

Mineola Independent School District  
Wellness Plan

## **School Health Advisory Council (SHAC)**

### Committee Members

Kim Tunnell	Superintendent
Venita Watts	Assistant Superintendent
Kerry VanCleave	Teacher
Kim Myers	Student Nutrition Director
Tennette Iley	School Nurse
Mary Hurley	Parent
Reana Sneed	Parent
Melanie Henderson	Parent
Jaime Finley	Parent
Gina Phelps	Parent
Tiara Stephens	Student

MINEOLA INDEPENDENT SCHOOL DISTRICT  
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Goal 1. All students shall be taught the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime.

Activities	Person Responsible	Timeline	Resources	Evaluation
Nutrition education will be taught in classrooms.	Principal Curriculum Director	Weekly	Text book TEKS Cafeteria staff	Lesson plans
The food service staff will offer healthy food choices.	Student Nutrition Director	Daily	USDA Commodities Region VII	Menus Procurement records
The school environment will encourage students to make healthy food choices.	Building principals Student Nutrition Director	Monthly	Texas Dept. of Agriculture USDA Region VII Textbook	Materials displayed
The PTO will offer programs on healthy food choices for parents.	PTO president Special Programs Director	September April	Texas Dept. of Agriculture Student Nutrition Director	Meeting agendas
The campus and district committees will review the Wellness Plan, as needed.	Superintendent Special Programs Director	September	Board Policy National School Lunch Act	Meeting agendas

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Goal 2. Each campus will have physical activities every day.

Activities	Person Responsible	Timeline	Resources	Evaluation
All students will have opportunities for physical education each day.	Building principals	Daily	TEKS Campus schedules	Class enrollment

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Goal 3. The health of all students will be integrated into a variety of programs.

Activities	Person Responsible	Timeline	Resources	Evaluation
The school environment will encourage students to make healthy food choices.	Building principals Student Nutrition Director	Monthly	Texas Department of Agriculture USDA	Materials displayed
The school will assist students and parents in locating needed health services.	Counselors Nurse	Monthly	Local resource list	Services obtained
The school will support the wellness activities of various student organizations.	Building principals	Once each semester	Texas Department of Agriculture USDA Dietary Guidelines	Records of activities
CATCH Program will be integrated into the curriculum	Campus Principal	Monthly	CATCH Program materials	Number participating

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Goal 4. The district will be in compliance with all federal and state nutrition guidelines.

Activities	Person Responsible	Timeline	Resources	Evaluation
The Student Nutrition Director will follow mandated dietary guidelines.	Student Nutrition Director Superintendent	Daily	USDA Dietary Guidelines Smart Snack Guidelines	Menus
The guidelines for reimbursable meals shall not be less restrictive than the regulations and guidance of the Child Nutrition Act and the National School Lunch Act.	Student Nutrition Director Superintendent	Monthly	Child Nutrition Act National School Lunch Act	Reimbursements