

CAYUGA ISD STUDENT WELFARE WELLNESS PLAN

Mission Statement:

Cayuga ISD is committed to fostering a healthy school and work environment that promotes and protects the health and well-being of our students and staff. The educational setting empowers students and staff the ability to learn and succeed. By embracing wellness, daily physical activity and healthy nutritional choices as part of the total learning environment, Cayuga ISD strives to make health and wellness an integral part of the total learning environment.

Vision:

The vision of Cayuga ISD Wellness Program is to become the primary resource for students and employees in achieving and maintaining healthier lifestyles. Through the implementation of meaningful programs and opportunities, Cayuga ISD will foster a culture of wellness that promotes good health, encourages healthy choices and emphasizes the prevention and reduction of health risks and their progression

Philosophy (Wellness Plan)

Cayuga ISD is committed to providing a school environment that promotes and protects health well being, and the ability to learn for all students by supporting healthy eating habits and regular physical activity. The District recognizes that student wellness is directly connected to academic achievement, attendance, behavior and overall quality of life.

Through collaborative efforts among families, school personnel and the community, Cayuga ISD strives to foster lifelong habits that support healthy lifestyles and outcomes for all students.

To support student wellness, Cayuga ISD shall pursue the following goals.

- Stakeholder Involvement: The District will engage students, parents, teachers, food service professionals, health professionals, school administrators and other interested community members in the developing, implementing, monitoring and reviewing district wide nutrition and physical activity policies and practices.
- Physical Activity Opportunities: All students in grade PK-12 will have opportunities, support, and encouragement to participate in physically active activities on a daily basis in accordance with state requirements and best practices for the school wellness.
- Nutrition Services: Food Service Director will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the Final Rule Professional Standards for State and Local School Nutrition Programs Personnel as required by the Healthy, Hunger-Free Act of 2010.
 - Cayuga ISD will provide clean, safe, and pleasant settings;
 - Ensure students have adequate time to consume meals; and
 - Support healthy food choices that contribute to student health and academic success.
- To our ability, our district will participate in available federal school meal programs including: School Breakfast Program (SBP) and National School Lunch Program (NSLP).

- Positive Dining Environment: Cayuga ISD will provide a clean, safe, and pleasant dining environment and ensure that students have adequate time to enjoy meals in a respectful and supervised setting.
- Cayuga ISD shall provide all students nutritional education and physical education designed to promote lifelong healthy behaviors. These programs shall support healthy eating habits, encourage regular physical activity, and establish connections among health education, school meal programs, and community health resources.

A. Nutrition Education:

- Nutrition education is offered in the school dining room and classroom environment..
- State and district health education curriculum standards and guidelines shall include instruction related to nutrition and physical activity.
 - Nutrition concepts shall be integrated into the health education curriculum and reinforced through school-wide wellness initiatives.
 - All students in grades PK–12 shall receive sequential, developmentally appropriate nutrition education annually that is aligned with state standards and designed to develop lifelong healthy eating behaviors.
- Schools shall conduct nutrition education activities and promotional efforts that actively involve students, families, and community members.
- Nutrition education activities shall include opportunities for students to learn about agriculture, local food systems, food production, and the relationship between food choices and community health whenever feasible.
- **Goal:** Each campus shall implement at least one nutrition promotion activity annually that actively engages students and families in healthy eating practices.

Examples:

- Family nutrition nights
- Taste-testing events
- Farm-to-School activities
- School garden projects

B. Physical Education

- The primary goal of the District's physical activity program is to provide opportunities for every student to:
 - Develop knowledge and skills related to physical activity;
 - Improve and maintain physical fitness;
 - Participate regularly in physical activity; and
 - Understand the short- and long-term benefits of leading a physically active and healthy lifestyle.

Goal: Each campus shall provide at least one school-wide physical activity initiative annually to encourage lifelong participation in physical activity.

Examples:

- Walk Across Texas
- Field Day
- Fun Run
- Family Fitness Night

Students should participate in a minimum of 30 minutes of physical activity on most days of the week.

Physical activity opportunities shall foster safe, enjoyable, and inclusive experiences for all students, regardless of skill level or participation in competitive sports.

Cayuga ISD shall:

- Provide opportunities for physical activity during the school day through recess and physical education classes;
- Offer opportunities for participation in after-school programs, including interscholastic athletics at the middle school and high school levels;
- Ensure that adequate facilities and equipment are available to support active participation during physical education classes; and
- Promote an environment that encourages lifelong participation in physical activity.

Students with disabilities shall have the opportunity to participate in physical education programs within the least restrictive environment. Appropriate accommodations and modifications shall be provided as necessary in accordance with applicable federal and state laws and regulations.

The District recognizes the importance of physical education in promoting lifelong health and wellness. Physical education classes shall not routinely be withheld as punishment or used as a consequence for academic performance or disciplinary reasons, except when student safety is a concern.

C. Other School-Based Activities

Policies established under this category create a school environment that provides consistent wellness messages and supports healthy eating and regular physical activity.

To promote student wellness, Cayuga ISD will:

- Provide sufficient time for students to consume meals in lunchroom facilities that are clean, safe and comfortable and conducive to positive social interaction.
- Provide adequate time for students to enjoy eating healthy foods with friends, scheduled as near the middle of the school day as possible.
- Provide adequate seating, serving area, and meal serving areas to ensure student access to school meals with a minimum of wait time.
- Provide on going professional training and development for food service staff and teachers in the areas of nutrition, student wellness, and physical education.
- Encourage staff members to serve as positive role models by demonstrating healthy nutrition choices and participation in regular physical activity.

Through these efforts, Cayuga ISD seeks to establish a coordinated approach to wellness that supports the physical, emotional, social, and academic success of every student while promoting lifelong healthy habits.

Goals to Promote Employee Wellness:

Cayuga ISD recognizes that employee wellness is essential to maintaining a productive, positive, and effective educational environment. The District understands that health maintenance requires a balance between energy consumed (through food), and energy expended, (physical activity). Excessive caloric intake combined with physical inactivity leads to obesity and other chronic health conditions.

Therefore, it is the goal of Cayuga ISD to provide an environment that supports employees in achieving and maintaining optimal health. The District is committed to fostering a culture of wellness by encouraging healthy lifestyle choices, promoting disease prevention and providing opportunities that enhance the physical, emotional and social well-being of all staff members.

To support employee wellness, Cayuga ISD will strive to:

- Evaluating the health and wellness needs of staff and developing programs and initiatives designed to address these needs.
- Providing wellness opportunities that encourage healthy behaviors, including participation in physical activity, stress management, preventive health practices, and healthy nutrition.
- Offer professional development opportunities related to employee health practices and healthy nutrition.
- Sharing health- related information and resources with staff and community members to remote awareness and positively impact the overall health of the school community.
- Provide staff with instruction and training regarding basic injury prevention practices and safety procedures specific to the school environment or individual job responsibilities.
- Support programs that emphasize early identification and management of health risks to reduce the progression of preventable illnesses and injuries.
- Encourages employees to serve as positive role models by demonstrating healthy behaviors that reinforce the District's commitment to wellness.

Goal: Cayuga ISD shall offer or promote at least two employee wellness initiatives annually designed to support physical, emotional, and social well-being.

Examples:

- CPR/AED training
- Flu shot clinics
- Walking challenges
- Stress management workshops
- Preventive health screenings

Through these efforts, Cayuga ISD seeks to cultivate a workplace culture that values health, encourages personal responsibility for wellness, and supports employees in achieving their highest potential both professionally and personally.

A Plan for Implementing the Goals of the Program:

A coordinated effort between the District Nurse, PE teachers, Food Service Manager and the School Wellness Committee will provide the structure for District Wellness Policy implementation.

- The School Wellness Committee shall:
 - Develop implement, monitor, review and revise the District's wellness procedures on an annual basis.
 - Serve as a resource to all campuses in the implementation of the wellness policy procedures and initiatives.
 - Facilitate and support the implementation of the District wellness policy.
 - Coordinate wellness activities among campuses to promote consistency and collaboration throughout the District.
 - Monitor progress toward achieving established wellness goals and recommend modifications as needed.

Following annual reviews and the triennial assessment, the School Wellness Committee shall develop an action plan identifying:

- Priority areas for improvement;
- Specific wellness goals;
- Individuals responsible for implementation;
- Timelines for completion; and
- Methods for monitoring progress.

Nutrition Guidelines for Foods and Beverages available on Each School Campus and District Facilities During School/Work Day

Academic performance and quality of life issues are influenced by the availability of nutritious food choices within our school environment. Healthy foods support physical growth, brain development, and disease prevention, emotional stability and students' ability to learn.

Nutrition guidelines requiring the use of products that are lower in added sugar, sodium, fresh fruits and vegetables, whole grains, fat free and low fat milk served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the District's Food Service Department.

The District will:

- Ensure the reimbursable meals meet all applicable federal and state nutrition requirements.
- Provide nutritious a la carte options for middle and high school students that comply with USDA Smart Snacks in School Standards.
- Establish guidelines for foods and beverages sold in vending machines, snack bars or other venues accessible to students during the school day.
- Provide access to water at all campuses, including the cafeteria.

With appropriate supervision by at least one District employee, students representing their school or the District may participate in approved fundraising to benefit the District or a non-school, charitable organization. Participation shall be voluntary and shall be approved when the fundraising activity relates

to the District's educational mission.

Fundraising through sales of foods and beverages that could be consumed during the school day shall meet the requirements for competitive foods unless the District allows an exception from the competitive food requirement, as permitted by state and federal law.

A Plan for Measuring Implementation

Cayuga Independent School District shall establish and maintain a plan for measuring implementation and effectiveness of the Local Wellness Policy.

The School Wellness Committee shall:

- Provide assistance to schools to create healthy school nutrition environments.
- promote healthy eating habits and increase physical activity among elementary and secondary students.
- Review progress toward meeting wellness goals and objectives.
- Recommend improvements based on evaluation findings.

The School Wellness Committee shall:

- Conduct the required triennial assessment;
- Compare the District's policy to model wellness policies and evidence-based practices;
- Evaluate compliance at each campus; and
- Present findings and recommendations to district leadership and the Board of Trustees.

The district health education staff shall provide technical assistance, guidance and resources to all support the implementation of health education and nutrition education initiatives throughout the District.

Additionally:

- Each campus shall include a goal related to student health and fitness within its School Improvement Plan.
- The District and individual campuses shall engage in ongoing evaluation, revision, and implementation of wellness initiatives to ensure continuous improvement.

Each campus principal shall designate an individual responsible for coordinating campus wellness initiatives and communicating implementation progress to the School Wellness Committee.

Documentation supporting implementation efforts may include:

- Meeting agendas and minutes;
- Sign-in sheets;
- Wellness event participation records;
- Campus wellness activity summaries;
- Annual public notifications;
- Copies of wellness communications;
- Triennial assessment reports; and
- Evidence of stakeholder involvement.

A Plan for Modifying the Program Based on Evaluation Data

The School Wellness Committee shall meet no fewer than four times annually to review wellness initiatives, monitor implementation progress, evaluate wellness goals, and recommend improvements.

As part of this review process, representatives from the District Nurse, Food Service Manager, Physical Education Department, and District Administration shall evaluate the nutrition and physical activity environment within the schools.

Based on evaluation findings, the District and individual campuses shall, when necessary:

- Revise wellness strategies and procedures.
- Develop action plans to address identified needs.
- Establish timelines and responsibilities for implementation.
- Allocate available resources to support wellness initiatives.
- Monitor progress toward achieving improved health outcomes for students and staff.

School Wellness Committee

The District shall establish, strengthen, or work within their scope to develop, implement evaluate, revise and recommend school nutrition and physical activity initiatives that promote lifelong healthy behaviors.

The School Wellness Committee is a group of individuals representing the school and community and may include representatives from any of the following:

- School Counselor
- School Nurse
- Food Service Department
- Physical Education Teacher
- Parent/Community Member
- Other members as determined by the school principal

Recommendations from SHAC regarding health/nutrition education shall be considered and implemented to the greatest level possible for students grades PreK through 12.

School policies concerning safety shall be in effect at all times

The School Wellness Committee shall provide coordinated communications to the students families community and staff regarding wellness initiatives and opportunities.

Cayuga ISD personnel may coordinate physical activities and/or nutrition service programs designed to enhance employee wellness and overall staff health,

Responsibilities of the School Wellness Committee include:

- Organize and lead the School Wellness Committee;
- Evaluate school wellness environments and practices;
- Determine wellness goals aligned with district priorities;
- Assisting with the implementation of wellness- related school improvement plan goals;

- Coordinate schoolwide wellness initiatives;
- Monitor implementation efforts
- Reviewing evaluation data and
- Revise wellness plans and procedures based on identified needs and outcomes

Involvement of Parents, Students, Representatives of the School Food Authority, The School Board, Teachers, School Administrators Support Staff, District Administrators and the Public

Long-term partnerships among families, schools, and community organizations strengthen the planning and implementation of health promotion efforts and benefit both students and the broader community.

Community stakeholders and SHAC shall be provided opportunities to participate in district and campus wellness planning activities.

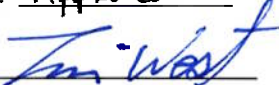
Cayuga ISD shall actively encourage the involvement of students, families, staff members, representatives of the School Food Authority, school board members, administrators, teachers, support personnel, and members of the public in the development, implementation, evaluation, and revision of the Local Wellness Policy.

Cayuga ISD and individual campuses shall support participation in community activities and events that promote healthy lifestyles, physical activity, nutrition education, and overall wellness.

Through collaborative efforts and shared responsibility, Cayuga ISD seeks to establish a culture of wellness that supports the academic success, health, and well-being of all students and staff members.

Presented to Cayuga Board of Trustees: June 22, 2026

Approval or Dis-approval of Policy: Approved

Signature of Board of Trustee: 

Printed Name of Board of Trustee: Tim West