

SY 2025-26 Wellness Plan

April 2026

Federal law requires that the District establish goals in its wellness policy. The goals below are found in AHISD policy FFA (LOCAL) in the following categories: (1) nutrition promotion, (2) nutrition education, (3) a coordinated health program with physical education and physical activity components, (4) other school-based activities promote student and staff wellness.

Each campus principal is responsible for the implementation of FFA(LOCAL) and the wellness plan at the campus, including the submission of necessary information to the School Health Advisory Council (SHAC) for review. The Assistant Superintendent for Administrative Services is responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and ensuring that each campus complies with the policy and plan. In AHISD, the District Education Advisory Council (DEAC) functions as the SHAC, fulfilling all of its statutory responsibilities as well as advising on district level health and wellness matters.

In accordance with law, the SHAC will report annually to the Board of Trustees and make public the implementation of the District's wellness policy.

Nutrition Guidelines Assessment

FFI (LOCAL), the district's Wellness Policy, also includes the district nutrition guidelines. In the spring semester, in preparation for the August start of the school year, the Assistant Superintendent for Administrative Services reviews the nutrition guidelines with each campus principal. During the start of school staff communication, the principal reviews the nutrition guidelines with all staff. Conversations with principals and staff are revisited as needed. On the child nutrition side, the director, Efrain Trevino, monitors compliance with federal nutrition guidelines regarding the foods prepared and sold to students in the cafeteria. Note: as of SY 2019-20, AHHS moved off the federal free/reduced lunch program, but all other campuses remain on it.

Annual Review of Progress on Wellness Goals

The goals below are found in AHISD policy FFA (LOCAL) in the following categories: (1) nutrition promotion, (2) nutrition education, (3) a coordinated health program with physical education and physical activity components, (4) other school-based activities promote student and staff wellness. The SHAC developed the goals and the objectives for each goal and presented them for consideration to the Board of Trustees several years ago. Each year the campus principal provides the text in blue below to explain what each campus is doing to achieve the objectives listed. In the April 1, 2026 meeting, the DEAC/SHAC reviewed and confirmed the campus reports for presentation to the Board of Trustees.

GOAL: 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: Ensure regular communication from child nutrition department to campuses

HECC: Administrators meet with Efrain Trevino, Director of Child Nutrition, to plan campus events, e.g., modified lunch settings, Thanksgiving Lunch, and Roving Chef demonstrations.

CE: Administrators meet with Efrain Trevino and cafeteria manager about campus events, e.g., modified lunch settings, Thanksgiving lunch. The principal shares these details with the team leaders that will communicate with staff. He also communicates with the staff about summer school.

WE: Administrators meet with Efrain Trevino to plan campus events, e.g., modified lunch settings, Thanksgiving Lunch. He also communicates with the staff about summer school.

JS: Administrators meet with Efrain Trevino and cafeteria manager about how they can incorporate child nutrition into our school events.

HS: Administrators meet with Efrain Trevino regularly, and he communicates to clubs and groups about catering options.

Objective 2: Ensure regular communication from the child nutrition department to parents.

HECC: Flyers are sent to parents about the various cafeteria events. Notices are sent to parents about low account balances to ensure that students are getting the services they need. Monthly menus are posted on the website via Nutrislice with Nutritional information.

CE: Flyers and information in Monday Mail are shared with parents regarding events on campus. Notices are sent to parents (via email) about low account balances to ensure that students are getting the services they need. Monthly menus are posted on the website via Nutrislice with Nutritional information.

WE: Flyers are sent to parents about the above mentioned events and monthly menus. Notices are sent to parents about low account balances to ensure that students are getting the services they need.

JS: Monthly menus are posted on the website via Nutrislice with nutritional information.

HS: Cafeteria offerings were communicated widely and there was an overall increase in participation in the AHHS food service.

Food Service: The district website was updated to enhance accessibility for parents, providing convenient access to essential information, including menus, cafeteria accounts,

applications for free and reduced-price meals, Smart Snacks information, and resources pertaining to Nutrition Services.

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: Physical education courses include maintenance of healthy eating behaviors.

HECC: PE teacher integrates healthy eating as part of lessons on muscles. Additionally, we have a Pre-K Family Project on Healthy Eating that ends with a campus parade.

CE: During PE students learn about healthy eating choices through games and activities.

WE: Games in PE are based on healthy eating habits. Coaches tie in healthy eating when appropriate.

JS: Health class addresses healthy eating habits as well as eating disorders and what one can do to help. PE classes and Athletics regularly discuss healthy eating habits. Healthy vending machines available on campus. For 2026-27, we will be offering 8th graders a health class for high school credit.

HS: Regular discussion in Health about healthy eating. Our PE classes incorporate units on healthy eating choices.

Objective 2: Campuses coordinate with the child nutrition department to reinforce maintenance of healthy eating behaviors.

HECC: Head Start and PreK program model and teach healthy eating behaviors in coordination with the Child Nutrition Department.

CE: PE teacher has a Garden Club that grows vegetables . During PE Class, Coach Welch and Coach Wasson teach students about the Healthy Food of the Week. In this mini lesson we learn about the origins of the food, different ways to eat it as well as a recipe they can try at home. The recipes are on Monday Mail each week for families to try. We also have an after school enrichment class taught by Mrs. Redmond called Garden Club where kids can join to learn about gardening.

WE: We have posters available around the cafeteria and digital media (WNL, marquee, etc) to encourage healthy eating, app for phone on website, and household letter sent out to families.

JS: Semester meetings with Efrain Trevino to discuss eating patterns and options available to students.

HS: Regular meetings with Efrain Trevino to discuss eating patterns in the cafeteria.

GOAL: 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: Offer access to alternative physical activity opportunities 6-12

JS: Recess is a part of every students' schedule. For 25 minutes they are out in the field with the opportunity to play basketball, football, volleyball, soccer and walk the track. Additional clubs and interest groups such as dance offer alternative physical activity opportunities. Seeking funding sources for 2026-27 for equipment and other supplies to enhance the after lunch recess experience.

HS: Various clubs and organizations offer alternative physical activity opportunities.

GOAL: The District shall allow sufficient time for students to eat meals in the cafeteria facilities that are clean, safe, and comfortable.

Objective 1: Ensure active adult monitoring in cafeterias K-8

HECC: We have an organized environment with posted expectations and visual supports. We had three lunch monitors and two teaching assistants that supervise children during lunch, in addition to volunteers. Note: for 2025-26, budget reductions preclude having lunch monitors.

CE: We have cafeteria monitors that supervise during lunch. The principal and AP meet with the cafe monitors in the fall and again in the spring to discuss schedule, expectations of job roles, and coverage of duties.

WE: Four monitors supervise students during lunch. The principal and AP met with the cafe monitors in the fall and again in the spring to discuss schedule, expectations of job roles, and coverage of duties. When time permits the counselors, administrators, and PE aides help.

JS: We have three scheduled 45-minute lunch periods by grade level to ensure all students can eat in their designated areas. Students are dismissed at the 20-minute mark, but may stay in their designated area a prolonged amount of time if needed. Cafeteria monitors, teachers, and at least one administrator are always on duty to ensure the safety of students.

Objective 2: Monitor environment in lunchroom regarding safe and comfortable

HECC: In addition to the above, administrators and Special Education staff monitor the cafeteria, creating individual plans for children who require them. We have designated "Allergy Free" tables. At the beginning of year, cafeteria protocols are reviewed with students daily for the first three weeks.

CE: Administrators meet with cafeteria monitors twice a year, also as needed throughout the year to discuss the cafeteria environment.

WE: Same as Objective 1 above. This is also discussed in meetings with monitors throughout the year

JS: Staff are assigned lunch duty. Administrators and counselors rotate through the different lunches to check on students.

HS: Administrators and teachers rotate through the cafeteria at lunch. Starting in 2019-20, the Mules Meeting Mules program had staff members sign up to be in the cafeteria to visit with students during lunch. Our SRO is present in the cafeteria during our one lunch period..

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Objective 1: Provide access to proactive wellness measures for staff

ALL: Alternative health care offered to employees starting in 2021-22.

HECC: The clinic is open for wellness checks (blood pressure, weight, etc). After-school Pickleball play available for staff twice a week. In May, Howard staff will have the opportunity to participate in the Summer Walking Challenge.

CE: Our design team has planned personal learning opportunities for staff to walk in the neighborhood, yoga class, or monthly challenges as a team for the highest number of miles completed in a month. We have a new committee, called Cambridge Wellness Connection Committee made up of staff members who are encouraging healthy eating and exercise ideas

WE: Campus Design Team incorporates Healthy Sense of Self activities within Adult Learning throughout the year including sessions on Mindfulness, Meal Planning, Wellness Walking Wednesdays etc.

JS: Mindful Mondays: The staff are routinely provided with reminders about taking care of themselves, finding a work-life balance, and prioritizing their personal health. Science teacher Ms. Milliger has provided wellness professional development for campus and district staff.

HS: Our wellness counselors share a monthly newsletter about balance and wellness. Faculty and staff have access to the indoor and outdoor track. Faculty and staff can utilize the weight room. Also, they have access to the district pool.

Objective 2: Provide access to employee assistance services

All: Employee Assistance Program EAP (free counseling, etc)

HECC: Reinforce the services provided by EAP. Counsel individuals as needed about accessing these services.

CE: Reinforce the services provided by EAP. Counselors are always available for staff as they need them.

WE: Reinforce the services provided by EAP. Counselors are always available for staff as they need them. Counselors send out periodic Google Doc check ins and “Chat and Check in” in person sessions offered as a choice during Adult Learning sessions. Principal offers voluntary check-ins periodically - “What I wish my principal knew about me” to do a pulse check on staff members.

JS: EAPnewsletters. Wellness counselor available to staff.

HS: EAP newsletters. Wellness counselors available for staff. Principal conducts semester check-ins with the faculty and staff.