

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. *SHAC members will be approved by the Board of Trustees prior to the start of each school year.*

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 Superintendent 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.”

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>)

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 Superintendent, the District's designated records management officer.

GUIDELINES AND
GOALS

The following provisions describe the District's nutrition guidelines and activities and objectives chosen by the SHAC to implement the Board-adopted wellness goals in policy FFA(LOCAL).

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). 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.

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.

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. The following websites have information regarding meal and Smart Snacks requirements:

- <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 *Administrator Reference Manual* [ARM], Section 20, Competitive Foods)

The District has also incorporated the following stricter standards that are not prohibited by federal or state law:

- *None*

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 20__–__ school year: (None Scheduled)

Campus or Organization	Food / Beverage	Number of Days

OR

The District will not allow exempted fundraisers; all fundraisers will include nonfood items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

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)]

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. *Visual inspection of all district facilities*
2. *Offer staff development activities on Smart Snack Guidelines*

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: 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:	
Action Steps	Methods for Measuring Implementation
Instruction in Food Groups and My Plate	Baseline or benchmark data points: <ul style="list-style-type: none"> • Successful completion of curriculum Resources needed: <ul style="list-style-type: none"> • My Plate Curriculum Obstacles: <ul style="list-style-type: none"> •
Objective 2:	
Action Steps	Methods for Measuring Implementation
Provide dining areas that are attractive and spacious	Baseline or benchmark data points: <ul style="list-style-type: none"> • Visual inspection of dining room Resources needed: <ul style="list-style-type: none"> • Wall posters, dining tables and chairs Obstacles: <ul style="list-style-type: none"> •

GOAL: 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:	
Action Steps	Methods for Measuring Implementation
District will host yearly Health and Wellness Fair	Baseline or benchmark data points: <ul style="list-style-type: none"> Scheduled fair date Resources needed: <ul style="list-style-type: none"> Floor space, community and area volunteers Obstacles: <ul style="list-style-type: none">
Objective 2:	
Action Steps	Methods for Measuring Implementation
Educational materials on healthy lifestyles, substance abuse, physical activity, and disease prevention will be provided for parents	Baseline or benchmark data points: <ul style="list-style-type: none"> Student list, dates forms sent home Resources needed: <ul style="list-style-type: none"> Printed materials Obstacles: <ul style="list-style-type: none">

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]

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

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Provide instruction in Food Groups and My Plate	Baseline or benchmark data points: <ul style="list-style-type: none"> • Teacher lesson plans Resources needed: <ul style="list-style-type: none"> • My Plate curriculum Obstacles: <ul style="list-style-type: none"> •
Objective 2:	
Action Steps	Methods for Measuring Implementation
Offer take home instructional materials on benefits of healthy food choices	Baseline or benchmark data points: <ul style="list-style-type: none"> • Distribution list Resources needed: <ul style="list-style-type: none"> • Educational materials Obstacles: <ul style="list-style-type: none"> •

GOAL: 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:	
Action Steps	Methods for Measuring Implementation
Provide instruction in Food Groups and My Plate	Baseline or benchmark data points: <ul style="list-style-type: none"> • Teacher lesson plans Resources needed: <ul style="list-style-type: none"> • My Plate curriculum Obstacles: <ul style="list-style-type: none"> •

Objective 2:	
Action Steps	Methods for Measuring Implementation
Invite speakers from outside the district to address students on benefits of healthy eating.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Scheduled speakers Resources needed: <ul style="list-style-type: none"> • Funds for speakers Obstacles: <ul style="list-style-type: none"> •

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:

- *Elementary class schedule*
- *Secondary master schedule*
- *Graduation plans*

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: 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:	
Action Steps	Methods for Measuring Implementation
Provide a safe well maintained play area for elementary students	Baseline or benchmark data points: <ul style="list-style-type: none"> • Visual inspection of equipment Resources needed: <ul style="list-style-type: none"> • Play equipment Obstacles: <ul style="list-style-type: none"> •
Objective 2:	
Action Steps	Methods for Measuring Implementation
Secondary students are provided a recess time during the lunch period	Baseline or benchmark data points: <ul style="list-style-type: none"> • Master schedule Resources needed: <ul style="list-style-type: none"> • None Obstacles: <ul style="list-style-type: none"> •

GOAL: 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	Methods for Measuring Implementation
The district will host a community health fair yearly	Baseline or benchmark data points: <ul style="list-style-type: none"> • Schedule of events for health fair Resources needed: <ul style="list-style-type: none"> • Floor space, local and area vendors Obstacles: <ul style="list-style-type: none"> •

Objective 2:	
Action Steps	Methods for Measuring Implementation
Secondary students will be encouraged to participate in a variety of extracurricular sports	Baseline or benchmark data points: <ul style="list-style-type: none"> • Participation rosters Resources needed: <ul style="list-style-type: none"> • Equipment for each sport Obstacles: <ul style="list-style-type: none"> •

GOAL: 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:	
Action Steps	Methods for Measuring Implementation
Play equipment is available to the public 24 hours a day	Baseline or benchmark data points: <ul style="list-style-type: none"> • Visual inspection Resources needed: <ul style="list-style-type: none"> • Play equipment Obstacles: <ul style="list-style-type: none"> •
Objective 2:	
Action Steps	Methods for Measuring Implementation
Open gym and weight room for the public during summer months	Baseline or benchmark data points: <ul style="list-style-type: none"> • Summer gym and weight room schedule Resources needed: <ul style="list-style-type: none"> • Staff to supervise Obstacles: <ul style="list-style-type: none"> •

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.

<p>GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p> <p><i>[Two studies regarding recommended seat time for children to eat meals are available at http://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/bergman2.asp and http://www.andjrn.org/article/S2212-2672(15)01248-4/fulltext.]</i></p>	
<p>Objective 1:</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Lunch schedules will be coordinated between the elementary and secondary schools</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Master schedule for each campus <p>Resources needed:</p> <ul style="list-style-type: none"> • Principal meetings <p>Obstacles:</p> <ul style="list-style-type: none"> •
<p>Objective 2:</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Janitorial schedule will be incorporated into the lunch schedule</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Janitor master schedule <p>Resources needed:</p> <ul style="list-style-type: none"> • Cleaning supplies <p>Obstacles:</p> <ul style="list-style-type: none"> •

GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Yearly elementary field day will be held	Baseline or benchmark data points: <ul style="list-style-type: none"> • School calendar Resources needed: <ul style="list-style-type: none"> • Volunteers to run events, track and field space Obstacles: <ul style="list-style-type: none"> •
Objective 2:	
Action Steps	Methods for Measuring Implementation
The district will host a community health fair yearly	Baseline or benchmark data points: <ul style="list-style-type: none"> • School calendar Resources needed: <ul style="list-style-type: none"> • Floor space, community and area volunteers Obstacles: <ul style="list-style-type: none"> •