

Wellness and Health Services
FFA (Regulation)

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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:

Posting on the District's website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.

Every front office in the District will post flyers to solicit involvement in SHAC.

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 Assistant Superintendent of Operations 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."

At least annually, the SHAC will prepare a report on the wellness policy and this plan by gathering information from each principal and appropriate District administrators. The SHAC will assess the District's and each campus's progress toward meeting the goals of the policy and plan by reviewing District- and campus-level activities and events tied to the wellness program.

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>)
- CDC Youth Risk Behavior Surveillance System
- (<https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>)
- A District developed 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 Director of Purchasing and Warehouse, 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)
- Fruits and vegetables shall be offered at the school site where foods are sold; additionally, vegetarian meals shall be included in the menu cycle.
- Foods shall be minimally processed, using whole meat, whole grains and lower sodium products whenever possible.
- Preference will be given to products that do not contain trans-fatty acids and are labeled as such, are grown, processed, and/or packaged in Texas and to products which are certified organic.
- An effort to identify products containing peanuts shall be of importance to DISD.

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

- Prohibit the sale of diet sodas.

**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)]

Students may purchase competitive foods during the school day outside of nutrition services for up to three different events each school year to be determined by the campus and submitted to Nutrition Services for documentation. Ex: field day, school carnivals, campus PTA/PTO events, etc.

Campus or Organization	Food / Beverage	Number of Days
K-12th		3

**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:

No food can be given away to students at any time during the school day. The following are exemptions to the rule:

- Fun Days – Students may be given competitive foods outside of nutrition services for up to three different events each school year to be determined by the campus and submitted to nutrition services for documentation.
- Instructional Use of Food in Classroom – Occasionally teachers may use competitive food for instructional purposes.
- Birthday Parties – Competitive foods may be brought in by parents/guardians for classroom birthday parties. These products must be purchased from a commercial retailer. These items must be brought in unopened. These parties must be held after the classes' lunch period.
- Parents/Grandparents/Guardians – These individual may bring in competitive foods for their own child's consumption.
- School Clinics – school clinic personnel may provide competitive foods to students during the course of providing medical care.
- Student Rewards – Principals and/or teachers are encouraged to provide non-food items for rewards. When food items are given as a student reward or incentive, it is recommended that this occurs after the lunch period.

**MEASURING
COMPLIANCE**

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the Nutrition Services department to the TOA, 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:

- District assessment (walk-through – self audit.)

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: Consistently post in an easily accessible location on the District's website the monthly school breakfast and lunch menus, along with the nutritional information of each meal.	
Action Steps	Methods for Measuring Implementation
Work with the District Nutrition Services department to develop menus that are in compliance with this objective and are designed at least one month in advance.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> The number and format in which the menus and nutrition information are communicated to parents currently. The number of times the menus were viewed in each format during the school year. <p>Resources needed:</p> <ul style="list-style-type: none"> School Café Software. <p>Obstacles:</p> <ul style="list-style-type: none"> Lack of Computer Access.
Objective 2: The District will provide each cafeteria with signage that promotes healthy nutrition messages.	
Action Steps	Methods for Measuring Implementation
Distribute posters regarding healthy eating at least once a semester.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Nutrition Services Coordinators will ensure posters are visible to students during onsite reviews. <p>Resources needed:</p> <ul style="list-style-type: none"> Posters. <p>Obstacles:</p> <ul style="list-style-type: none"> Students and staff frequently removing nutritional information from the walls.

**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 #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: School Health Programs shall partner with Instruction and Technology to expand nutrition education throughout subjects to suggest potential content integration related to nutrition, increasing the integration of nutrition education into the regular teaching plan. (Ex: counting calories, categorizing quantities, reading labels, School Café – Build Your Plate, etc.)	
Action Steps	Methods for Measuring Implementation
Purchase School Café to begin 2017-2018 school year. Implement School Café (with access on District website via Nutrition Services page.) Assess the current curriculum to determine level of integration of nutrition education. Plan an informational session with District curriculum staff to determine the level of nutrition education.	Baseline or benchmark data points: <ul style="list-style-type: none"> • # of TEKS that promote nutritional education. • Curriculum – Health, PE, Culinary Arts, PK-12, Science. Resources needed: <ul style="list-style-type: none"> • Curriculum framework. • Web-based training. Obstacles: <ul style="list-style-type: none"> • Curriculum infidelity.
Objective 2: The District shall establish and maintain school gardens and farm-to-school programs.	
Action Steps	Methods for Measuring Implementation
Continue to support the established school gardens. Evaluate the phase in of additional 3 campuses within the next 5 years.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of gardens currently maintained. Resources needed: <ul style="list-style-type: none"> • Students, staff, materials. Obstacles: <ul style="list-style-type: none"> • Lack of time to maintain gardens.

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:

- **Board Policy EHAC(Legal) - Elementary**
- **Board Policy EHAC(Legal) – Secondary Middle School**
- **Board Policy EIF(Legal) – PE Credits for High School**

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 #3: 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: All students shall meet the physical education requirements.	
Action Steps	Methods for Measuring Implementation
Maintain the minutes currently in place for PE (MVPA) each day at each level.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Grades K-5 must receive a total of 135 minutes of “structured” TEKS based physical education/activity per week. • Grades 6-8 must take at least four semesters of physical education or physical education substitutions. • Grades 9-12 must earn 1.0 PE credit for graduation. Physical Education credits shall be counted toward high school graduation. <p>Resources needed:</p> <ul style="list-style-type: none"> • Texas approved P.E. curriculum and list of P.E. physical activity substitutions. <p>Obstacles:</p> <ul style="list-style-type: none"> • Ensuring each student is meeting the required physical education criteria.
Objective 2: All students will have access to before and after school activities.	
Action Steps	Methods for Measuring Implementation
Over the next 5 years, before and after school physical activity programs will be made available to students at all campuses within the targeted age/grade group.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Currently 3 campuses have after-school physical activity programs exclusive of athletics. <p>Resources needed:</p> <ul style="list-style-type: none"> • Funding and materials for specific activity. <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff shortage/interest/funding.

GOAL #4: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
Objective 1: District shall promote current before- and after-school athletic programs.	
Action Steps	Methods for Measuring Implementation
Promote the current programs by posting on District's website. Coaches promote mini-camps.	Baseline or benchmark data points: <ul style="list-style-type: none"> Track the number of views on website. Resources needed: <ul style="list-style-type: none"> Webpage. Obstacles: <ul style="list-style-type: none"> After-school transportation.
Objective 2: District shall promote before- and after-school enrichment programs.	
Action Steps	Methods for Measuring Implementation
Over the next five years enrichment programs will be made available at all campuses within the targeted age/grade group.	Baseline or benchmark data points: <ul style="list-style-type: none"> Began implementation of enrichment programs at 2 campuses. Resources needed: <ul style="list-style-type: none"> Staff, students, and curriculum. Obstacles: <ul style="list-style-type: none"> After-school transportation. Cost of program.

GOAL #5: 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 shall promote lifelong physical fitness through wellness campaigns.	
Action Steps	Methods for Measuring Implementation
Conduct a District wide wellness campaign once a semester.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of participants at the end of the campaign. Resources needed: <ul style="list-style-type: none"> • District Risk Manager and Website to track participation. Obstacles: <ul style="list-style-type: none"> • Lack of participation.
Objective 2: The District shall routinely provide wellness information to its employees.	
Action Steps	Methods for Measuring Implementation
Wellness information is sent out to all employees via Staff News and posted in high traffic areas by District personnel.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Monitor and tabulate number of views of Staff News. Resources needed: <ul style="list-style-type: none"> • Communications Department and website of Staff News. Obstacles: <ul style="list-style-type: none"> • Lack of interest.

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. 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 #6: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. [Two studies regarding recommended seat time for children to eat meals are available at http://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/be4rgman2.asp and http://www.andjrnl.org/article/S2212-2672(15)01248-4/fulltext]</p>	
<p>Objective 1: Students shall have sufficient time to eat meals.</p>	
Action Steps	Methods for Measuring Implementation
<p>Create a schedule that permits no fewer than 10 minutes after sitting down for breakfast, and 15 minutes after sitting down for lunch to eat, as per federal regulations.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> This will be addressed annually through the District's wellness policy assessment tool completed by principal or designee. <p>Resources needed:</p> <ul style="list-style-type: none"> Wellness policy assessment tool. <p>Obstacles:</p> <ul style="list-style-type: none"> Short lunch periods. Parents dropping students off late for breakfast. Teachers bring students to lunch late.
<p>Objective 2: Students shall have an eating environment that is safe and comfortable.</p>	
Action Steps	Methods for Measuring Implementation
<p>Cafeterias should be monitored by teachers during eating times for safety.</p> <p>Custodians should clean the cafeteria during and in between lunch periods to create a clean and comfortable environment.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Safety and cleanliness will be monitored by school personnel. <p>Resources needed:</p> <ul style="list-style-type: none"> Staff to monitor and clean. <p>Obstacles:</p> <ul style="list-style-type: none"> Staff shortages.