

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]

The District’s local school health advisory council (SHAC) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

Soliciting Involvement and Input

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC will solicit involvement and input from parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. Conducting quarterly SHAC meetings with Wellness Policy discussed at these meetings.
2. Annual updates provided in a public forum at school board meetings; open to public questions, comments and feedback.

Responsibility for Implementation

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

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

Goals for 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. Including guidelines in our local administrative regulations requiring all food sales and marketing, other than Child Nutrition, be approved by the Director of Child Nutrition in order to insure compliance.

2. Implemented local administrative regulation that requires campus administrators to keep record of items sold, other than Child Nutrition, and documentation that those items meets SmartSnacks. These will be reviewed by SHAC 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 make recommendations when replacements or new contracts are considered.

Implementing Goals 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 will plan at least one cafeteria activity per school year that supports overall health lessons incorporated in Coordinated School Health. Campus Cafeteria Managers will work with Campus Administrators, Nurses and PE teachers to coordinate the activity.

Action Steps: Coordinate activities

School and Community Stakeholders: Present to SHAC

Resources Needed: CATCH lessons or other educational websites to provide activity options to explore

Measures of Success: School Health Index

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: The district will provide a link on their website to the Child Nutrition page in order to promote meal availability/participation as well as general information for children and families.

Action Steps: Link will be on the district website. Campus will share Nutrition information such as sharing menus and other information via social media and newsletters.

School and Community Stakeholders: Present to SHAC

Resources Needed: Computer access/internet access

Measures of Success: School Health Index

GOAL 3: The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.

Objective 1: 100% of vending machines accessible to students will not include advertising that does not meet smart snack standards

Action Steps: Present to district/campus administrators annually

School and Community Stakeholders: Present to SHAC

Resources Needed: Smart Snack Standards

Measures of Success: School Health Index

Goals for 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 component addressing nutrition services and health education at the elementary and middle school levels. [See EHAA]

Implementing Goals 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 use CATCH curriculum to provide nutrition/health lessons on K-8 campuses.

Action Steps: Select lessons age appropriate and present to students.

School and Community Stakeholders: Present to SHAC

Resources Needed: CATCH curriculum

Measures of Success: School health Index

Objective 2: Wellness education, including nutrition, will be promoted on high school campuses through student groups such as student council, HOSA, culinary arts or, grade level officers etc.

Action Steps: Identify and communicate with students groups.

School and Community Stakeholders: Present to SHAC

Resources Needed: List of groups that meet regularly and their sponsors

Measures of Success: School Health Index

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 the Coordinated School Health Nutrition Lessons by including at least 1 activity per 9 weeks that supports the overall nutrition/wellness goal on K-8 campuses.

Action Steps: Present to PE Teachers and SHAC

School and Community Stakeholders: Present to SHAC

Resources Needed: CATCH Curriculum, equipment

Measures of Success: School Health Index

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.

Objective 1: The campuses will provide nutrition training to staff through the district training. A

Action Steps: Encourage campuses to incorporate Nutrition training into back to school staff training and professional development days.

School and Community Stakeholders: Present to SHAC and Campus Principals

Resources Needed: Courses that can be online, implemented into back to school training platform

Measures of Success:

GOAL 4: The District shall establish and maintain school gardens and farm-to-school programs.

Objective 1:

Action Steps: Pilot the school gardens at some campuses to determine best practices for our area

School and Community Stakeholders: Present to SHAC and Campus Principals

Resources Needed: Gardening supplies

Measures of Success: School health index

Goals for Physical Activity

Federal law requires that the District establish goals for physical activity in its wellness policy. In accordance with state law, the District will implement a coordinated health program with

physical education and physical activity components. The District will offer at least the required amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC], as follows:

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

- The CDC recommends 60 minutes of physical activity for children and adolescents. Time allotted for physical activity will be consistent with research and state standards of 30 minutes of structured (physical education TEKS-based) daily physical activity or 135 minutes a week in kindergarten – grade 5.
- 6-8 students must be enrolled in 4 semesters of P.E. (physical education TEKS-based) There must be one semester of P.E. in 7th grade and one semester of P.E. in 8th grade as is stated in district policy.
- Schools will implement physical activities from an approved CSH curricula for grades kindergarten-grade 8.
- Time allotted for recess will be consistent with research and recommendations from the CDC and SHAPE America of at least 20 minutes a day of supervised recess, independent of the time students are in Physical Education for elementary and a physical activity break is highly encouraged for middle school students.
- Policies will encourage that state-certified physical education instructors teach all physical education courses and are supported and encouraged to participate in professional development opportunities.
- Students will not be removed from physical education classes for tutoring or disciplinary action without a written plan in place to address where the physical activity requirement will be fulfilled.

Implementing Goals 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: The following district recess guidelines are recommended for elementary K-4. Elementary schools will develop schedules that provide at least 20- 30 minutes of supervised recess time each day. Recess should not replace physical education. Recess should be unstructured playtime where children have choices, develop rules for play, and release energy and stress. 2. Proper supervision of students and appropriate equipment will be provided by the campus to ensure the safety of all students. Campuses should provide one training per year to go over recess rules and expectations for teachers and students and proper use of equipment. 3. Recess should not be viewed as a reward, but a necessary educational support component for all children. Taking away recess time as a punitive measure, as a behavior management tool or for tutoring or other competing activities should be avoided. Recess or other forms of unstructured physical activity are encouraged at middle, intermediate and high school campuses.

Action Steps: Present to PE Teachers and Campus Administrators

School and Community Stakeholders: Present to SHAC

Resources Needed: Master schedule of campus

Measures of Success: School Health Index

GOAL 2: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective 1:

Action Steps: Offer training on the brain and physical activity and the connection to learning.

School and Community Stakeholders: Present to PE teachers and SHAC Chairs.

Resources Needed: CATCH or other curriculum for lessons

Measures of Success: School Health Index

GOAL 3: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Objective 1: Students shall be given multiple opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.

Action Steps: Provide a resource bank of ideas for before and after school physical activity options.

School and Community Stakeholders: Present to campus and SHAC

Resources Needed: Personnel for activities, space

Measures of Success: School Health Index

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:

Action Steps: Facilitate at least one activity each year to promote staff wellness.

School and Community Stakeholders: Present to SHAC and all district staff

Resources Needed: Funds/rewards for incentives

Measures of Success: School Health Index

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:

Action Steps: Campuses will offer fitness/wellness activities at least one time per year.

School and Community Stakeholders: Present to SHAC and PE Teachers

Resources Needed: Use of space/facilities

Measures of Success: School health index

GOAL 6: The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as tracks, playgrounds, and the like, that are available outside the school day.

Objective 1: Campuses will make available the use of outside play structures, field space, walking tracks etc. when it does not compromise the safety of the campus.

Action Steps: Identify facilities that are accessible to the public after hours.

School and Community Stakeholders: Present to SHAC and campus administrators

Resources Needed: Use of facilities

Measures of Success: School health index

Goals for Other School-Based Activities

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness, create an environment that encourages healthful eating and physical activity, and promote a consistent wellness message.

Implementing Goals for Other School-Based Activities

GOAL 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Objective 1: All campuses will schedule 30 minutes daily for lunch and make every effort to provide 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.

Action Steps: Work with campus administrators to adjust master schedules as necessary.

School and Community Stakeholders: Present to campus administrators and SHAC

Resources Needed: Master schedules

Measures of Success: School Health Index

GOAL 2: The District shall promote wellness for students and their families at suitable District and campus activities.

Objective 1: The district will offer a beverage and snacks that are not foods of minimal nutritional value.

Action Steps: In addition to regular concession offerings, the district will make available for purchase; water and food items that have nutritional value.

School and Community Stakeholders: Present to SHAC and Community Partners

Resources Needed: Items of nutritional value

Measures of Success: School health index

GOAL 3: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Objective 1: The district will provide information about health services offered throughout the community to staff.

Action Steps: Work with HR to provide the information district wide.

School and Community Stakeholders: Present to SHAC

Resources Needed: Human Resources Benefits information

Measures of Success: School health index

GOAL 4: The District's local wellness policy and plan should be considered in planning school-based activities including; field trips, dances, assemblies, and the like.

Objective 1: The district will provide healthy options when planning events.

Action Steps: Work with Child Nutrition when planning events to ensure student are provided healthy meal/snack options.

School and Community Stakeholders: Present to SHAC

Resources Needed: Dates of field trips and events for planning

Measures of Success: School health index



Nutrition Guidelines

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). As required by federal law, the District has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

Foods and Beverages Sold

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.

Exceptions for 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 as indicated on the Exemption Days Designation Form. https://docs.google.com/spreadsheets/d/1SanVQCclwx-orL_SL62IF6p_8vHkngxIYybnPZpWrYk/edit#gid=157515004

Foods and Beverages Provided

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)]

Measuring Compliance with Nutrition Guidelines

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to TDA, reviewing foods and beverages that are sold in competition with 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.

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. This "triennial assessment" will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state- or federally designated model policies. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

Public Notification

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

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-adopted revisions to FFA(LOCAL);
4. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
5. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
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 publication.

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 Director of Child Nutrition, the District's designated records management officer. [See CPC(LOCAL)]

Disclaimer: This information is provided for educational purposes only to facilitate a general understanding of the law or other regulatory matter. This information is neither an exhaustive treatment on the subject nor intended to substitute for the advice of an attorney or other professional adviser. Consult with your attorney or professional adviser to apply these principles to specific situations.