

## **Other School-Based Activities**

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness.

In accordance with [FFA\(LOCAL\)](#), the District has established the following goal(s) as part of its student wellness policy to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.

**GOAL 1:** Each campus administrator shall create a campus-based school health advisory council (Campus Wellness Committee) to coordinate health and wellness initiatives in compliance with this policy.

**Objective 1:** The campus administrator will annually invite parents, staff, administrators, students, school nurses, child nutrition employees, and community members to be members of the wellness committee.

Resources:

**Objective 2:** The District will provide the tools and resources including the Wellness Policy, Wellness Regulations, and Wellness Plan to the Campus Wellness Committee to define their purpose and goals for the school year.

Resources: [FFA\(LOCAL\)](#)

**Objective 3:** *The campus* principal will complete and submit the required Wellness Plan Surveys.

Resources: [FFA\(LOCAL\)](#)

**GOAL 2:** Each shall provide a clean, safe, and comfortable environment, where students are provided with sufficient time to eat their meals. [See FFA(REGULATION)]

**Objective 1:** All campuses will build their master schedules to allow at least ten minutes to eat breakfast and twenty minutes to eat lunch from the time a student has received his or her meal and is seated.

Resources: Exemplar Campus Schedules

**Objective 2:** Each campus will provide a clean, safe and comfortable dining environment that are safe and in good working condition.

Resources: [Teaching Tolerance Mix it Up! Activities](#); [The American Occupational Therapy Association, Inc.- The Cafeteria: Creating a Positive Mealtime Experience](#); [Responsive Classroom – Let’s Do Lunch!](#)

**Objective 3:** Campuses will provide a social and enjoyable experience for all students during mealtime.

Resources: [Teaching Tolerance Mix it Up! Activities](#); [The American Occupational Therapy Association, Inc.- The Cafeteria: Creating a Positive Mealtime Experience](#); [Responsive Classroom – Let’s Do Lunch!](#)

**GOAL 3:** Wellness for students, families, and staff shall be promoted at suitable school events.

**Objective 1:** The District will provide recommendations and resources for wellness promotion at school events.

Resources: [Wellness Event Guide](#); [USDA Heathy Choices](#)

**Objective 2:** Campuses shall provide multiple opportunities throughout the school year where students and families can receive health and wellness information.

Resources: [Wellness Event Guide](#)

**Objective 3:** Campuses shall promote and encourage staff to engage in the wellness offerings provided by the District.

Resources: [Staff Health & Wellness](#)

**Objective 4:** The District will ensure that at each athletic event sponsored by the District at which food and beverages are sold, each concession vendor will offer at least one healthy food and beverage choice.

Resources: [USDA Smart Snack Guidelines](#); [USDA School Meal Nutrition Standards](#); [Smart Snacks Store](#)

**Objective 5:** All classroom or campus celebrations will be encouraged to include at least one healthy choice item.

Resources: [FBISD Website](#); [USDA Heathy Choices](#)

**GOAL 4:** The District shall provide opportunities for ongoing professional training and development for all instructional staff in all areas of coordinated school health.

**Objective 1:** The District will offer professional development opportunities that support the implementation of the Wellness Policy annually.

Resources: [SHAC Webpage](#)

**Objective 2:** The District will encourage staff to attend trainings and professional development opportunities that incorporate the components of coordinated school health.

Resources: [Coordinated School Health Professional Learning](#); [SHAC Webpage](#)

**GOAL 5:** The District shall provide other coordinated school health services that support the overall wellness of students, staff, and community members.

**Objective 1:** The District will provide and promote student, staff, parents, and community wellness events.

Resources: [Wellness Event Guide](#); [Staff Health & Wellness](#); [SHAC Webpage](#)

**Objective 2:** The District will provide mental health awareness and suicide prevention and intervention strategies to students, staff, and parents.

Resources: [No Place for Hate Resources](#); [FBISD Bully Prevention Resources and Response](#); [Fort Bend ISD Speak Up](#); [Mental Health America Fort Bend County Resource Guide](#)

**Objective 3:** The campus will provide bullying prevention and intervention strategies to students, staff, and parents.

Resources: [FBISD Bullying Staff Resource Page](#); [Staff Health & Wellness](#); [FBISD Employee Assistance Program](#); [Fort Bend ISD Speak Up](#); [Mental Health America Fort Bend County Resource Guide](#)

**Objective 4:** The District will encourage and promote the physical, mental/emotional, and social well-being of employees.

Resources: [Staff Health & Wellness](#); [FBISD Employee Assistance Program](#); [Fort Bend ISD Speak Up](#); [Mental Health America Fort Bend County Resource Guide](#)

**Objective 5:** The District will provide each campus with professional school counselors, physical education teachers, and registered nurses to provide coordinated school health services.

Resources: [FBISD Human Resources](#)

**Objective 6:** The district will provide students' access to social workers to provide coordinated school health services.

Resources: [FBISD Learning Support Services](#)

**Objective 7:** The District will offer professional development opportunities that support the implementation of the wellness policy annually.

Resources: [SHAC Webpage](#)

**Objective 8:** The campus will provide and promote student, staff, parents and community wellness events.

Resources: [Wellness Event Guide](#); [Staff Health & Wellness](#); [SHAC Webpage](#)

**GOAL 6:** Each campus shall include in the Campus Improvement Plan (CIP) strategies and performance objectives related to coordinated school health implementation.

**Objective 1:** The District will offer professional development opportunities that support the implementation of the wellness policy annually.

Resources: [Coordinated School Health Professional Learning](#); [SHAC Webpage](#)

**Objective 2:** The district will provide the recommendations and suggestions for coordinated school health objectives and strategies.

Resources: [Fitnessgram](#); [Coordinated School Health Professional Learning](#); [SHAC Webpage](#)