Campuses promote and demonstrates appropriate hand washing practices.					
2.c) Access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance, see the USDA food security guidelines.					
2.d) District administrators, by area of responsibility, are responsible for ensuring local, state and federal laws, regulations and guidelines are updated and in place.					
2.e) District safety, health and security policies and crisis plans are current. Training					
and communication is provided to staff, students and the community.					

Additional comments if applicable.

Wellness Goals: Physical Activity**Goal 1**

Schools will provide opportunities for students to participate in regular physical activity which promotes personal healthy lifestyles. Score each objective for this goal.

Objective	(3) Fully Implemented	(2) Partially Implemented	(1) Under Development	(0) Not Implemented	N/A for this grade level
1.a) Physical activity shall not be used as a reward or punishment.					
1.b) Opportunities for physical activity outside the classroom and/or school day are encouraged.					
1.c) Daily recess break of 30 minutes for elementary students.					

Additional comments if applicable.

Goal 2

Schools will provide opportunities for every student to develop the knowledge and skills for specific physical activities in accordance with district, state and national guidelines. Score each objective for this goal.

Objective	(3) Fully Implemented	(2) Partially Implemented	(1) Under Development	(0) Not Implemented	N/A for this grade level
2.a) State-certified physical education instructors will teach all physical education classes.					
2.b) Strive towards physical education classes to have a student/ adult ratio not to exceed 45:1. If the ratio is greater than 45:1, CISD must identify protocols in which safety will be maintained for all students.					
2.c) K-6 th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity daily or 135 minutes weekly.					
2.d) 7 th -8 th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity daily, or 135 minutes weekly, or 225 minutes over a two week period.					
2.e) Time allotted for physical activity will be consistent with national and state standards.					
2.f) All physical education instructors must be certified in CPR/AED by The American Red Cross or an approved provider.					

Additional comments if applicable.

School Based Activities

QUESTION
#6

Goal 1

The school environment is safe, comfortable and promotes healthy eating practices. Score each objective for this goal.

Objective	(3) Fully Implemented	(2) Partially Implemented	(1) Under Development	(0) Not Implemented	N/A for this grade level
1.a) Dining areas are clean and attractive, while providing enough seating for all students during all meal times.					
1.b) Drinking water is available for all students during meals.					
1.c) Food is not used as a reward or punishment for student behavior unless it is detailed in a student's IEP.					
1.d) As required by IEPs, 504 plans or food allergy management plans, allergy safe areas are available for students with food allergies.					
1.e) School -based marketing for food and beverage products are consistent with Smart Snacks guidelines and aligned with federal, state and local regulations, laws and guidelines.					
1.f) School nurse provides expertise and oversight for the provision of school health services. Using clinical knowledge and judgment, the school nurse provides health care to students, performs health screenings and coordinates referrals to healthcare providers. The school nurse also serves as liaison between school personnel, family, community and healthcare providers to advocate for a healthy school environment.					
1.g) District policies support personal efforts by employees to maintain a healthy lifestyle.					

Additional comments if applicable.

QUESTION
#7**Goal 2****Adequate time and space allowed for eating meals. Score each objective for this goal.**

Objective	(3) Fully Implemented	(2) Partially Implemented	(1) Under Development	(0) Not Implemented	N/A for this grade level
2.a) Adequate time is provided to eat breakfast and lunch from the time the student is seated. (20 minutes lunch, 10 minutes breakfast)					
2.b) Lunch periods are scheduled as near the middle of the day as possible and are planned to assure that students do not spend too much time waiting in line.					
2.c) If meetings or activities are scheduled during meal times, students must be allowed to eat breakfast or lunch.					

Wellness Policy	Each district must establish a local school wellness policy for all schools participating in the National School Lunch Program and/or School Breakfast program under the jurisdiction of the district. The local school wellness policy is a written plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum federal standards. <i>7 C.F.R. 210.31(a)</i>
School Day	"School day" means the period from the midnight before, to 30 minutes after the end of the official school day. <i>7 C.F.R. 210.11(a)(5)</i>
School Campus	"School campus" means all areas of the property under the jurisdiction of the school that are accessible to students during the school day. <i>7 C.F.R. 210.11(a)(4)</i>
Contents	At a minimum, a local school wellness policy must contain: <ol style="list-style-type: none"> 1. Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing these goals, a district must review and consider evidence-based strategies and techniques; 2. Standards for all foods and beverages provided, but not sold, to students during the school day on each participating school campus under the jurisdiction of the district; 3. Standards and nutrition guidelines for all foods and beverages sold to students during the school day on each participating school campus under the jurisdiction of the district that: <ol style="list-style-type: none"> a. Are consistent with applicable requirements set forth in 7 C.F.R. 210.10 (meal requirements for lunches and after-school snacks) and 220.8 (meal requirements for breakfasts); b. Are consistent with the nutrition standards set forth under 7 C.F.R. 210.11 (competitive food service and standards); c. Permit marketing on the school campus during the school day of only those foods and beverages that meet the nutrition standards under 7 C.F.R. 210.11; and d. Promote student health and reduce childhood obesity; 4. Identification of the position of the district or school official(s) responsible for the implementation and oversight of the local

Public Involvement and Notification	<p>school wellness policy to ensure each school's compliance with the policy;</p> <ol style="list-style-type: none"> 5. A description of the manner in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review and update of the local school wellness policy; and 6. A description of the plan for measuring the implementation of the local school wellness policy, and for reporting local school wellness policy content and implementation issues to the public as required below. <p>A district must:</p> <ol style="list-style-type: none"> 1. Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy. 2. Inform the public about the content and implementation of the local school wellness policy, and make the policy and any updates available to the public annually. 3. Inform the public about progress toward meeting the goals of the local school wellness policy and compliance with the local school wellness policy by making the triennial assessment, as required at item 2 under Implementation Assessments and Updates below, available to the public in an accessible and easily understood manner. <p>A district must:</p> <ol style="list-style-type: none"> 1. Designate one or more district or school officials to ensure that each participating school complies with the local school wellness policy. 2. At least once every three years, assess schools' compliance with the local school wellness policy, and make assessment results available to the public. The assessment must measure the implementation of the local school wellness policy, and include:
Implementation Assessments and Updates	<p>A district must:</p> <ol style="list-style-type: none"> 1. Designate one or more district or school officials to ensure that each participating school complies with the local school wellness policy. 2. At least once every three years, assess schools' compliance with the local school wellness policy, and make assessment results available to the public. The assessment must measure the implementation of the local school wellness policy, and include:

FFA
LEGAL

Recordkeeping

- a. The extent to which schools under the jurisdiction of the district are in compliance with the local school wellness policy;
- b. The extent to which the district's local school wellness policy compares to model local school wellness policies; and
- c. A description of the progress made in attaining the goals of the local school wellness policy.

3. Make appropriate updates or modifications to the local school wellness policy, based on the triennial assessment.

A district must retain records to document compliance with the requirements of this policy. These records include, but are not limited to:

- 1. The written local school wellness policy;
- 2. Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as required at Implementation Assessments and Updates above; and
- 3. Documentation of the triennial assessment of the local school wellness policy for each school under its jurisdiction.

Healthy, Hunger-Free Kids Act of 2010, Pub. L. No. 111-296, sec. 204, 124 Stat. 3183 (2010) [42 U.S.C. 1758b]; 7 C.F.R. 210.31(c)-(f)

[See CO for requirements relating to food services management, EHAA for state law requirements relating to health education, and FJ for requirements relating to food and beverage fundraisers.]

Change in Health Services

Before a district or a school may expand or change the health-care services available at a school in the district from those that were available on January 1, 1999, the board must:

- 1. Hold a public hearing at which the board provides an opportunity for public comment and discloses all information on the proposed health-care services, including:
 - a. All health-care services to be provided;
 - b. Whether federal law permits or requires any health-care service provided to be kept confidential from parents;
 - c. Whether a child's medical records will be accessible to the parent;

- d. Information concerning grant funds to be used;
- e. The titles of persons who will have access to the medical records of a student; and
- f. The security measures that will be used to protect the privacy of students' medical records.

2. Approve the expansion or change by a record vote.

Education Code 38.012

[For information regarding school-based health centers, see FFAE.]

FFA
LEGAL



**Development,
Implementation, and
Review of Guidelines
and Goals**

The District shall support the general wellness of all students by implementing measureable goals to promote sound nutrition and student health and to reduce childhood obesity.

[See EHAA for information regarding the District's coordinated school health program.]

The local school health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public.

[See BDF for required membership of the SHAC.]

Wellness Plan

The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals;
4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
5. The manner of communicating to the public applicable information about the District's wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

Nutrition Guidelines

Foods and
Beverages Sold

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]

Foods and
Beverages Provided

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.

Wellness Goals
Nutrition Promotion
and Education

The District shall implement, in accordance with law, a coordinated school health program with a 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.

The District establishes the following goals for nutrition promotion:

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.
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.

The District establishes the following goals for nutrition education:

1. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.
3. The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

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 BDF, EHAA, EHAB, and EHAC]

The District establishes the following goals for physical activity:

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.
2. The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

3. The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.
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.
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.

Other School-Based Activities

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:

1. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
2. The District shall promote wellness for students and their families at suitable District and campus activities.
3. The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Implementation

The deputy superintendent of schools shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

Evaluation

The District shall comply with federal requirements for evaluating this policy and the wellness plan.

Public Notification

The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.

Records Retention

The District shall retain all the required records associated with the wellness policy, in accordance with law and the District's records management program. [See CPC and FFA(LEGAL)]

FFA
LOCAL

I. Development, Implementation, and Review of Guidelines and Goals

II. Wellness Plan

III. Nutrition Guidelines

1. Goal #1- USDA Nutrition Standards will be used as the standard for guidelines pertaining to foods and beverages made available on school campuses.
 - a) All foods sold on campus will comply with local, state and federal laws and regulations as well as the current USDA Dietary Guidelines for Americans.
 - b) Food providers will take every measure to ensure that student access to food and beverages meet federal, state and local laws, regulations and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for EC/PK, elementary schools, middle schools and high schools.
 - c) Schools will comply with the Federal *Smart Snacks* guidelines.
 - d) Snacks served during the day are in compliance with the Federal *Smart Snacks* guidelines.

IV. Wellness Goals

A. Nutrition Promotion and Education

1. Goal #1- Schools will provide and promote nutrition education to students, staff and community.
 - a) Schools will provide nutrition education and engage in nutrition promotion.
 - b) Campus *Coordinated School Health* team (may include school administrator/s, nurse, cafeteria manager, physical education teacher/s, classroom teacher/s, parents, and students etc.). The *Coordinated School Health* team will promote campus wellness education and school-wide activities.
 - c) Nutrition education will be acquired from researched based sources, such as: (American Heart Association [AHA], American Diabetes Association

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[ADA], Academy of Nutrition and Dietetics [AND], United States Department of Agriculture [USDA], School Nutrition Association [SNA] the CISD Child Nutrition Department and Coordinated Approach to Child Health (CATCH) curriculum.

- d) Nutrition education will be increased by sharing information with families and the community via the Conroe ISD Child Nutrition Department website, campus website, monthly campus newsletters and parent meetings.
 - e) After-school activities may encourage and include physical activity along with health and wellness information.
2. Goal #2- All foods made available on campus will adhere to food safety and security guidelines.
 - a) All foods made available on campus comply with the federal, state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (*HACCP*) plans and guidelines are implemented to prevent food borne illness in schools.
 - b) Campuses promote and demonstrates appropriate hand washing practices.
 - c) Access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the U.S. Department of Agriculture (USDA) food security guidelines.
 - d) District administrators, by area of responsibility, are responsible for ensuring local, state and federal laws, regulations and guidelines are updated and in place.
 - e) District safety, health and security policies and crisis plans are current. Training and communication is provided to staff, students and the community.

B. Physical Activity

1. Goal #1- Schools will provide opportunities for students to participate in regular physical activity which promotes personal healthy lifestyles.
 - a) Physical activity shall not be used as a reward or punishment.
 - b) Opportunities for physical activity outside the classroom and/or school day are encouraged.

Evaluated by the School Health Advisory Council on June 17, 2021

WELLNESS
PLAN

- c) Daily recess break of 30 minutes for elementary students.
2. Goal #2- Schools will provide opportunities for every student to develop the knowledge and skills for specific physical activities in accordance with district, state and national guidelines.
- a) State-certified physical education instructors will teach all physical education classes.
 - b) Strive toward physical education classes to have a student/adult ratio not to exceed 45:1. If the ratio is greater than 45:1, CISD must identify protocols in which safety will be maintained for all students.
 - c) K-6th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity (MVPA) daily or 135 minutes weekly.
 - d) 7th-8th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity (MVPA) daily, or 135 minutes weekly, or 225 minutes over a two-week period.
 - e) Time allotted for physical activity will be consistent with national and state standards.
 - f) All physical education instructors must be certified in CPR/AED by *The American Red Cross* or an approved provider.

C. *School Based Activities*

1. Goal #1- The school environment is safe, comfortable and promotes healthy eating practices.
- a) Dining areas are clean and attractive, while providing enough seating for all students during all meal times.
 - b) Drinking water is available for all students during meals.
 - c) Food is not used as a reward or punishment for student behavior unless it is detailed in a student's Individualized Education Plan (IEP).
 - d) *Allergy safe* areas are available for students with identified allergies.
 - e) School-based marketing for food and beverage products are consistent with *Smart Snacks* guidelines and aligned with federal, state and local regulations, laws and guidelines.

- f) School nurse provides expertise and oversight for the provision of school health services. Using clinical knowledge and judgment, the school nurse provides health care to students, performs health screenings and coordinates referrals to healthcare providers. The school nurse also serves as a liaison between school personnel, family, community and healthcare providers to advocate for a healthy school environment.
 - g) District policies support personal efforts by employees to maintain a healthy lifestyle.
2. Goal #2- Adequate time and space are allowed for eating meals.
- a) Adequate time is provided to eat breakfast and lunch from the time the student is seated. [Recommended times by the National Association of State Boards of Education is 10 minutes for breakfast and 20 minutes for lunch.]
 - b) Lunch periods are scheduled as near the middle of the day as possible and are planned to assure that students do not spend too much time waiting in line.
 - c) If meetings or activities are scheduled during meal times, students must be allowed to eat breakfast or lunch.

V. Implementation and Evaluation

1. Goal #1- The Deputy Superintendent will monitor each school for compliance with the Conroe ISD *Wellness Policy*.
- a) Extent to which schools is in compliance with the Conroe ISD *Wellness Policy*.
 - b) Extent of progress made in maintaining the goals of the Conroe ISD *Wellness Policy*.
 - c) Makes available to the public the Conroe ISD *Wellness Policy* through the District website, campus websites, Child Nutrition website and SHAC website.
 - d) Each school site administrator shall be charged with operational responsibility for ensuring that the campus meets the CISD *Wellness Policy* guidelines. Scorecards (HB 5) pertinent to each area will be completed and signed by the end of each school year. Supporting documentation should be included.

CONROE INDEPENDENT SCHOOL DISTRICT WELLNESS PLAN

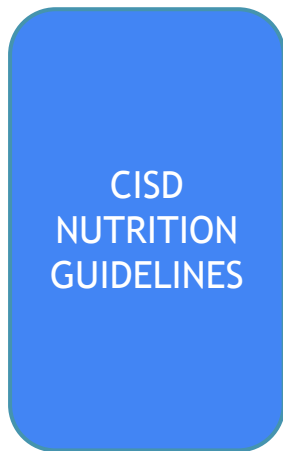
Source: USDA, The Child Nutrition Reauthorization Act of
2004 [Section 4 of Public Law 108-265] Approved:
05-16-2006 Revised: 12-01-2014 Reviewed: 01-14-
2015

- VI. Public Notification
 - 1. Goal #1- The Deputy Superintendent representing the School Health Advisory Council (SHAC) shall report directly to the CISD School Board at least once annually, including written report with information regarding the Council's recommendations for consideration toward future district policy.
- VII. Records Retention



WELLNESS
PLAN

CISD STUDENT NUTRITION GUIDELINES



	Elementary/ Intermediate	Junior High	High School
Vending Machines/ School Stores	Not allowed during the school day	<ul style="list-style-type: none"> All products must meet Smart Snacks Guidelines No carbonated beverages May not be sold 30 minutes before to 30 minutes after meal periods 	<ul style="list-style-type: none"> All products must meet Smart Snacks Guidelines No carbonated beverages May be sold all day Not sold in cafeteria or areas where reimbursable meals are consumed
Homemade Products	Not allowed due to allergy, safety and sanitation concerns	Not allowed due to allergy, safety and sanitation concerns	Not allowed due to allergy, safety and sanitation concerns
Birthday Recognitions	<ul style="list-style-type: none"> Store-bought treats only Classroom teacher is responsible for checking student exemption forms and ensuring alternate food item is available Served in the cafeteria or other designated area after classroom has finished eating lunch Gloves must be worn by anyone handling unpackaged food items with hands. 	N/A	N/A
Special Recognitions- perfect attendance, honor roll, top 10%, honor society, etc.	1 per month- must be documented in binder <ul style="list-style-type: none"> Food is not the reward or incentive for the behavior Only food from health inspected establishment Gloves must be worn by anyone handling unpackaged food items with hands. 	1 per month- must be documented in binder <ul style="list-style-type: none"> Food is not the reward or incentive for the behavior Only food from health inspected establishment Gloves must be worn by anyone handling unpackaged food items with hands. 	1 per month- must be documented in binder <ul style="list-style-type: none"> Food is not the reward or incentive for the behavior Only food from health inspected establishment Gloves must be worn by anyone handling unpackaged food items with hands.
Holiday Parties, School Events, PTO and PTA Events	<ul style="list-style-type: none"> 4 exempt events per year Items are allowed to be provided, not sold, during these events. 	<ul style="list-style-type: none"> 4 exempt events per year Items are allowed to be provided, not sold, during these events. 	<ul style="list-style-type: none"> 4 exempt events per year Items are allowed to be provided, not sold, during these events.
School Day Fundraisers	6 smart snacks exempt days per year <ul style="list-style-type: none"> Pre-Approved by Administration Documented on campus calendar Not sold in cafeteria 	6 smart snacks exempt days per year <ul style="list-style-type: none"> Pre-Approved by Administration Documented on campus calendar Not sold in cafeteria 	6 smart snacks exempt days per year <ul style="list-style-type: none"> Pre-Approved by Administration Documented on campus calendar Not sold in cafeteria

School Day is defined as midnight to 30 minutes after the last scheduled class.

A Smart Snacks Binder will be maintained by designated person at each campus to include:

- Smart Snacks Guidelines
- Invoices for all items sold on campus
- Special Recognition meals documented in binder
- 6 School Day Fundraisers documented in binder
- Nutrition and Ingredient Labels of all items sold on campus
- Smart Snacks guidelines checklist for items sold on campus
- 4 Exempt Events documented in binder

USDA SMART SNACK GUIDELINES

USDA Smart Snacks in School Effective July 1, 2014 Food Guidelines

Nutrition Standards for Foods (per item as packaged or served)

Any food sold on the school campus, during the school day must:

- Be a whole grain-rich grain product; or
- Have as the first ingredient a fruit, vegetable, dairy product, or protein food; or
- Be a combination food that contains at least ¼ cup fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of a nutrient of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

* Effective July 1, 2016, foods may not qualify using the 10% DV criteria.

AND

Foods must also meet all of the specific nutrient standards (with accompaniments):

Calorie limits

Entrée items: ≤ 350 calories
Snack/side items: ≤ 200 calories

Sodium limits

Entrée items: ≤ 480 mg
Snack/side items: ≤ 230 mg**

Fat limits

Total fat: ≤ 35% of total calories

- Exemptions: Reduced fat cheese (including part skim mozzarella), nuts and seeds and nut/seed butters, dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats, seafood with no added fat

Saturated fat: < 10% of total calories

- Exemptions: Reduced fat cheese (including part skim mozzarella), nuts and seeds and nut/seed butters, dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats

Trans fat: zero grams (<0.5g)

Sugar limit

Total sugar: ≤ 35% of weight from total sugars

- Exemptions: Dried/dehydrated fruits or vegetables with no added nutritive sweeteners, dried fruits with nutritive sweeteners for processing and/or palatability, products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats

** Effective July 1, 2016, snack/side items must contain ≤ 200 mg sodium.

Exemptions from meeting all nutrient standards:

- Fresh, frozen, and canned fruits and vegetables with no added ingredients except water; or in the case of fruit, packed in 100% juice, extra light, or light syrup
- Canned vegetables that contain a small amount of sugar for processing purposes
- Entrée items offered as part of the lunch program or breakfast program on the day of service or the day after service (Entrée item is a combination food of M/MA and G, or combination of M/MA and F or V, or a M/MA served alone.)
- Sugar-free chewing gum



USDA Smart Snacks in School Effective July 1, 2014 Beverage Guidelines

Category	Elem	Middle	High
Plain or Carbonated Water	Any size	Any size	Any size
Low Fat Milk (1%), Unflavored	≤8oz	≤12oz	≤12oz
Non Fat Milk (Skim), Flavored or Unflavored*	≤8oz	≤12oz	≤12oz
100% Fruit or Vegetable Juice (plain or carbonated) with no added sweeteners	≤8oz	≤12oz	≤12oz
100% Fruit or Vegetable Juice, Diluted with Water (plain or carbonated) with no added sweeteners	≤8oz	≤12oz	≤12oz
Calorie-Free Beverages, Flavored and/or Carbonated ≤5 calories per 8oz, or ≤10 calories per 20oz	Not permitted	Not permitted	≤20oz
Low Calorie Beverages, Flavored and/or Carbonated ≤40 calories per 8oz, or ≤60 calories per 12oz	Not permitted	Not permitted	≤12oz

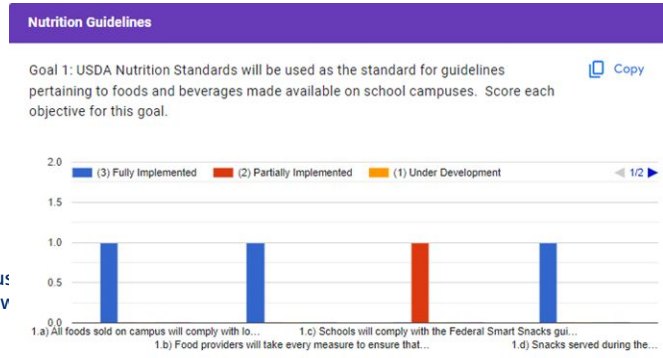
*including nutritionally equivalent milk alternatives as permitted by the school meal requirements.

Note: Caffeinated beverages are only permitted at the High School level.



Campus Survey Results

- In June 2024, An overview of campus responses to the Wellness Plan Assessment Scorecard for each question will be published on the SHAC website and provided to SHAC members for review.



- In June 2024, the spreadsheet of individual campus website and provided to SHAC members for review

C	D	E	F	G	H	I
Campus Name	Campus Grade Level	Name of person completi	Goal 1: USDA Nutrition S	Goal 1: USDA Nutrition S	Goal 1: USDA Nutrition S	Goal 1: USDA Nutrition S
Best Campus	Elementary/Intermediate	Jane Doe	(3) Fully Implemented	(3) Fully Implemented	(2) Partially Implemented	(3) Fully Implemented

Triennial Assessment

b.)The extent to which the district's local school wellness policy compares to model local school wellness policies.

- The WellSAT 3.0 Triennial Assessment tool is a quantitative assessment tool to help districts assess and improve the strength and comprehensiveness of their local wellness policy.
 - Is recommended by Healthier Generation.

WellSAT: 3.0
Wellness School Assessment Tool

- About the WellSAT
- Coding Tips
- Using Your Scores
- WellSAT-I
- Triennial Assessment
- Resources

Rudd Center | Contact

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al wellness



Triennial Assessment

WellSAT: 3.0
Wellness School Assessment Tool

DISTRICT SCORECARD



Section 1: Nutrition Education		Rating
NE1	Includes goals for nutrition education that are designed to promote student wellness.	
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	
NE3	All elementary school students receive sequential and comprehensive nutrition education. Use N/A if no elementary schools in district.	
NE4	All middle school students receive sequential and comprehensive nutrition education. Use N/A if no middle schools in district.	
NE5	All high school students receive sequential and comprehensive nutrition education. Use N/A if no high schools in district.	
NE6	Nutrition education is integrated into other subjects beyond health education	
NE7	Links nutrition education with the school food environment.	
NE8	Nutrition education addresses agriculture and the food system.	
Subtotal for Section 1	<p>Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.</p> <p>Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.</p>	

Alliance For a Healthier Generation

- Independent initiative founded in 2005 as a partnership between the Clinton Foundation and American Heart Association.
- Provides school districts with resources for healthy living.
- <https://www.healthiergeneration.org/>

WellSAT: 3.0

- University of Connecticut
- Quantitative assessment tool to help score and evaluate local school wellness policy.
- <https://www.wellsat.org/default.aspx>

Triennial Assessment

c.)A description of the progress made in attaining the goals of the local school wellness policy.

- A comparison of the 2020-2021 Triennial Assessment to 2023-2024 Triennial Assessment will be completed after all campuses have completed the Wellness Plan Assessment Scorecard at the end of the 2023-2024 school year.
- This comparison will be published on the SHAC website and provided to all SHAC members for review.

CONROE ISD WELLNESS POLICY TRIENNIAL ASSESSMENT 2020-2021

Wellness Policy Mission Statement

The District shall follow nutrition guidelines that advance student health, reduce childhood obesity and promote the general wellness of all students through nutrition education, physical activity, and other school-based activities. The District shall develop nutritional guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, school administration, the school board, parents, and the public.

Component I: Nutrition Guidelines				
USDA Nutrition Standards will be used as the standard for guidelines pertaining to foods and beverages made available on school campuses.				
Goal	Exceptional (Fully in Place)	Acceptable (Partially in Place)	Needs Improvement (Not in Place)	Comments
All foods sold on campus will comply with local, state, and federal laws and regulations as well as the current USDA Dietary Guidelines for Americans.		X		<ul style="list-style-type: none"> • Standards established • Not consistently followed
Food providers will take every measure to ensure that students have access to food and beverages that meet federal, state and local laws, regulations and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for EC/PK, elementary schools, middle and high schools.		X		<ul style="list-style-type: none"> • Continue to educate school community about healthy foods • Not consistently followed
Schools will comply with the Federal Smart Snacks guidelines.		X		<ul style="list-style-type: none"> • Not consistently followed
Snacks served during the school day will comply with the Federal Smart Snacks Guidelines.		X		<ul style="list-style-type: none"> • Continue to educate school community about healthy foods • Not consistently followed

2020-2021
Triennial
Assessment

2020-2021
Triennial
Assessment

Component 2: Wellness Goals: Nutrition Promotion and Education				
Schools will provide and promote nutrition education to students, staff and community. All foods made available on campus will adhere to food safety and security guidelines.				
Goal	Exceptional (Fully in Place)	Acceptable (Partially in Place)	Needs Improvement (Not in Place)	Comments
Schools will provide nutrition education and engage in nutrition promotion.		X		<ul style="list-style-type: none"> Currently developing health curriculum for elementary to address nutrition.
Campus coordinated school health team will promote campus wellness education and school-wide activities.		X		<ul style="list-style-type: none"> Teams have been established through 8th grade.
Nutrition education will be acquired from researched based sources.		X		
Nutrition education will be increased by sharing information with families and the community via the Conroe ISD Child Nutrition Department website, campus website, monthly campus newsletters and parent meetings.		X		<ul style="list-style-type: none"> Child nutrition website is regularly updated. Healthy eating is celebrated throughout the year. Partner with local agencies to educate families about nutritious meals.
After-school activities may encourage and include physical activity along with health and wellness information.		X		<ul style="list-style-type: none"> Many schools have incorporated running clubs and other extra-curricular activities to promote wellness.
All foods made available on campus comply with the federal, state and local food safety and sanitation regulations. HACCP plans and guidelines are implemented to prevent food borne illnesses in schools.	X			<ul style="list-style-type: none"> All kitchens inspected by Montgomery County Health Department

**2020-2021
Triennial
Assessment**

Campuses promote and demonstrate appropriate hand washing practices.	X			<ul style="list-style-type: none"> • Signage posted
Access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance, see the USDA food security guidelines.	X			<ul style="list-style-type: none"> • Kitchen doors locked
District administrators, by area of responsibility, are responsible for ensuring local, state and federal laws, regulations and guidelines are updated and in place.	X			

Component 3: Wellness Goals: Physical Activity

Schools will provide opportunities for students to participate in regular physical activity, which promotes personal healthy lifestyles. Schools will provide opportunities for every student to develop the knowledge and skills for specific physical activities in accordance with district, state and national guidelines.

Goal	Exceptional (Fully in Place)	Acceptable (Partially in Place)	Needs Improvement (Not in Place)	Comments
Physical activity shall not be used as a reward or punishment.		X		<ul style="list-style-type: none"> • Not consistently followed
Opportunities for physical activity outside the classroom and/or school day are encouraged.		X		<ul style="list-style-type: none"> • Some campuses offer after-school extracurricular activities • Some campuses share information regarding additional physical activity opportunities (community sports camps, Junior High and High School athletics camps, etc.)
Daily recess break of 30 minutes for elementary students.	X			<ul style="list-style-type: none"> • All elementary schools provide 30 minutes daily of recess break.
State-certified physical education instructors will teach all physical education classes.	X			<ul style="list-style-type: none"> • All physical education instructors are state-certified

**2020-2021
Triennial
Assessment**

Strive towards physical education classes to have a student/ adult ratio not to exceed 45:1. If the ratio is greater, CISD must identify protocols in which safety will be maintained for all students.		X		<ul style="list-style-type: none"> Not consistently followed
K-6 th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity daily or 135 minutes weekly.	X			
7 th -8 th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity daily, or 135 minutes weekly, or 225 minutes over a two week period.	X			
Time allotted for physical activity will be consistent with national and state standards.		X		<ul style="list-style-type: none"> Time allotted is consistent with state standard Time allotted is not consistent with the national standard of 60 minutes activity/day
All physical education instructors must be certified in CPR/AED by The American Red Cross or an approved provider.	X			<ul style="list-style-type: none"> All instructors certified in CPR/AED

Component 4: Other School Based and Community Based Activities to Promote Wellness

The school environment is safe, comfortable and promotes healthy eating practices.
Adequate time and space allowed for eating meals.

Goal	Exceptional (Fully in Place)	Acceptable (Partially in Place)	Needs Improvement (Not in Place)	Comments
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2020-2021 Triennial Assessment

Dining areas are clean and attractive, while providing enough seating for all students during all meal times.	X			<ul style="list-style-type: none"> Expanded options to eat inside and outside.
Drinking water is available for all students during meals.	X			<ul style="list-style-type: none"> Water fountains and/or water pitchers available to all students in cafeteria
Food is not used as a reward or punishment for student behavior unless it is detailed in a student's IEP.		X		<ul style="list-style-type: none"> Inconsistent use. Continue to communicate expectations.
Allergy safe areas are available for students with identified allergies.	X			<ul style="list-style-type: none"> Tables marked in cafeteria
School-based marketing for food and beverage products are consistent with Smart Snacks guidelines and aligned with federal, state and local regulations, laws and guidelines.		X		<ul style="list-style-type: none"> Continue to educate school community about healthy foods Not consistently followed
School nurse provides expertise and oversight for the provision of school health services. Using clinical knowledge and judgment, the school nurse provides health care to students, performs health screenings and coordinates referrals to healthcare providers. The school nurse also serves as liaison between school personnel, family, community and healthcare providers to advocate for a healthy school environment.	X			<ul style="list-style-type: none"> We have a registered full-time nurse on each campus who supports this goal.
District policies support personal efforts by employees to maintain a healthy lifestyle.	X			<ul style="list-style-type: none"> District employees are encouraged to participate in healthy challenges sponsored by the district. Health fair is held annually.
Adequate time is provided to eat breakfast and lunch from the time the student is seated. (20 minutes lunch, 10 minutes breakfast)	X			<ul style="list-style-type: none"> Adequate time is provided
Lunch periods are scheduled as near the middle of the day as possible and	X			<ul style="list-style-type: none"> Lunch periods do not begin before 10:30 AM

**2020-2021
Triennial
Assessment**

are planned to assure that students do not spend too much time waiting in line.				
If meetings or activities are scheduled during meal times, students must be allowed to eat breakfast or lunch.	X			<ul style="list-style-type: none">All students are provided a meal break

Evaluated by School Health Advisory Committee Members on June 17, 2021

THANK YOU

Next Meeting
June 11, 2024
Conroe ISD Board Room

