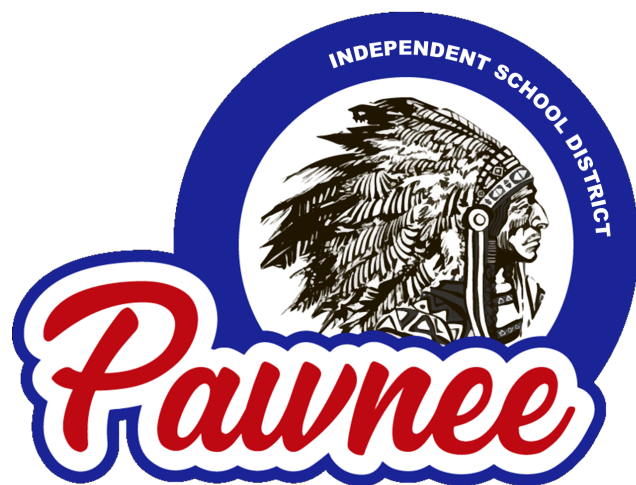


PAWNEE INDEPENDENT SCHOOL DISTRICT

WELLNESS PLAN

2019-2020



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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:

- *Listing in the student handbook an invitation to those interested in participating in the development, implementation, and evaluation of the wellness policy.*

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 Pawnee ISD Principal (*title of District official*) 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/USDA
(<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>)
- *Relevant portions of the Center for Disease Control's School Health Index*
(<http://www.cdc.gov/healthyschools/shi/index.htm>)
- *Relevant portions of the Square Meals website*
(<http://squaremeals.org/Programs/SchoolBreakfastProgram/LocalWellnessPolicies.aspx>)
- A District-developed self-assessment
- District Assessment - Fitness Gram 3rd-8th grades

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)];
1. A copy of this wellness plan, with dated revisions;
2. Notice of any Board revisions to policy FFA(LOCAL);
3. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
4. The SHAC's triennial assessment; and
5. 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)

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 2018–19 school year:

Campus or Organization	Food / Beverage	Number of Days

Pawnee ISD/Field Day	Concession Stand Foods	1
Pawnee NJHS	Candy Grams	1
Pawnee ISD/Misc. Day	Miscellaneous Foods	1

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:

Pawnee Elem/Jr High School: *Any foods or beverages given away or otherwise made available to students must meet the Smart Snacks standards, with the exception of celebrations that may occur on campus.*

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.

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: The District will promote participation in National School Lunch Program.	
Action Steps	Methods for Measuring Implementation
Keep Cafeteria and Service Line clean and inviting Send home monthly menus Distribute fliers inviting participation in the program	Baseline or benchmark data points: <ul style="list-style-type: none"> Participation rates from NSLP/ Pawnee ISD Cafeteria Resources needed: <ul style="list-style-type: none"> Development of fliers & menus Personnel to distribute fliers & menus Obstacles: <ul style="list-style-type: none"> Fliers and menus sometimes do not reach parents Negative perceptions of school meals Parents choosing not to disclose information related to income or family information to determine eligibility for free or reduced-price meals
Objective 2: By May of each school year, score at least at the bronze level on the Smarter Lunchroom scorecard (www.smarterlunchrooms.org/resources/lunchroom-self-assessment-score-card) at Pawnee ISD campus.	
Action Steps	Methods for Measuring Implementation
Distribute scorecard to campus food nutrition director for completion in October	Baseline or benchmark data points: <ul style="list-style-type: none"> Score for the assessment in October

and May.	<p>and May</p> <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff access to scorecard • Available staff to answer questions about the assessment <p>Obstacles:</p> <ul style="list-style-type: none"> • Time and staff to devote to implementing the Smarter Lunchroom strategies
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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: The district will research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding any program offered by the District.

Action Steps	Methods for Measuring Implementation
Research food access programs available in the community with which the District could partner (Food pantry programs supported by local area food bank, backpack programs, summer meal programs, etc)	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of supplemental programs the District currently offers or promotes • The types of food access programs identified and ways the information was communicated to families and the community <p>Resources needed:</p> <ul style="list-style-type: none"> • Partnerships with community organizations • Literature to send to families and community <p>Obstacles:</p> <ul style="list-style-type: none"> • Limited resources / organizations

Objective 2: Consistently post in an easily accessible location on the District's website the monthly school breakfast and lunch menus.

Action Steps	Methods for Measuring Implementation
Work with the Child Nutrition Director to develop/design menus at least once a month.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> The manner in which the menus are communicated to parents currently <p>Resources needed:</p> <ul style="list-style-type: none"> Website location Staff to create and distribute the menus for posting to the website <p>Obstacles:</p> <ul style="list-style-type: none"> Accessibility to website management

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 the nutrition services and health education component through instruction of the essential knowledge and skills related to nutrition and health.

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

GOAL: The District shall deliver health and nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: At least 90% of students enrolled in physical education courses in the District will achieve a semester grade average of 80 on a scale of 100.	
Action Steps	Methods for Measuring Implementation
Create a formula and action plan to obtain the semester grade averages of students enrolled in physical education.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Average semester grades at the end of the first and second semesters for all District students enrolled in physical

	<p>education.</p> <p>Resources needed:</p> <ul style="list-style-type: none"> • Support from administrators to obtain grade averages. <p>Obstacles:</p> <ul style="list-style-type: none"> • Nutrition education is only a part of the essential knowledge and skills for physical education courses.
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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: District staff will promote and integrate nutrition education facts during District-sponsored events in the school year.	
Action Steps	Methods for Measuring Implementation
Identify appropriate events at which nutrition education could be promoted.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The number of events during the school year at which nutrition education was either communicated or distributed <p>Resources needed:</p> <ul style="list-style-type: none"> • A flier to distribute to event attendees • Sample mini-lessons for staff to teach at an event <p>Obstacles:</p> <ul style="list-style-type: none"> • SHAC may not be aware of all District sponsored events
Objective 2: One-hundred percent of students will have access to drinking water at all times during the school day.	
Action Steps	Methods for Measuring Implementation
Include in enrollment and registration materials that students are permitted to carry personally owned water bottles at all times.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation from the school nutrition department that water was available during meal periods, as required by federal standards, and that

	<p>students were informed of water bottle policy.</p> <p>Resources needed:</p> <ul style="list-style-type: none"> • Easily accessible water fountains • Water available in the Cafeteria at meal times <p>Obstacles:</p> <ul style="list-style-type: none"> • Teachers will need to develop procedures regarding when a student will be permitted to get water from a fountain.
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GOAL: 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: All child nutrition staff will maintain their annual training hours for their individual job.

Action Steps	Methods for Measuring Implementation
Food Nutrition Director will plan, register and keep records of annual training.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Certificates of Completion <p>Resources needed:</p> <ul style="list-style-type: none"> • Files in Food Nutrition Director's office <p>Obstacles:</p> <ul style="list-style-type: none"> • Time for all personnel to go to training.

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

programs.	
Objective 1: The District shall attempt a local school and/or community garden on District property.	
Action Steps	Methods for Measuring Implementation
Plan and implement a garden.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • To have a garden by the years end. • Food on the serving line from the school garden. <p>Resources needed:</p> <ul style="list-style-type: none"> • Garden seeds/plants, • Garden supplies <p>Obstacles:</p> <ul style="list-style-type: none"> • Maintaining the garden.
Objective 2: The District shall participate in the farm-to-school programs.	
Action Steps	Methods for Measuring Implementation
<p>The Food Nutrition Director/District will participate in local farm to school programs.</p> <p>The Food Nutrition Director/District will participate in the State Farm to School Programs.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Food in the serving line from the local farm to school programs. • Food delivered from the State Farm to School program. <p>Resources needed:</p> <ul style="list-style-type: none"> • Accessibility to programs <p>Obstacles:</p> <ul style="list-style-type: none"> • Finding farm programs close enough to participate with.

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 District will meet the required physical activity in elementary school grades by providing at least 30 minutes per day of recess, weather permitting.

At the Jr. High level, the District will require students, unless exempted because of illness or disability, to be enrolled in physical education classes in grades six, seven, and eight.

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: The District shall maintain the fence and gates around the campus including the playground, track and pavilion.	
Action Steps	Methods for Measuring Implementation
Inspect and maintain the integrity of the fence and gates around the campus facilities.	Baseline or benchmark data points: <ul style="list-style-type: none"> Regular inspection of the fence and gates Resources needed: <ul style="list-style-type: none"> Personnel to inspect and repair Obstacles: <ul style="list-style-type: none"> Time permitting inspections

GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
Objective 1: The District shall employ highly qualified personnel and provide professional development opportunities which encourage current best practices.	
Action Steps	Methods for Measuring Implementation

Through relationships with service centers and other resources, professional development resources will be made available to staff through district needs assessments.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Student surveys • District needs assessment <p>Resources needed:</p> <ul style="list-style-type: none"> • Time • Internet availability <p>Obstacles:</p> <ul style="list-style-type: none"> • Participation
Objective 2: After receiving appropriate staff development teachers will incorporate physical breaks into their lessons.	
Action Steps	Methods for Measuring Implementation
Recommend appropriate in-service days in which teachers may receive staff development related to the importance of physical activity breaks.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Teacher information on integrating physical breaks into their lessons <p>Resources needed:</p> <ul style="list-style-type: none"> • Time for training during in-service days <p>Obstacles:</p> <ul style="list-style-type: none"> • Participation

GOAL: The District shall make appropriate after-school physical activity programs available and shall encourage students to participate.	
Objective 1: To utilize the ACE program using their Afterschool Centers for Education.	
Action Steps	Methods for Measuring Implementation
Allow ACE to implement their enrichment centers involving physical activity during the after school program on campus.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • ACE Enrichment Records <p>Resources needed:</p> <ul style="list-style-type: none"> • ACE Enrichment program activities <p>Obstacles:</p> <ul style="list-style-type: none"> • Staffing • Program based on a grant

GOAL: 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 to employees availability to the use of certain campus areas for physical activity.	
Action Steps	Methods for Measuring Implementation
The District will coordinate with a personal trainer to come to the campus to work with employees at appropriate times.	Baseline or benchmark data points: <ul style="list-style-type: none"> Personal trainer on campus Resources needed: <ul style="list-style-type: none"> Area available to employees to work out Obstacles: <ul style="list-style-type: none"> Time to work with all employees Participation of employees

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: The District will offer events either during or outside normal school hours that involves physical activity and includes both parents and students in the event.	
Action Steps	Methods for Measuring Implementation
Field Day Parent and Community Involvement Event	Baseline or benchmark data points: <ul style="list-style-type: none"> List of families participating Resources needed: <ul style="list-style-type: none"> Distribute fliers with information Obstacles: <ul style="list-style-type: none"> Getting information to all families Participation in the Fun Run

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
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available outside the school day.	
Objective 1: The District shall allow the community to use outside facilities including the track, pavilion, and/or gym as available.	
Action Steps	Methods for Measuring Implementation
Open gym will be conducted when coaching staff is available Open track and pavilion available to community when facilities are open and safe for use.	Baseline or benchmark data points: <ul style="list-style-type: none"> Need arises Resources needed: <ul style="list-style-type: none"> Staff Time Obstacles: Staff and time

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: The District shall allow sufficient time for students to eat meals in the cafeteria facilities that are clean, safe, and comfortable.	
Objective 1: The District will build their master schedule to allow for at least 15 minutes to eat breakfast and 20 minutes to eat lunch, from the time the student receives his or her meal and is seated.	
Action Steps	Methods for Measuring Implementation
Evaluate current meal time allowances Work with campus administrator to adjust master schedule if necessary.	Baseline or benchmark data points: <ul style="list-style-type: none"> Master schedule Resources needed: <ul style="list-style-type: none"> Master schedule Obstacles: <ul style="list-style-type: none"> Scheduling/staffing problems

