

| | |
|-----------------------------------|--|
| 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] |
| 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 and interested persons by publicizing SHAC meeting dates and times, SHAC meeting minutes, and other SHAC notices on the district website. |
| IMPLEMENTATION | <p>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.</p> <p>The Executive Director of Special Programs 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.</p> |
| EVALUATION | <p>In accordance with law, the District will periodically measure and make available to the public 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. Absent federal regulations to the contrary, the District commits to the evaluation activities described below.</p> <p>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.</p> |

The SHAC may use any of the following tools for that analysis:

- Relevant portions of the WellSAT 2.0 (www.wellsat.org)
- Relevant portions of the Center for Disease Control's School Health Index (<http://www.cdc.gov/healthyschools/shi/index.htm>)
- A District-developed self-assessment

PUBLIC NOTIFICATION To comply with the legal requirement to 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 [FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's annual report on the District's wellness policy and plan; and
6. 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 Mr. Mike Clausen, 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 United States 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 made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, 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 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>

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 each campus six days per school year in which they may sell foods and beverages that do not meet nutritional standards outlined in 7 C.F.R. Parts 210 and 220 as part of a fundraiser, during the school day, provided that no specially exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service.

Campuses that intend to utilize an exempt day must notify the Director of School Nutrition at least one week in advance of the intended fundraiser. The Director of Child Nutrition will maintain records of the district's use of exempt fundraisers.

FOODS MADE
AVAILABLE

There are currently no federal requirements for foods or beverages made available to students during the school day. 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.

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 |
| Promote positive nutrition messages through posters and ads for healthy foods in the cafeteria | Baseline or benchmark data points: <ul style="list-style-type: none"> All school cafeterias display nutrition-related posters. Resources needed: <ul style="list-style-type: none"> Nutrition-related vendors Obstacles: <ul style="list-style-type: none"> Availability of new poster materials |
| Objective 2: | |
| Action Steps | Methods for Measuring Implementation |
| Increase access to healthy options for foods made available to students | Baseline or benchmark data points: <ul style="list-style-type: none"> Dollar amount spent on campus purchases through the nutrition department Resources needed: <ul style="list-style-type: none"> Vendors Obstacles: |

| | |
|--|--|
| | <ul style="list-style-type: none"> • Cost, availability, student preference |
|--|--|

| | |
|---|--|
| <p>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.</p> | |
| <p>Objective 1:</p> | |
| Action Steps | Methods for Measuring Implementation |
| Increase prevalence of positive nutrition messages on printed menus | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of positive nutrition messages on printed menus <p>Resources needed:</p> <ul style="list-style-type: none"> • Menu design vendor <p>Obstacles:</p> <ul style="list-style-type: none"> • Space on menu, cost, formatting |
| <p>Objective 2:</p> | |
| Action Steps | Methods for Measuring Implementation |
| Make nutrition information available online in a more accessible format | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Amount of item information available online <p>Resources needed:</p> <ul style="list-style-type: none"> • Website developer <p>Obstacles:</p> <ul style="list-style-type: none"> • Time, cost |

| | |
|---|--|
| <p>GOAL: The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.</p> | |
| <p>Objective 1:</p> | |
| Action Steps | Methods for Measuring Implementation |
| Perform "Alliance for a Healthier Generation" calculation on all items sold to students a la carte in the cafeteria | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of items meeting federal rules <p>Resources needed:</p> |

| | |
|---|--|
| | <ul style="list-style-type: none"> Alliance for a Healthier Generation calculator <p>Obstacles:</p> <ul style="list-style-type: none"> Product label accuracy |
| Objective 2: | |
| Action Steps | Methods for Measuring Implementation |
| Obtain documentation from all vending machine companies regarding product compliance with Smart Snack regulations | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Number of vended products with Smart Snack compliance on file <p>Resources needed:</p> <ul style="list-style-type: none"> Vending machine vendor assistance <p>Obstacles:</p> <ul style="list-style-type: none"> Vendor compliance, tracking |

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 |
| Increase the presence of nutrition-themed booths and tables at student events | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Number of nutrition-related exhibits at student events <p>Resources needed:</p> <ul style="list-style-type: none"> Tables, education materials, personnel <p>Obstacles:</p> <ul style="list-style-type: none"> Space, number of student events |

| Objective 2: | |
|---|---|
| Action Steps | Methods for Measuring Implementation |
| Educate students on non-traditional recipes, exotic fruits and vegetables | Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of times new recipes, fruits, and vegetables are showcased Resources needed: <ul style="list-style-type: none"> • Fruits and vegetables Obstacles: <ul style="list-style-type: none"> • Item availability, cost |

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 |
| Establish a standardized nutrition education model for use during physical education classes | Baseline or benchmark data points: <ul style="list-style-type: none"> • Presence of education model Resources needed: <ul style="list-style-type: none"> • Education resources and vendors Obstacles: <ul style="list-style-type: none"> • Cost, time |
| Objective 2: | |
| Action Steps | Methods for Measuring Implementation |
| Foster partnerships between teachers and district nutrition administrators | Baseline or benchmark data points: <ul style="list-style-type: none"> • Coordinated events Resources needed: <ul style="list-style-type: none"> • Time, materials Obstacles: <ul style="list-style-type: none"> • Classtime |

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]

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 |
| Ensure each campus has non-PE and non-sports opportunities available for student physical activity | Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of opportunities available Resources needed: <ul style="list-style-type: none"> • Instructors, suitable activities Obstacles: <ul style="list-style-type: none"> • Time, student participation |
| Objective 2: | |
| Action Steps | Methods for Measuring Implementation |
| Ensure each elementary campus provides at least 30 minutes of recess per student per day | Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of classes providing recess Resources needed: <ul style="list-style-type: none"> • Instructors, supervisors Obstacles: <ul style="list-style-type: none"> • Classwork, discipline |

| | |
|---|---|
| GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate. | |
| Objective 1: | |
| Action Steps | Methods for Measuring Implementation |
| Incorporate kinetic classroom training techniques into professional development | Baseline or benchmark data points: <ul style="list-style-type: none"> • Teachers using kinetic classrooms Resources needed: <ul style="list-style-type: none"> • Instruction Obstacles: |

| | |
|---|---|
| | <ul style="list-style-type: none"> • Participation |
| Objective 2: | |
| Action Steps | Methods for Measuring Implementation |
| Incorporate physical activity elements into academic-focused special events such as math nights | Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of physical activity themed educational events Resources needed: <ul style="list-style-type: none"> • Materials, events Obstacles: <ul style="list-style-type: none"> • Student participation, 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 cafeteria facilities that are clean, safe, and comfortable. | |
| Objective 1: | |
| Action Steps | Methods for Measuring Implementation |
| Schedule no campus lunch periods less than 20 minutes during the regular school day | Baseline or benchmark data points: <ul style="list-style-type: none"> • Campus lunch period schedules Resources needed: <ul style="list-style-type: none"> • Campus lunch schedules Obstacles: <ul style="list-style-type: none"> • Special events, unforeseen circumstances |

| Objective 2: | |
|---|--|
| Action Steps | Methods for Measuring Implementation |
| Increase the availability of grab and go options in the cafeteria | Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of grab and go entrees Resources needed: <ul style="list-style-type: none"> • School food resources Obstacles: <ul style="list-style-type: none"> • Student preference |

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 |
| Increase prevalence of student/parent fitness events | Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of family fitness events occurring Resources needed: <ul style="list-style-type: none"> • Booths, vendors, participants, time Obstacles: <ul style="list-style-type: none"> • Participation, vendor availability |
| Objective 2: | |
| Action Steps | Methods for Measuring Implementation |
| Increase prevalence of Smart Snack eligible treats and prizes at campus events | Baseline or benchmark data points: <ul style="list-style-type: none"> • Smart Snack items offered at events Resources needed: <ul style="list-style-type: none"> • Smart Snack eligible foods Obstacles: <ul style="list-style-type: none"> • Student preference |