

WELLNESS PLAN	<p>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]</p>
STRATEGIES TO SOLICIT INVOLVEMENT	<p>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:</p> <ol style="list-style-type: none">1. 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.2. Posting on the District’s website the contact information of the person(s) responsible of the oversight of the District’s wellness policy and plan.
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 Director of Education Services 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 annually 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</p>

policy and plan by reviewing District- and campus-level activities and events tied to the wellness program.

**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 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>

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: <i>The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.</i>	
Objective 1: The District will involve district personnel to promote healthy nutrition messages.	
Action Steps	Methods for Measuring Implementation
Produce information for staff, parents and students that provides healthy school nutrition messages to promote healthy nutrition.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> The manner in which the information is provided. <p>Resources needed:</p> <ul style="list-style-type: none"> Dissemination of information to administrators regularly at meetings and electronically. Time and potential funding. <p>Obstacles:</p> <ul style="list-style-type: none"> Information does not always reach the staff or they fail to read the information.
Objective 2: The District will maintain participation in federal child nutrition programs throughout the school year.	
Action Steps	Methods for Measuring Implementation
Provide free and reduced application to all students in the district in the first week of school and actively seek their return to encourage participation.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Participation rates in federal child nutrition programs throughout the school year. <p>Resources needed:</p> <ul style="list-style-type: none"> Printed applications. Time and funding. <p>Obstacles:</p> <ul style="list-style-type: none"> Reluctance to return applications due to negative perceptions or lack of interest.

	<ul style="list-style-type: none"> Information does not always reach parents or applications may not be returned to school in a timely manner. Families may not be willing to disclose information.
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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 may inform families in the community regarding supplemental food and nutrition programs.*

Action Steps	Methods for Measuring Implementation
Gather information regarding food access programs in the community.	Baseline or benchmark data points: <ul style="list-style-type: none"> Identify food access programs. Resources needed: <ul style="list-style-type: none"> Partnerships with community organizations. Post any applicable information on District wellness website. Time and funding. Obstacles: <ul style="list-style-type: none"> Limited resources and organizations.

Objective 2: *Consistently post in an easily accessible location on the District or campus websites the monthly school breakfast and lunch menus, along with nutritional information of each meal.*

Action Steps	Methods for Measuring Implementation
Implement process for menus to be distributed to students and families.	Baseline or benchmark data points: <ul style="list-style-type: none"> The manner in which the menus and nutrition information are being communicated currently. Resources needed: <ul style="list-style-type: none"> Staff to create and distribute the menus for posting to the website/s. Obstacles: <ul style="list-style-type: none"> All nutritional information may not be available. Not all families have internet access.

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.*

Objective 1: Advertisements of food products will be Smart Snacks compliant.

Action Steps	Methods for Measuring Implementation
<p>The District Food Service Director, along with the school administration, will work to ensure that all advertisements handing in the cafeterias and on vending machines meet federal compliance.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • All advertisements will be snack compliant. <p>Resources needed:</p> <ul style="list-style-type: none"> • Time and funding allotted to monitor. <p>Obstacles:</p> <ul style="list-style-type: none"> • Continual monitoring and communication with campus personnel.

**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 implemented the nutrition services and health education component through instruction of TEKS related to nutrition and health and the CATCH Coordinated Health Program. This program is Texas Education Agency (TEA) approved in the District's physical and health education courses.

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

GOAL: <i>The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</i>	
Objective 1: All students grades 8-12 will complete one-half credit of health education as an elective.	
Action Steps	Methods for Measuring Implementation
Health is to be offered to both the Middle and High school as a required elective course prior to graduation.	Baseline or benchmark data points: <ul style="list-style-type: none"> All graduates will successfully complete health as an elective. Resources needed: <ul style="list-style-type: none"> Certified staff to teach the course. Curriculum. Counselors to assure schedules are appropriately completed and each student completes the requirement. Time and funding. Obstacles: <ul style="list-style-type: none"> Students may not have room in their schedules for health as an elective.
Objective 2: All students in grades K-8 will be enrolled in physical education or athletic courses where nutrition education is provided.	
Action Steps	Methods for Measuring Implementation
The District has determined that physical education is a required course in the development of elementary and middle school students.	Baseline or benchmark data points: <ul style="list-style-type: none"> All students will successfully complete the required physical education course. Resources needed: <ul style="list-style-type: none"> Certified staff to teach the course.

	<ul style="list-style-type: none"> • Curriculum. • Counselors to assure schedules are appropriately completed. • Time and funding. <p>Obstacles:</p> <ul style="list-style-type: none"> • Nutrition education is only a minimal part of the TEKS 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 integrate nutrition education information when appropriate.**

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 names of the events during the school year at which nutrition education is communicated or distributed. <p>Resources needed:</p> <ul style="list-style-type: none"> • Materials, supplies. • Time and funding. <p>Obstacles:</p> <ul style="list-style-type: none"> • Ability to find additional time within the framework of existing required curriculum.

Objective 2: **All students will have access to drinking water at all times during the school day.**

Action Steps	Methods for Measuring Implementation
Inform students of the permission to and encourage students to carry personally owned water bottles at all times.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation of communication of the encouragement and allowance. <p>Resources needed:</p> <ul style="list-style-type: none"> • Easily accessible water fountains. • Signs in locations where water bottles may not be permitted. <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to water fountains if containers are not available.

	<ul style="list-style-type: none"> • Education of proper cleaning of personal containers. • Time and funding.
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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: **Campus administrators, in conjunction with staff, determine appropriate professional development for employees responsible for nutrition education.**

Action Steps	Methods for Measuring Implementation
Determine staff involved in the nutrition education program and the appropriate professional development necessary.	Baseline or benchmark data points: <ul style="list-style-type: none"> • PLR forms to attend & handouts/information provided at training. • Sign-in sheets/minutes that provide information regarding training attended. Resources needed: <ul style="list-style-type: none"> • Approved time for staff to attend professional development. • Time and funding. Obstacles: <ul style="list-style-type: none"> • Nutrition education is only one of many facets of the required professional development needs.

**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 middle school level, the District will require students, unless exempted because of illness or disability, to be enrolled in physical education or athletics courses for at least four out of the six semesters 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: Provide crossing assistance at schools where students are encouraged to safely walk or bike to school.

Action Steps	Methods for Measuring Implementation
<p>In conjunction with school administrators, evaluate areas and implement crossing assistance where needed.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The locations where crossing assistance is needed. <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff to perform extra duties. • Time and funding. <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff may not want to perform this duty.

GOAL: *The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.*

Objective 1: Provide appropriate information to staff regarding the benefits of physical activity breaks for students.

Action Steps	Methods for Measuring Implementation
Gather information to provide to campus administrators and all staff.	Baseline or benchmark data points: <ul style="list-style-type: none"> • All staff will be provided information. Resources needed: <ul style="list-style-type: none"> • Date regarding benefits of activity. • Time and funding. Obstacles: <ul style="list-style-type: none"> • Reluctance from staff.

GOAL: *The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.*

Objective 1: The District will implement before and after school physical activity opportunities.

Action Steps	Methods for Measuring Implementation
Identify campuses offering such programs.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of and type of programs offered. • Student participation data. Resources needed: <ul style="list-style-type: none"> • Support from campus administrators and employees to provide supervision for these programs. • Educational materials. Obstacles: <ul style="list-style-type: none"> • Staffing

GOAL: *The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for District employees and students.*

Objective 1: **The District will offer a free or low-cost health assessment to employees at least once per year.**

Action Steps	Methods for Measuring Implementation
Seek out providers for this service on behalf of the District.	Baseline or benchmark data points: <ul style="list-style-type: none"> • The number of employees who participated compared to the previous year. Resources needed: <ul style="list-style-type: none"> • District publications and correspondence to advertise the service. Obstacles: <ul style="list-style-type: none"> • Participation rates may be minimal if the service is only provided at one location rather than at the worksite of an employee. • Low cost may still be unattainable.

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 at least one event annually either during or outside of normal school hours that involves physical activity and includes both parents and students in the event.**

Action Steps	Methods for Measuring Implementation
Develop a list of ideas to be included in the annual District Homecoming Parade.	Baseline or benchmark data points: <ul style="list-style-type: none"> • List of activities and participation. Resources needed: <ul style="list-style-type: none"> • Informational materials about the event to distribute to students and parents. • Staff to manage event/activity. Obstacles: <ul style="list-style-type: none"> • Limited participation.

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 for use outside of the school day.*

Objective 1: Inform the community of the facilities that are available for use outside of the school day.

Action Steps	Methods for Measuring Implementation
Develop and share information regarding availability of District facilities for recreational use.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Website postings. Resources needed: <ul style="list-style-type: none"> • Listing of the types and locations of facilities. • Time and funding. Obstacles: <ul style="list-style-type: none"> • Availability.

**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: <i>The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</i>	
Objective 1: All campuses will build their master schedules to allow for at least ten minutes to eat breakfast and 30 minutes to eat lunch, from the time a student receives his or her meal and is seated.	
Action Steps	Methods for Measuring Implementation
Evaluate current meal time allowances by campus. Work with campus administrators to adjust master schedules as necessary.	Baseline or benchmark data points: <ul style="list-style-type: none"> All campuses will provide ample time. Resources needed: <ul style="list-style-type: none"> Time and funding. Obstacles: <ul style="list-style-type: none"> Master schedules take in account several issues, only one of which will be meal times.

GOAL: <i>The District shall promote wellness for students and their families at suitable District and campus activities.</i>	
Objective 1: At each athletic event sponsored by the District, at which food and beverages are sold, each concession vendor will offer at least one food and beverage that meets the ‘Smart Snacks’ standards.	
Action Steps	Methods for Measuring Implementation
Athletic event staff will work with the District Food Service Director to determine appropriate, compliant ‘Smart Snacks’ that would be a viable option for concession.	Baseline or benchmark data points: <ul style="list-style-type: none"> Adherence to ‘Smart Snacks’ criteria. Resources needed: <ul style="list-style-type: none"> ‘Smart Snack’ compliance information and calculator to staff involved. A list of ‘Smart Snacks’ options made available during athletic concessions during the school year. Obstacles: <ul style="list-style-type: none"> Availability of compliant snacks/drinks.

	<ul style="list-style-type: none"> • Low sales of the item/s.
Objective 2: Campus and classroom celebrations are allowed but are encouraged to be held after the designated lunch time.	
Action Steps	Methods for Measuring Implementation
Campus administrators should be cognizant of such celebrations and encourage after noon celebrations so that students have already consumed a healthy meal.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Staff/faculty support. Resources needed: <ul style="list-style-type: none"> • Ongoing communication in regard to classroom celebrations. Obstacles: <ul style="list-style-type: none"> • Awareness.

GOAL: <i>The District shall promote employee wellness activities and involvement at suitable District and campus activities.</i>	
Objective 1: The District will utilize its health insurance provider to encourage wellness by communicating the preventative services covered at 100% during each open enrollment period.	
Action Steps	Methods for Measuring Implementation
Work with the District's health insurance provider to determine what services are covered at 100%.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Documentation of when and how information was shared with employees. Resources needed: <ul style="list-style-type: none"> • A list of preventative services covered at 100%. Obstacles: <ul style="list-style-type: none"> • Participation of staff in services.