

PENELOPE I. S. D. WELLNESS PLAN

Component	Time	Resource	Actions Required
Component 1 A commitment to Nutrition and Physical Activity	Regular Physical Activity Daily	Coaches! Elementary Teachers	Regular scheduled Physical Education Classes – CATCH Program
	SHAC Committee meets (fall)	Food Services Staff and Principal	Nutrition and Physical Activity Improvement Plan for Penelope ISD
	Nutrition Education and Physical Activity Education Daily	Teachers! Coaches integrate across curriculum nutrition and physical activity education.	Nutrition education in lesson plans CATCH Program
Component 2: Quality School Meals	All foods and beverages sold or served will meet USDA & TDA standards	Traditional Menu planning Food Services Records Region 12	Menus approved and reviewed on a regular basis Salads and Potato Bar offered
	Breakfast and Lunch served Daily 2 nd Breakfast @ 9:00AM Food Safety	Superintendent Food Service Staff	Lunch room properly staffed. All equipment will be properly maintained and working.
	Menus meet nutrition standards established by USDA & TDA	Food Service Staff Region 12	Menus with recipes will be on file Proper content and daily nutritional needs addressed.
Component 3: Other Healthy Food Options	Students encouraged eat daily	Food Service Staff Parents	Pleasant Atmosphere School/Parent Interaction
	2 nd Breakfast	Staff Awareness	Letters Home about MNV Foods Staff Training
	Educate Parents about Healthy life Choices	School Staff and Principal	Parent Newsletter Articles Occasional Mailers

Component 4: Pleasant Eating Experiences

Water offered During the Day

Penelope ISD Food Services Staff

Drinking fountains available
Water available during lunch.

Washing Hands

Food Services Staff
Penelope ISD Staff

Staff Training

Adequate time for meals scheduled

Principal

Class Schedules

Parents encouraged to eat with students

Food Services Staff
Staff

Menus sent home
Articles in Parent Newsletter

Component 5: Nutrition Education

Health Education Curriculum Standards and guidelines as stated by TEA

Teachers

Textbooks CATCH

Integrate Nutrition Education into Core Curriculum

Core Teachers

Lesson Plans CATCH

Posters, Websites available

Food Services, Staff, Teachers

TDA and USDA
Square Meals

Component 6: Marketing

Student needs considered for school nutrition environment

School Board
Superintendent

Educational Facility

Healthy eating and physical activity promoted

Principal

Scheduling

Component 7: Implementation

SHAC will meet once a year

Principal

SHAC will develop a plan of action

SHAC committee

Report to Superintendent

Annual committee report