

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

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WELLNESS PLAN

This document, referred to as the “wellness plan” (the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]

STRATEGIES TO
SOLICIT
INVOLVEMENT

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following persons to work with the SHAC on the District’s wellness policy and plan: parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input of these other interested persons by:

1. Working with the Family Liaison Coordinator for parental involvement and with our community partners that participate in our School Health Advisory Council
2. Working with Principals to engage their student leadership groups to give input on the wellness policy implementation.

IMPLEMENTATION

Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.

The Wellness Coordinator is the District official responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.

EVALUATION

At least every three years, as required by law, the District will measure and make available to the public the results of an assessment of the implementation of the District’s wellness policy, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. This will be referred to as the “triennial assessment.”

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Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. The SHAC may use any of the following tools for this analysis:

- Smarter Lunchrooms' website (<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>)
- Relevant portions of the CDC School Health Index
- Relevant portions of the state required wellness report card, which is a district level self-assessment.

PUBLIC
NOTIFICATION

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness policy, the District will create a wellness page on its website to document information and activity related to the school wellness policy, including:

1. A copy of the wellness policy [see FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
5. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
6. The SHAC's triennial assessment; and
7. Any other relevant information.

The District will also publish the above information in appropriate District or campus publications.

RECORDS
RETENTION

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. Questions may be directed to the Nutrition Central Distribution Manager or the District Records Management Officer, the District's designated records management officers.

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GUIDELINES AND GOALS	The following provisions describe the District's nutrition guidelines, activities, and objectives chosen by the SHAC to implement the Board-adopted wellness goals in policy FFA(LOCAL).
NUTRITION GUIDELINES	<p>All District campuses participate in the U.S. Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that the District establish nutrition guidelines for foods and beverages sold to students during the school day on each campus that promote student health and reduce childhood obesity.</p> <p>The District's nutrition guidelines are to ensure all foods and beverages sold or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.</p>
FOODS AND BEVERAGES SOLD	<p>The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements. The following websites have information regarding meal and Smart Snacks requirements:</p> <ul style="list-style-type: none"> • http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals • http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks • http://www.squaremeals.org/Publications/Handbooks.aspx (see the Complete <i>Administrator Reference Manual</i> [ARM], Section 20, Competitive Foods) <p>The District has also incorporated the following stricter standards that are not prohibited by federal or state law:</p> <ul style="list-style-type: none"> • Elementary, Intermediate, and Middle School Campuses will not sell foods during the school day except on designated exemption days. • Diet sodas will not be sold at any grade level during the school day.

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- Food will not be fried onsite at any grade level

EXCEPTION—
FUNDRAISERS

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

The District will allow the following exempted fundraisers for the 2017-2018 school year:

Campus or Organization	Food / Beverage	Number of Days
All campus levels	Any food/beverage	6

FOODS AND
BEVERAGES
PROVIDED

There are no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. However, each school district must set its own standards. The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function. [See CO(LEGAL)]

In addition, the District has established the following local standards for foods and beverages made available to students:

Water will be available for all students during the school day

Elementary/Intermediate school: No foods will be given away to students during the school day. Exception: each campus will be allowed two days per semester for academic or behavioral incentive events on their campus. Foods given away on these days do not have to meet the smart snacks guidelines.

Middle/junior high school: No foods will be given away to students during the school day. Exception: each campus will be allowed one day per month for academic or behavioral incentive events. Foods given away on these days do not have to meet the smart snacks guidelines.

High school: No foods will be given away to students during the school day. Exception: each campus will be allowed one day per month for academic or behavioral incentive events. Foods given away on these days do not have to meet the smart snacks guide-

lines. If food is sold on these days, it must meet all Smart Snacks guidelines.

MEASURING COMPLIANCE

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to the TDA, reviewing foods and beverages that are sold in competition with the regular school meals, reviewing items sold as part of approved District fundraisers, and monitoring the types of foods and beverages made available to students during the school day.

NUTRITION PROMOTION

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District's nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District.

The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

The SHAC will monitor this by:

1. Visiting campus sites to ensure advertising and marketing follows all guidelines.
2. Utilize campus wellness champions to ensure compliance.

Although the District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SHAC will periodically monitor these and make recommendations when replacements or new contracts are considered.

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition promotion.

GOAL 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.

Objective 1: The district CATCH champions will coordinate with the cafeteria to plan at least one cafeteria activity per semester that supports the nutrition education lessons for K-8 campuses and will ensure that healthy messages are promoted throughout the campus.

Action Steps	Methods for Measuring Implementation
Work with TDA to find available materials and order posters yearly Coordinate activities with wellness supervisor and nutrition supervisors and managers Provide list to CATCH champions of possible activities to use Campuses will not take away food options or assign extra activity as punishment for students	Baseline or benchmark data points: <ul style="list-style-type: none"> • Observe cafeterias and classes to ensure that each campus is participating Resources needed: <ul style="list-style-type: none"> • Flyers, posters, and personnel to distribute materials and plan activities Obstacles: <ul style="list-style-type: none"> • Ensuring that activities take place

Objective 2: Health classes will focus on healthy nutrition messaging, analyzing current available marketing.

Action Steps	Methods for Measuring Implementation
Design lesson plans for teachers about food marketing Share information at professional development Ensure these lessons are included in the pacing guides for all grades	Baseline or benchmark data points: <ul style="list-style-type: none"> • Surveys of current marketing Resources needed: <ul style="list-style-type: none"> • People and a checklist Obstacles: Time

GOAL 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.

Objective 1: Information about healthy eating will be included in each school’s newsletter and family health and fitness nights will be encouraged at each campus.

Action Steps	Methods for Measuring Implementation
Healthy messages will be put together at the district level to send out to campuses for inclusion in the newsletter	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of newsletters that now include healthy messaging

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<p>Resources for family fitness nights will be put together at the district level to share with campuses Each campus will send in their fitness night event date</p>	<ul style="list-style-type: none"> • Number of family fitness events <p>Resources needed:</p> <ul style="list-style-type: none"> • Research for articles, somebody to put together the newsletter, fitness night resources <p>Obstacles:</p> <ul style="list-style-type: none"> • Making sure campuses follow through
<p>Objective 2: Post in an easily accessible location on the district and each campus website the monthly school breakfast and lunch menus, along with the nutritional information of each meal.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Work with district nutrition director to make the menus and nutritional information available to families Provide link to campuses for posting</p>	<ul style="list-style-type: none"> • The number of times the menus are viewed during the school year

<p>GOAL 3: The District shall ensure that food and beverage advertisements accessible to students during the school day on District property contain only products that meet the federal guidelines for competitive foods.</p>	
<p>Objective 1: One hundred percent of the food and beverage advertisements that are accessible to students during the school day will only promote products that are Smart Snack compliant.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Information will be shared with campuses annually about smart snack compliant products and requirements</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Semi-annual compliance checks, beginning and end of school year <p>Resources needed:</p> <ul style="list-style-type: none"> • Materials to share with campuses and alternative displays if needed <p>Obstacles: Identifying all vending machines</p>

NUTRITION
EDUCATION

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a nutrition services and health education component at the elementary and

middle school levels. [See EHAA] The district will implement this requirement through the CATCH program in grades K-8.

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition education.

GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: Campuses will utilize the CATCH curriculum to deliver nutrition education at grades K-8.	
Action Steps	Methods for Measuring Implementation
<p>Nutrition education will be taught in health/tech classes on K-6 campuses and reinforced through physical education classes</p> <p>In middle school, nutrition education will be taught during physical education classes</p> <p>Pacing guides are available for all teachers to ensure that students receive nutrition education</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Lesson plans include nutrition education <p>Resources needed:</p> <ul style="list-style-type: none"> • CATCH books, pacing guides
Objective 2: Health education will be included for grades K-12 and will provide an age appropriate, sequential health education curriculum that addresses all dimensions of health, including nutrition education.	
Action Steps	Methods for Measuring Implementation
<p>Require a high school health credit for graduation</p> <p>Utilize a sequential health education curriculum</p> <p>Include nutrition education as part of the pacing guide</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Health is on the graduation plan • Ensure that pacing guides are being followed <p>Resources needed:</p> <ul style="list-style-type: none"> • Health textbooks and pacing guides

GOAL 2: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
Objective 1: Physical education teachers will support Nutrition lessons by including activities that support the overall nutrition/wellness goals on the campus. STEM curriculum using gardening information will be included on at least 3 campuses.	
Action Steps	Methods for Measuring Implementation
<p>Ensure that PE teachers receive training on the nutrition education curriculum</p> <p>Work with Science Coordinator to develop curriculum</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of lessons included in PE activities • STEM curriculum <p>Resources needed:</p> <ul style="list-style-type: none"> • Curriculum, training, gardening materials <p>Obstacles: Time, money</p>
Objective 2: Campuses will provide access to water for students outside of meal time.	
Action Steps	Methods for Measuring Implementation
<p>Ensure water fountains are in working order</p> <p>Visit with campus principals to encourage them to allow students to carry refillable water bottles at all times</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation from nutrition department that water was available during meal periods • Document campuses that allow water bottles to be carried by students <p>Resources needed:</p> <ul style="list-style-type: none"> • Easily accessible water fountains <p>Obstacles:</p> <ul style="list-style-type: none"> • Campus and principal buy in
Objective 3: The district shall establish and maintain school gardens and farm to school programs.	
Action Steps	Methods for Measuring Implementation
<p>Identify interested campuses</p> <p>Build gardens and plant twice yearly</p> <p>Provide gardening curriculum and training</p> <p>Participate in farm to school</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Gardens added yearly and campuses involved in farm to school <p>Resources needed:</p> <ul style="list-style-type: none"> • Gardening curriculum and trainer

	Obstacles: <ul style="list-style-type: none"> Gardening space and materials
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<p>GOAL 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.</p>	
<p>Objective 1:</p>	
Action Steps	Methods for Measuring Implementation
CATCH training will be delivered yearly so that new teachers are prepared CATCH updates will be provided every year as a refresher Nutrition education will be part of the required 14 hours for all health teachers.	Baseline or benchmark data points: <ul style="list-style-type: none"> Sign in sheets at trainings Resources needed: <ul style="list-style-type: none"> CATCH trainers and materials Obstacles: <ul style="list-style-type: none"> Money

PHYSICAL ACTIVITY

The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC.]

The following addresses how the District meets the required amount of physical activity:

- The district will meet the required physical activity in elementary school grades by providing at least 135 minutes per week of structured physical activity, using physical education classes, some structured recess, and morning activity.
- At the middle school level (grades 6-8), the district will require students (as required by state law), to be enrolled in a TEKS based physical education class for at least 4 semesters.
- High school students will graduate with at least one full credit of physical education, 1/2 of which will be in a Foundations of Personal Fitness class.
- Students will not be removed from physical education classes for tutoring or disciplinary action without a written plan to address where the physical activity requirement will be filled.

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- Campuses will be encouraged to never remove students from recess for discipline reasons, and training will be given to campuses on the benefits of daily recess.

Federal law requires that the District establish goals for physical activity in its wellness policy.

In accordance with FFA(LOCAL), the District has established the following goal(s) for physical activity.

GOAL 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.	
Objective 1: Elementary and intermediate campuses will be encouraged to provide 20 minutes of recess daily, utilizing recess coaches on some campuses and recess training on others. Recess and other forms of physical activity are provided at middle and high school campuses.	
Action Steps	Methods for Measuring Implementation
<p>Work with Playworks to provide recess coaches on 10 campuses per year</p> <p>Provide recess training for other elementary campuses</p> <p>Train teachers on why they should not remove students from recess for discipline reasons and provide alternate actions for them</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of campuses with recess coaches • Number of campuses that allow recess to be taken away for disciplinary reasons <p>Resources needed:</p> <ul style="list-style-type: none"> • Coaches, training material <p>Obstacles:</p> <ul style="list-style-type: none"> • Money, fitting in to master schedule

GOAL 2: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
Objective 1: Teachers and principals will be provided with professional development on Action Based Learning in order to understand the benefits of incorporating more movement throughout the school day and to receive resources to use in the classroom.	
Action Steps	Methods for Measuring Implementation
Classes will be scheduled for all new teachers to the district and they will be required to	Baseline or benchmark data points:

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<p>take 14 hours of action based learning professional development</p> <p>Annual training for principals on the benefits of movement and learning</p> <p>Physical education and health teachers will receive training on being physical activity leaders for their campus</p>	<ul style="list-style-type: none"> • <p>Resources needed:</p> <ul style="list-style-type: none"> • <p>Obstacles:</p> <ul style="list-style-type: none"> •
<p>Objective 2: Campus and district leadership teams will promote the use of physical activity within the core subjects through activities such as brain boosters, kinesthetic seating and learning strategies, and action based learning strategies and labs.</p>	
Action Steps	Methods for Measuring Implementation
<p>Offer training for all content areas on the benefits of movement on the brain</p> <p>All district professional development will include active learning strategies/brain boosters in order to demonstrate best practice with movement and learning</p> <p>Classroom teachers will be encouraged to provide flexible seating options for students.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • <p>Resources needed:</p> <ul style="list-style-type: none"> • <p>Obstacles:</p> <ul style="list-style-type: none"> •

<p>GOAL 3: The District shall make appropriate before school and after-school physical activity programs available and shall encourage students to participate.</p>	
<p>Objective 1: All K-8 campuses will offer a before or after school activity program for students</p>	
Action Steps	Methods for Measuring Implementation
<p>Elementary campuses with Playworks recess coaches will offer before school recess or after school intramurals</p> <p>Morning movement will be included at elementary and intermediate campuses</p> <p>Explore ways to get before school movement at middle and high school</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • <p>Resources needed:</p> <ul style="list-style-type: none"> • <p>Obstacles:</p> <ul style="list-style-type: none"> •
<p>Objective 2: The district will work with the after school program to ensure that physical activity is part of the after school curriculum.</p>	
Action Steps	Methods for Measuring Implementation
<p>Provide a resource bank of activities and</p>	<p>Baseline or benchmark data points:</p>

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<p>programs that can be used in the after school program</p> <p>Provide training for after school program managers and teachers on how to include movement</p>	<ul style="list-style-type: none"> • <p>Resources needed:</p> <ul style="list-style-type: none"> • <p>Obstacles:</p> <ul style="list-style-type: none"> •
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GOAL 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.

Objective 1: The district will offer no cost screenings to employees a minimum of one time per year and will include all campuses.

Action Steps	Methods for Measuring Implementation
<p>Work with Quest to provide biometric screenings at each campus location</p> <p>Work with mobile mammography units to provide no cost screenings at least 3 times per year</p> <p>Promote the events through email, flyers, and on the web page.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • <p>Resources needed:</p> <ul style="list-style-type: none"> • <p>Obstacles:</p> <ul style="list-style-type: none"> •

Objective 2: The district will support and provide opportunities for employee wellness physical activity and walking challenges and will offer free onsite classes on campuses and at the local YMCA.

Action Steps	Methods for Measuring Implementation
<p>Contract with pedometer companies to provide a platform for tracking steps for employees in order to run challenges between campuses</p> <p>Partner with the local YMCA to provide classes for Alief employees</p> <p>Work with other vendors to provide onsite classes at campus sites</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • <p>Resources needed:</p> <ul style="list-style-type: none"> • <p>Obstacles:</p> <ul style="list-style-type: none"> •

Objective 3: Campuses will offer at least one employee wellness activity each semester.

Action Steps	Methods for Measuring Implementation
<p>Provide a resource bank of that provide wellness opportunities for staff</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> •

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Utilize campus wellness champions to organize and sponsor the events	Resources needed: • Obstacles: •
GOAL 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.	
Objective 1: Each campus will offer at least one event annually either during or outside of normal school hours that involves physical activity and includes both parents and students in the event	
Action Steps	Methods for Measuring Implementation
The district will offer one districtwide event each year that promotes movement for families Develop a list of ideas to submit to campus wellness champions to meet this objective Have wellness champions organize and promote the campus event	Baseline or benchmark data points: • Resources needed: • Obstacles: •

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: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1: At each athletic event at Crump stadium that is sponsored by the district, at least one food and one beverage item that meets the Smart Snacks standards will be offered.	
Action Steps	Methods for Measuring Implementation
Communicate this objective with appropriate organizations responsible for concessions Make sure water is available and offered at	Baseline or benchmark data points: • Resources needed:

each event	<ul style="list-style-type: none"> • Obstacles:
Objective 2: Schools will provide a healthy option when food/drinks are provided before or after the school day.	
Action Steps	Methods for Measuring Implementation
Present to wellness champions Share smart snacks guidelines Promote	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •

GOAL 2: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1: The district will prioritize employee wellness by offering a health insurance incentive for meeting district wellness guidelines	
Action Steps	Methods for Measuring Implementation
Determine guidelines Have employee wellness champions on each campus Distribute promotional materials on campuses and through open enrollment Partner with a local clinic to provide primary care visits with no copay Include information in all new employee folders	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •

GOAL 3: The district shall promote community partnerships and outreach activities that support access to healthcare and wellness activities.	
Objective 1: The district will actively seek out partnerships for both families and staff and share the information with the community	
Action Steps	Methods for Measuring Implementation
Provide telemedicine with no copay for em-	Baseline or benchmark data points:

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<p>ployees, in addition to the no copay clinic Partner with hospital district for an onsite clinic for students Provide information at SHAC meetings about local clinics that offer free and low cost services for families</p>	<ul style="list-style-type: none">• <p>Resources needed:</p> <ul style="list-style-type: none">• <p>Obstacles:</p> <ul style="list-style-type: none">•
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