



## **Midlothian ISD Health and Wellness Plan**

### **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.

### **IMPLEMENTATION**

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

The curriculum coordinator 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.

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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.

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#### **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 Curriculum Coordinator, 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).

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#### **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)]

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The District will allow the following exempted fundraisers for each school year:

<b>Campus or Organization</b>	<b>Food / Beverage</b>	<b>Number of Days</b>
All elementary campuses	As determined by campus principal	Six (6)
All middle school campuses	As determined by campus principal	Six (6)
All high school campuses	As determined by campus principal	Six (6)

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**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 having principals ask cafeteria manager to analyze each product with the Smart Snack calculator on the USDA's website.

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.

<b>GOAL:</b> The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Display posters of healthy nutrition messages in cafeterias, campus hallways, and in classrooms.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Are posters displaying healthy nutrition messages posted, and where are they displayed?</li> </ul>

<b>GOAL:</b> 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.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>

Family members are invited to join students to eat in cafeterias during National School Lunch Week and for special cafeteria events.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Posts on social media</li> <li>• Flyers sent home with elementary students</li> <li>• Number of reservations received by campus offices</li> </ul>
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<b>GOAL:</b> 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.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Superintendent, principals, and the Child Nutrition staff will monitor advertising.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Observe if advertising is compliant.</li> </ul>

**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.

<b>GOAL:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Display healthy nutrition education posters	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Are posters displaying healthy nutrition messages posted, and where are they displayed?</li> </ul>

<b>GOAL:</b> The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The District will encourage all classroom teachers to integrate physical activity into the academic curriculum (e.g. brain breaks, energizers, etc.) where appropriate	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Principals will gather information from teachers as to how often they integrate physical activity into academic times.</li> </ul>

<b>GOAL:</b> 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.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Training will be offered to campus CATCH committee members.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Sign-in sheets</li> </ul>

**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:

- *Time allotted for physical activity will be consistent with state standards; K-5 students will have 135 minutes a week of moderate to vigorous physical activity; Grades 6-8 will have 135 minutes a week, or 225 minutes every two weeks for at least 4 semesters of moderate to vigorous physical activity.*

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.

<b>GOAL:</b> 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.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Students can enroll in PE, band, athletics, and dance class.	<ul style="list-style-type: none"> <li>• Enrollment records</li> </ul>

<b>GOAL:</b> The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Training will be offered to campus CATCH committee members.  CATCH committee members will share curriculum ideas with their peers and serve as a resource for teachers.	Baseline or benchmark data points <ul style="list-style-type: none"> <li>• Sign-in sheets</li> </ul>

<b>GOAL:</b> The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Campuses will advertise community/school joint 5K races on social media.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Number of participants</li> </ul>

<b>GOAL:</b> 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. [See GKD]	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Available recreational facilities will be posted on the Health and Wellness page.	<ul style="list-style-type: none"> <li>• Analytics documenting the number of hits on the website</li> </ul>

**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.

<b>GOAL:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Schedules will reflect sufficient time to eat meals in the school cafeteria.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Master schedules</li> </ul>

<b>GOAL:</b> The District shall promote wellness for students and their families at suitable District and campus activities.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Publicity for applicable district wellness events such as the Rowdy Run will be available at district and campus activities.	<ul style="list-style-type: none"> <li>• Number of participants in district and campus events</li> </ul>