



**2020-2021 School Year Guidance  
In Response to COVID-19**



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# Contents

Introduction and District Priorities

Student & Staff Safety Protocols

Protocols for Screening and Isolation

Preparation for the Opening of School

General

General Screening Protocols Isolation

Protocols

Student or Staff Displaying COVID-19 Symptoms

Nursing Staff

Protocols for Travel

General

Staff Travel Restrictions

Student Travel Restrictions

Protocols for Face Coverings & Personal Protective Equipment (PPE)

Protocols for Campus Visitors

General

Visitor Screening / PPE Requirements

Protocols for Disinfecting and Hand Sanitizing

General

Hand Washing / Sanitizing Expectations

Disinfecting Expectations



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## Protocols for Campus Cleaning and Disinfecting

- General

- Daily Campus Cleaning

- Additional Cleaning Measures for Covid-19 Positive Cases on Campus

## Protocols for Transportation

- General

- Bus Transportation

- Bus Drivers / Bus Monitors

- Bus Sanitization

- Parent Drop-Off / Car Line

- Self-Driving / Walking Students

## Work and Learning Environments

- Training

- Classroom Configuration

- Collaborative Work and Projects

- General Classroom

- Specialized Classrooms

- Physical Education Classroom Protocols

- Common Areas

- Meeting Spaces

- Administrative Spaces - Reception, Offices, Conference Rooms

- Flexible Learning Spaces



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Restrooms

Library

Recess / Playground

Water Fountains

Transitions

Standard Arrival Protocols

Standard Dismissal Protocols

Breakfast / Lunch

Outdoor & Off-Campus Student Activities

On-Campus Activities & Outside Personnel

Extra-Curricular Programming

Cheer

Athletics

Fine Arts

Communication Methods

Fall 2020: Instructional Information for Families

Parent Commitment

Instructional Delivery Models

Face-to-Face Learning

FISD Virtual Learning (Remote Asynchronous)

Schedule for FISD Virtual Learning



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Attendance for FISD Virtual Learning

FISD Virtual Learning Design for Grades PK-5

FISD Virtual Learning Design for Grades 6-12

Intervention and Enrichment for FISD Virtual Learning

Learning FISD Virtual Learning Grading

Special Education Support



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## Introduction and District Priorities

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As a school district, Ferris Independent School District looks forward to welcoming students back to school on August 12, 2020. Despite the challenges of COVID-19, our district will continue to provide excellent education to our students, which will include both in-person and digital/online/remote learning environments. As the public health crisis continues, we have been planning for the opening of the 2020-2021 school year with a focus on the health, safety, and well-being of our students, staff, visitors, and community.

While Ferris ISD is planning for two different instructional environments, our plan follows recommendations for school opening and operations provided by the Centers for Disease Control and Prevention (CDC), the Texas Education Agency (TEA), and state and local health officials.

**Please note: The situation with COVID-19 is continuously changing, as are the protocols and measures needed to keep students and staff safe. Plans will remain flexible to accommodate potential changes and these guidelines may be modified as needed. As adjustments become necessary throughout the coming school year, it will be our priority to keep the community informed of those changes and updates. The Ferris ISD website, Remind, and Ferris ISD social media pages will provide you with the most up-to-date information.**

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## Student & Staff Safety Protocols

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### Protocols for Screening and Isolation

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The following are the return to onsite work and return to school protocols for Ferris ISD campuses and administration buildings. Since this is an ever-changing situation, the district may need to change protocols at any time to address specific needs and circumstances in order to protect the health and safety of students, employees, and the community. Please note, health guidance cannot anticipate every unique situation. As a result, Ferris ISD will continue to consult available guidance through governmental agencies and other information deemed relevant to monitor the situation. The district will comply with applicable federal and



state employment and disability laws, workplace safety standards, and accessibility standards to address individual needs.

It is important to remember the virus that causes COVID-19 can be spread by infected persons who have few or no symptoms. Even if an infected person shows no symptoms or is only mildly ill, the people they spread it to may become seriously or fatally ill, especially for persons 65 years of age or older with pre-existing health conditions placing them at higher risk. Due to the hidden nature of this threat, Ferris ISD expects all employees, students and families to rigorously follow these practices.

## Preparation for the Opening of School

Ferris ISD will ensure all staff, resources, and supplies are prepared for opening school, including but not limited to assigning sufficient staff to carry out re-opening, ensuring proper training and stocking inventory of necessary supplies, such as personal protective equipment (PPE).

The Centers for Disease Control and Prevention (CDC) provides guidance, recommendations, and resources to assist with plans and protocols for health and safety. Before schools re-open, Ferris ISD will implement health and safety plans that include:

- Ensuring adequate supply inventory (e.g., PPE, cleaning supplies, hand sanitizer, etc.)
- Cleaning with products approved by governing authorities and per guidelines from the Environmental Protection Agency
- Ensuring compliance with CDC, Health and Human Services, the Texas Education Agency (TEA) and other jurisdictional policies
- Providing signage in areas recommended by the TEA to communicate procedures and expectations upon entering facilities and throughout buildings

## General

**All students and staff will be screened for COVID-19 symptoms regularly and individuals who show symptoms will be separated and sent home.**

## General Screening Protocols

- Staff will be required to self-screen for COVID-19 symptoms prior to reporting to work each day, and the district may require further screening of employees at any time based on current state and federal guidelines. Staff are expected to “badge-in” daily to confirm they are negative for COVID-19 symptoms, and have a temperature below the current CDC guideline. Thermometers are available at each campus if needed.



- Parents/guardians are expected to screen their students for COVID-19 symptoms each day prior to sending their student to school. Parents need to take their child's temperature daily. If the child has any COVID-19 symptoms or a temperature, the child should stay home. Please contact the school.
- FISD reserves the right to add additional screenings of students prior to entry if needed. The screening could include taking the temperatures of students at the beginning of each week or possibly every day if needed.
- Students with a temperature at or above the current CDC guideline (100.0 degrees or higher) will be denied entry to FISD facilities.
- Staff and students should not enter campuses or district buildings if any of the following apply:
  - Sick or has been sick in the past 10 days. Symptoms to watch for: fever (100 degrees or higher), cough, shortness of breath/difficulty breathing, chills, muscle pain, headache, sore throat, diarrhea, new loss of taste or smell;
  - Has a confirmed case of COVID-19 or has been in close contact with a person with a confirmed case of COVID-19;
  - Has a household member who is awaiting COVID-19 test results, or who is awaiting their own test results;
  - Has traveled internationally or on a cruise ship in the past fourteen (14) days.
- Teachers will monitor students and refer to the nurse if symptoms are present.

## **Isolation Protocols**

### **Student or Staff Displaying COVID-19 Symptoms**

- When a student has displayed symptoms of COVID-19, the school nurse will provide a clinical assessment to determine if and when a student needs to be sent home.
- Students who are ill will be separated from their peers and should be picked up within 30 minutes and no later than 1 hour from the time the campus contacted the student's parent/guardian.
- Other students will be removed from the classroom and taken to an alternate location on campus (e.g. go on a walk outside, move to a different classroom, etc.) so that the classroom can be disinfected.
- Consistent with school notification requirements for other communicable diseases, and consistent with legal confidentiality requirements, Ferris ISD will notify all affected teachers, staff, and families of all students in a classroom or facility if a lab-confirmed COVID-19 case is identified among students, teachers, or staff who participate in any on-campus activities of which a student or staff member may have been exposed.





- Students and staff who have tested positive for COVID-19 may return to school when all three of the following criteria are met:
  - At least twenty-four (24) hours have passed since recovery (resolution of fever without the use of fever reducing medications);
  - The individual has improvement in symptoms (e.g., cough, shortness of breath); and
  - At least fourteen calendar days have passed since symptoms first appeared.
- Staff members displaying COVID-19 symptoms will follow district protocols including isolation from students and other staff members.
- Students or staff who come into close contact with a COVID-19 positive individual will be asked to self-quarantine for 14 calendar days. The CDC defines close contact to include anyone who came within 6 feet of an individual who is lab-confirmed for COVID-19 for at least 15 minutes (starting from 48 hours before illness onset until the time the individual is isolated), even if wearing a face covering or face shield.
- If the individual has symptoms that could be COVID-19 and wants to return to school before completing the above stay at home period, the individual must either:
  - (a) obtain a medical professional's note clearing the individual for return based on an alternative diagnosis; OR
  - (b) after fourteen calendar days of symptoms onset; being fever free for 24 hours without the use of fever reducing medications, and with the improvement of symptoms; OR
  - (c) have a negative COVID-19 test

## Nursing Staff

If an employee or student becomes ill on campus/district, he/she will immediately report to the campus nurse's isolation room and a COVID-19 case form will be completed.

- Upon arrival, the employee or student will be provided with a mask and gloves to help prevent the spread of the potential virus.
- The school nurse must complete the Suspected COVID19 Case Form (<https://www.cdc.gov/coronavirus/2019-ncov/downloads/pui-form.pdf>), call the local health authority and seek advice regarding transportation and location if necessary.
- The school nurse and others attending the suspected infected person, should also wear a protective mask and gloves and other PPE.
- The nurse will direct the ill employee to leave work or call the parent of the student to be picked up and go home.
- The nurse and campus/district supervisor must identify persons who may have come in close contact with the suspected infected person.
- Employees who may have been in contact with a suspected employee will self-screen daily and report any COVID-19 symptoms to their immediate supervisor.



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## Protocols for Travel

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### General

- Ferris ISD requests students and staff to limit personal travel where possible to reduce the risk of personal exposure, to adhere to physical distancing and enhanced hygiene practices while away from the district.
- Individuals who develop symptoms while traveling or immediately after traveling should follow CDC guidelines for individuals presumed to have been exposed to COVID-19.
- Any student or staff member who develops symptoms must notify the campus principal to activate district protocols.

### Staff Travel Restrictions

- Ferris ISD will discontinue staff travel to conferences and workshops until further notice unless pre-approved by Central Office. We will minimize non-essential travel throughout the year.

### Student Travel Restrictions

- Ferris ISD will discontinue in-person field trips until further notice. Ferris ISD will seek to provide virtual field trip opportunities for our students on all campuses.
- Ferris ISD will follow all federal, state, and local guidelines for travel to/from extracurricular events, to the greatest extent possible.
- Students may be restricted from leaving school between the end of the school day and participation in an extracurricular activity; or may be required to be rescreened prior to admission into Ferris ISD facilities following departure and subsequent return.

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## Protocols for Face Coverings & Personal Protective Equipment

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Schools are required to comply with the governor's executive order regarding the wearing of masks. Students and staff are expected to wear face coverings during school hours. This requirement is subject to change and will be determined by the level of disease activity of COVID-19. The District will rely on data from the Department of State Health Services (DSHS),



and the Ellis County Health Departments to determine the disease activity level and the appropriate protective measures.

- Masks include buffs, non-medical grade disposable face masks, cloth face coverings (over the nose and mouth), or full-face shields to protect eyes, nose, and mouth.
- Staff and students will wear face coverings.
- Students in pre-k through kindergarten will wear face coverings at the discretion of their teacher based upon their location, activity, and distance between students. Students in pre-k through kindergarten will be required to wear face coverings in hallways, common areas and during arrival/dismissal.
- It may be impractical for students to wear masks or face shields while participating in some non-UIL athletic or other extracurricular activities.
  - When it is impractical for students to wear masks or face shields during those activities, Ferris ISD will require students, staff and visitors to wear masks or face shields when entering and exiting facilities and practice areas and when not actively engaging in those activities.
  - Ferris ISD may allow students who are actively exercising to remove masks or face shields, as long as six (6) feet of distance is maintained between other students, staff, or visitors who are not wearing masks or face shields.
  - Ferris ISD will require students and staff to wear masks or face shields as they arrange themselves in positions which allow them to maintain safe social distancing.
- Students will not be required to wear face coverings while eating but will be distanced 6 feet apart as much as possible.
- It is important to note these protocols do not eliminate the potential for exposure to COVID-19, as individuals can transmit the virus up to 48 hours prior to symptom onset.
- Individual needs regarding face coverings will be addressed on a case-by-case basis. Requests for accommodations should be accompanied by a physician's note, and submitted to campus administration.
- Additional protective equipment will be provided to school nurses for use in the clinic.
- Students and staff will be provided with a reusable face covering. Families will be responsible for daily/routine cleaning of their student(s) mask and requested to supply a student face covering should the one provided by the school become unusable or lost.



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## Protocols for Campus Visitors

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### General

**Campuses will conduct virtual meetings to limit campus visitors when possible. All visitors to campus will be required to complete the COVID screener questions and wear a face covering before obtaining a badge to enter the building. A temperature check will be done immediately upon entry. Individuals will not be allowed beyond the campus front office until further notice.**

### Visitor Screening / PPE Requirements

- All individuals entering the building will be required to wear face coverings while in the building and will be subject to the following guidelines before entry is permitted:
  - All visitors will be subject to screening by way of a COVID-19 symptom screening form before entering any Ferris ISD facility.
  - A staff member will check the visitor's temperature. Any visitor with a temperature of 100.0 or higher (under current CDC guidelines) will be denied entry to FISD facilities.
  - Visitors will be required to stand behind the shield guard installed at reception desk areas.
  - Virtual meetings will be conducted when possible.
  - Visitors and staff will maintain physical distancing in smaller conference areas during any in-person meetings.
  - Visitors who refuse to answer the screening questionnaire or perform a temperature check will be presumed to have symptoms of COVID-19, and will be denied access to district facilities to protect our students and staff.



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## Protocols for Disinfecting and Hand Sanitizing

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### General

Frequent disinfection and hand sanitization will aid in the health and wellness of students and staff.

### Hand Washing / Sanitizing Expectations

- Alcohol-based hand sanitizer will be available at the main entry to the campus, in classrooms, in the cafeteria, and in additional common areas throughout the campus.
- Staff and students will be expected to regularly wash or sanitize their hands.
- Students will use hand sanitizer upon entry to the classroom, upon return from outdoors (physical education classes or recess), before eating, and following restroom breaks.
- Teachers will also provide periodic reminders during instructional day.

### Disinfecting Expectations

- Staff will have access to disinfectant solutions and/or disinfectant wipes to regularly sanitize high-touch and working surfaces and shared objects.
- Staff will limit the use of shared supplies when possible.
- Age-appropriate students *may* assist with the disinfection of shared classroom desks prior to changing classes.

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## Protocols for Campus Cleaning and Disinfecting

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### General

Frequent cleaning and disinfecting will promote a healthy learning and work environment for students and staff. Ferris ISD campuses have been completely cleaned and disinfected prior to school reopening. Ferris ISD will continue to clean and disinfect our facilities to protect our students and staff, and reduce the risk of spread of infection.



## Daily Campus Cleaning

- Each classroom and restroom will be cleaned and disinfected.
- All high touch areas will be disinfected throughout the day.
- Cleaning cloths will be changed for each classroom and common area to maximize room to room cleanliness.
- Custodians will wear masks or face shields and gloves when necessary during work hours.
- Cafeteria will be disinfected between lunch periods.
- Staff (and age appropriate students) will have access to disinfectant solutions and/or disinfectant wipes to sanitize working surfaces and shared objects after each use and during breaks in instruction.

## Additional Cleaning Measures for Covid-19 Positive Cases on Campus

- If a classroom or facility is closed due to COVID-19 spread, a special disinfectant that is recommended for use on the virus that causes COVID-19 will be used to disinfect as soon as the confirmation of a positive test is received.
- Custodial staff will disinfect classrooms, restrooms, and all common space areas throughout the building throughout the day.
- While the scope of deep cleaning is presumed to be the full campus, the necessary footprint to be cleaned may be reduced if there is sufficient rationale to do so. Notwithstanding the above, if an active employee is confirmed to have a COVID-19 positive test, in lieu of performing deep cleaning, a campus may shut down and transition to remote learning for a period of 72 hours to allow for natural deactivation of the virus, followed by site personnel performing a comprehensive disinfection of all common surfaces.
  - Ferris ISD will close off areas that were heavily used by the individual with the lab-confirmed case (student, teacher, or staff) until the non-porous surfaces in those areas can be disinfected, unless more than 3 days have already passed since that person was on campus.
  - Notification: Ferris ISD will notify all teachers, staff, and families of all students in a school if a lab-confirmed COVID19 case is identified among students, teachers, or staff who participate in any on-campus activities.



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## Protocols for Transportation

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### General

Ferris ISD is implementing new protocols for students and staff based on federal, state, and local guidelines (CDC, Texas Department of Health Services, TEA, etc.) for entry into Ferris ISD facilities, including COVID-19 screening questionnaires and temperature checks. Ferris ISD is permitted to prevent any individuals who fail the screening criteria or temperature check from being admitted to the campus or a bus until they meet any of the criteria for re-entry to the campus.

### Bus Transportation

As schools reopen, students using school bus transportation services will follow revised protocols. Starting at the time when students arrive at their designated bus stop and board the school bus, new safety and sanitizing protocols will be implemented.

- Students should practice social distancing, whenever possible (if there is adequate space and it is safe to do so) while waiting for and approaching the school bus.
- As stated previously, parents will screen their children with the questionnaire and do a temperature check, but Ferris ISD reserves the right to implement an extra check at bus stops prior to students boarding.
  - Ferris ISD could screen students to determine if:
    - They have COVID-19 symptoms (may be answered by the parent of younger students); or they have had close contact with an individual who is lab-confirmed with COVID-19.
    - Screening is accomplished by asking questions by phone, electronically, or in person.
  - Student temperatures will be checked prior to boarding the school bus.
    - Students with temperatures exceeding 100.0 degrees (per current CDC guidance) will be asked to return home or a parent will need to come get them from the bus stop.
- Students will be provided with hand sanitizer as they enter the bus.
- As social distancing is not practical within the Ferris ISD bus transportation network, all bus students will be required to wear a mask or face shield while on Ferris ISD buses, according to current federal, state or local government orders.



- Students should not share food, drinks, or personal items.
- Student family units will be seated together, to the extent practicable.
- When possible, bus windows will be opened to increase outside air circulation.
- ***Parents are encouraged to drop students off, carpool, or walk their student to school to reduce possible virus exposure on buses.***

### Bus Drivers / Bus Monitors

- Bus drivers and bus monitors are required to wear masks or face shields when possible.
- The bus driver and bus monitor's temperature must be checked and questionnaire complete prior to the start of each route.
- Bus drivers and bus monitors must not report to work if they suspect they are sick, have symptoms of COVID-19, or have a fever of 100.0 or above.

### Bus Sanitization

- Bus drivers, bus monitors, and/or Ferris ISD transportation staff will disinfect all district route buses with a disinfectant several times a day.
  - Ferris ISD buses have been thoroughly disinfected prior to the start of school, and will continue to be disinfected after students unload from the route/event.
    - Buses will be disinfected after the morning routes with a disinfectant utilizing a sprayer to achieve coverage on all surfaces in the bus.
    - Buses will be disinfected after the afternoon / special event routes utilizing a sprayer to achieve coverage on all surfaces in the bus, and by physically wiping down all high-touch surfaces with a cleaning cloth.
    - Cleaning cloths will not be reused until properly laundered.

### Parent Drop-Off / Car Line

- As stated previously, parents will screen their children with the questionnaire and do a temperature check, but Ferris ISD reserves the right to implement an extra check in the car line prior to students exiting their car.
  - If a parent/guardian is dropping off a student, the COVID-19 screening questions will be asked to the parent.
  - To the extent possible, students will be required to remain in their parent / guardian vehicle until a Ferris ISD staff member can perform a temperature check of the student.





- Students who have a temperature of 100.0 degrees or greater will not be admitted to campus.
  - The student's parent or guardian will be recommended to follow CDC guidelines for possible COVID-19 exposure.
  - The student will not be allowed to return to campus until meeting the criteria for returning to school discussed within this document.
- Students will be expected to keep social distance as they approach the building entry.
- Student class groupings will maintain social distance from other class groups to the extent possible.

### Self-Driving / Walking Students

- As stated previously, parents will screen their children with the questionnaire and do a temperature check, but Ferris ISD reserves the right to implement an extra check at the door for students who drive themselves or walk to school.
  - Self-driving and walking students will be asked the COVID-19 screening questions (as appropriate by age), and have their temperature checked prior to entering Ferris ISD facilities.
  - Students who answer positive to any COVID-19 question, or have a temperature of 100.0 or higher will be denied access to the campus facility, and will either:
    - Self-driving students will be sent home and directed to follow CDC guidelines for potential COVID-19 exposure.
    - Walking students will be sent home (if age appropriate) and directed to follow CDC guidelines for potential COVID-19 exposure; or if not age appropriate required to wear a mask and report directly to the nurse for further evaluation and determination of whether the student must be picked up by a parent /guardian.



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## Work and Learning Environments

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### Training

On the first day a student attends school on campus, Ferris ISD will provide instruction to students on appropriate hygiene practices and other mitigation practices adopted to reduce the spread of COVID-19.

- Students will be trained on:
  - Information about COVID-19 screening, identification of symptoms, prevention of spread, and sanitation of work areas.
  - If a student is experiencing symptoms to immediately notify a teacher.
  - The practice of covering coughs and sneezes with a tissue or elbow.
  - The importance of frequent hand washing, with soap for at least twenty (20) seconds, and/or the use of hand sanitizer.
- All staff will be trained on COVID-19 screening, identification of symptoms, prevention of spread, and sanitation of work areas.
- All staff will monitor students to identify students who exhibit symptoms and will be required to notify the nurse if a student is showing any symptoms
- Custodial staff will be trained on the proper PPE levels for personal safety, disinfection methods and protocols, and provided comprehensive cleaning training.

### Classroom Configuration

- Desks or tables will be socially distanced as much as instructionally possible.
- When possible, Ferris ISD will eliminate communal supplies and shared supplies will be sanitized between use.
- Shared non-essential items will be removed from the classroom.
- Recommended procedures will be applied to all classroom settings, including special education service locations when possible and appropriate. Students' individual needs will be addressed on a case-by-case basis.



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## Collaborative Work and Projects

- When possible, technology will be utilized when students are involved in collaborative work.
- Group or pair work can be implemented while maintaining physical distancing.

## General Classroom

- Signage will be posted in all classrooms regarding protocols and prevention, as recommended by TEA.
- Multiple locations of hand sanitizer, tissues, and trash cans will be available to limit student and staff movement.
- Each room will have a door stop to prop for no-touch entry between classes.
- Alcohol-based sanitizer will be provided in each classroom.
- Disinfectant solution/disinfectant wipes will be provided in each classroom to sanitize working surfaces.
- Whenever possible, students and staff will maintain consistent groupings to minimize the spread of the virus.

## Specialized Classrooms

- When appropriate, students will be provided face shields instead of face masks for safety when there is an increased risk of injury.
- Specialized equipment will be sanitized between each use. There will be adequate supplies to minimize the sharing of high touch materials or limit use of supplies of equipment to one group of students at a time.
- Procedures and protocols will be put into place to address locker rooms. Protocols will be in place for disinfecting of equipment, students changing clothes, students showering, distancing of students, etc.
- Special education classrooms and service locations may have additional protective barriers in place to support a safe environment for our students.

## Physical Education Classroom Protocols

- Whenever possible, physical education classes will be held outside to allow for maximum physical distance between students.
- Any activities bringing students into close physical contact will be avoided as much as possible.
- Procedures will be implemented in the locker rooms to encourage social distancing.
- Equipment will be disinfected after each use.
- Sanitizing areas and access to handwashing will be provided.



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## Common Areas

In order to provide the safest environment possible in our common/collaborative spaces, while promoting disease prevention and mitigation, the following guidelines will be implemented:

### Meeting Spaces

To the fullest extent possible, meetings will be conducted virtually. When the need arises to meet in person, meeting participants will:

- Follow social distancing protocols as directed by federal, state or local government orders.
- Facial coverings or masks will be utilized.
- Limit the sharing of materials/supplies, make them consumable or disinfect after use.

### Administrative Spaces - Reception, Offices, Conference Rooms

To the fullest extent possible, meetings will be conducted virtually. When the need arises to meet in person, meeting participants will:

- Facial coverings or masks will be utilized.
- Stand behind the shield guard installed at the reception desk.
- Use hand sanitizer provided in front office spaces.
- Distances of 6 feet will be required between all occupied seats and workspaces.

### Flexible Learning Spaces

- The number of students in these areas will be limited as much as possible.
- Common spaces and supplies in these areas will be disinfected frequently.

### Restrooms

- Visual reminders will help students to wash their hands before leaving the restroom and then use hand sanitizer upon entering the classroom.
- Increased disinfecting will occur throughout the school day.
- Each campus will comply with health agency recommendations and social distancing as much as possible.



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## **Library**

- Visual reminders will be added and furniture rearranged to help students maintain social distancing while in the library.
- Students and staff will wash/sanitize hands upon entering and after visiting the library.
- High touch surfaces (i.e. table tops, chairs, door handles) will be disinfected regularly.
- Occupancy will be limited.

## **Recess / Playground**

- Students will wear masks during outdoor activity unless social distancing of six (6) feet or more can be maintained. Students must maintain social distancing when returning to class.
- Students and staff will be required to wash their hands or use alcohol-based hand sanitizer before entering and upon exiting the playground.
- Campus administrators will develop a schedule for students to access the playground equipment. Teachers will monitor students to ensure safety guidelines are followed.
- Campuses may consider limiting the number of students per recess group, staggered schedules and/or consistent class groupings to limit the potential spread of the virus.

## **Water Fountains**

- Students are encouraged to bring their own water bottle for use throughout the day.
- We will of course clean and disinfect our water fountains multiple times throughout the day for those that will need to utilize them.

## **Transitions**

- Students and staff will follow protocols for face coverings.
- Classroom doors will be propped open (during class transitions only) to reduce high touch areas when possible.
- Staff (and posted visual reminders) will reinforce physical social distancing expectations.



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## Standard Arrival Protocols

- Entry doors will be designated based on arrival method: bus riders, parent drop-off/walk to school, student drivers, students with unique needs.
- Designated entry doors will be propped open and have a greeter for no-touch entry.
- Entry protocols will be established to maintain physical distance.
- Sanitizer stations will be placed at each entrance and students will sanitize hands upon entry.
- Students will go directly to a designated location upon arrival.
- Parents may not accompany students into the building during routine morning arrival.

## Standard Dismissal Protocols

- Dismissal times will be staggered slightly to limit the number of students in hallways and exit areas at any given time.
- Sanitizer stations will be placed at each exit and students will be encouraged to sanitize hands prior to exit.
- Parents picking up students during the day may call ahead so that students can be ready for pick up in the campus front office.
- Students will not be dismissed for early checkout within the last 15 minutes of the school day.

## Breakfast / Lunch

Based on building capacity and the number of students in the school, campus administration will determine areas which may be utilized for lunch. These areas may include the cafeteria, classrooms, library, or other large areas within the school building.

- Cafeteria capacity will be based on current guidelines when possible.
- Posted signage and staff will reinforce physical distance and traffic patterns in the cafeteria.
- Students are expected to wash hands or use hand sanitizer (at provided stations) prior to entering / exiting the cafeteria.



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## Outdoor & Off-Campus Student Activities

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- Campuses will limit students from leaving campus after school prior to travel or start of extra-curricular or co-curricular activities when possible. If a student leaves and then returns to campus, they may be rescreened for COVID-19 symptoms and a temperature check.
- Student participation in academic contests (Math and Science Team, Robotics, UIL) will only be attended if specific guidance is provided by an authorized entity (e.g., host site, FISD, TEA, the UIL, etc.)
- Special Education Community Based Instruction (CBI) and Work Based Learning (WBL) guidance will be followed to ensure these learning environments are available to our students per ARD/IEP recommendations.

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## On-Campus Activities & Outside Personnel

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- Any outside personnel that are approved to be on campus need to adhere to social distancing and personal protective equipment requirements as outlined by FISD, TEA and UIL. (Examples: parent-teacher conferences, ARD meeting, etc.)
- School wide events will be live streamed and/or occur virtually when possible.
- To limit larger gatherings, campus club meetings should be held virtually when possible. If meeting in person is required, groups should utilize larger meeting spaces or multiple meeting opportunities will be provided. Campus club meeting sponsors must adhere to social distancing and personal protective equipment requirements as outlined by FISD, TEA, and UIL.

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## Extra-Curricular Programming

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**Students choosing FISD Virtual Learning will be eligible to participate in any extra-curricular activities or UIL events.**



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### **Athletics, Cheer, Band, etc.**

- Practices, performance, and contests will be conducted following safety protocols provided by guidance from FISD, UIL and TEA. This will include COVID screening, temperature checks, group size limitations, sharing and sanitizing of equipment, locker room usage, etc.
- Hand sanitizing stations will be located throughout our facilities and equipment will be sanitized on a regular basis.
- Locker room use will be determined by TEA/UIL. If locker rooms can be accessed, all locker room space will be utilized to follow social distancing guidelines.
- Bus travel will follow transportation guidelines provided by FISD and TEA.
- Spectator attendance at games, performances, and contests may be limited based on TEA and UIL guidelines. Online ticketing for events may be utilized to control capacity of facilities.
- Separate entrances and exits may be utilized and event doors may be propped open to minimize physical contact with handles.
- Spectator seats may be marked and/or configured in a way to enforce social distancing.
- Concessions and/or concession sales may be limited to encourage social distancing and to follow health and safety guidelines.
- Large group practice sessions, sectionals, and rehearsals will adhere to social distancing guidelines provided by an authorized entity (e.g., FISD, TEA, UIL, etc.)
- Off-campus games, performances, and contests will only be conducted if specific guidance is provided by an authorized entity (e.g., FISD, TEA, UIL, etc.)
- Games, concerts, and performances may be adjusted based on health and safety guidelines provided by an authorized entity (e.g., FISD, TEA, UIL, etc.) including, but not limited to; transportation procedures, number of attendees, etc.
- Booster club meetings should be held virtually to minimize outside exposure to campuses.





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## Communication Methods

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To stay updated on the most up-to-date information:

- Teachers, students, and parents need to check their email often.
- Visit Ferris ISD's district website.
- Follow Ferris ISD's district and campus social media platforms.
- Watch for Remind messages.
- SeeSaw PK-5; Google Classroom Grades PK-12.

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## Fall 2020: Instructional Information for Families

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This fall, Ferris ISD will be implementing instructional practices to provide consistency across learning environments and ensure the safety of students and staff.

Regardless of learning environment, Ferris ISD is committed to ensuring that students have an equitable experience and access to high-quality instruction:

- Students will interact with instruction in two different environments (face-to-face and virtual/remote) making it necessary for teacher teams to plan instruction that is content-consistent, yet environment-specific to ensure equitable learning opportunities for all students.
  - Ferris ISD will utilize the strategies and best practices associated with blended learning to design learning activities for all students.
  - Learning experiences are designed to meet the needs and environment of the learner where they are.
  - Students, regardless of learning environment, will engage in high-quality learning experiences aligned to Ferris ISD curriculum and Texas Essential Knowledge and Skills.
  - Students who begin the year in Face-to-Face learning at school may move into remote learning for a period of time if needed for school closure due to student/staff illness or county or state regulations.
  - Both the FISD Virtual Learning and Face-to-Face experience will utilize Google Classroom, provide similar expectations around coursework, and follow the same grading guidelines.
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## Parent Commitment

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Parents have been asked to commit to either on-campus (in-person) or virtual (remote) instruction by completing a parent commitment form. Parents will be able to change that commitment at specified times. FISD has tentatively set those dates to be:

1<sup>st</sup> Commitment Day – July 31<sup>st</sup>

Choosing instructional model for Sept. 8<sup>th</sup> – Oct. 2<sup>nd</sup>

Re-Commitment Day – August 25<sup>th</sup>

Choosing instructional model for Sept. 8<sup>th</sup> – Oct. 2<sup>nd</sup>

2<sup>nd</sup> Commitment Day – September 23<sup>rd</sup>

Choosing instructional model for Oct. 7<sup>th</sup> – 30<sup>th</sup>

3<sup>rd</sup> Commitment Day – October 19<sup>th</sup>

Choosing instructional model for Nov. 2<sup>nd</sup> – 20<sup>th</sup>

4<sup>th</sup> Commitment Day – November 16<sup>th</sup>

Choosing instructional model for Nov. 30<sup>th</sup> – Dec. 18<sup>th</sup>

Ferris ISD will be allowing small groups of students to return at specified times, but we will be continually reevaluating our plan based upon data and guidelines. Those tentative dates are:

PHASE ONE (Aug. 12<sup>th</sup> – Sept. 4<sup>th</sup>)

In-person is only offered to staff's children, students with no internet, and students who have special education services that require their attendance

PHASE TWO (Sept. 8<sup>th</sup> – Oct. 2<sup>nd</sup>)

In-person opened up further to include high school CTE students and students whose parents need them to come back to school so they can go back to work

PHASE THREE (Oct. 7<sup>th</sup> – Oct. 30<sup>th</sup>)

In-person will be opened up completely.

A student who begins receiving remote instruction as a result of staying at home to isolate from COVID19 exposure should be permitted to return to campus at the end of their isolation period, as opposed to the end of a specified period.



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## Instructional Delivery Models

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### FACE-TO-FACE LEARNING

Students and teachers will attend class in-person, five days a week (except at the high school where a hybrid model is permissible), with additional safety measures in alignment with state and federal guidelines and recommendations.

- In this setting, teachers will provide face-to-face instruction, learning resources and support utilizing Google Classroom.
- Teachers will plan instruction that is quickly and easily transferable from face-to-face to remote virtual learning in the event of a temporary school closure due to COVID-19 spread. It also will be intentional designed to provide virtual students the same experience as face-to-face students.
- District-directed and campus-designed safety procedures will be implemented.
- Local and state health guidelines will be followed for face-to-face instruction.
- Students will be eligible to participate in extracurricular activities, as allowed by TEA, UIL, and health officials.
- Face Coverings required for all students.



### FISD VIRTUAL LEARNING (Remote Asynchronous)

Ferris ISD Virtual Learning is a remote learning opportunity that will allow students to engage in high quality learning experiences, utilize Ferris ISD instructional resources and meaningfully connect with their teachers and other students. All activities will be designed to meet the needs of the student in the online environment through differentiated experiences that are consistent with those of their grade-level peers attending face-to-face.

- Teachers will teach Fisd Virtual Learning students from their classrooms or other assigned location.
- In this setting, teachers will also provide instruction, learning resources and support through the use of Google Classroom, SeeSaw, Schoology, Edgenuity, etc.
- Parents will support students to ensure they have access to a device, a place to work and are engaged in virtual learning activities each day.



**Remote Asynchronous Learning** is a curricular experience where students engage in the learning materials on their own time, interacting intermittently with the teacher via the computer or other electronic devices. In this setting, teachers will provide instruction, learning resources and support through the use of Google Classroom, Seesaw, Schoology, Edgenuity, etc.

Ferris ISD student expectations for **FISD Virtual Learning** (*Remote Asynchronous*):

- Students will complete remote (asynchronous) activities assigned each day.
- Students will attend live meeting times or check ins when possible and connect with the teacher later in the day if they could not.
- Students show proof of participation in daily virtual instruction by satisfactorily completing assignments to demonstrate evidence of student learning, e.g., video, picture or activities submitted as lessons and/or completing assignments.
- Students and parents will communicate with the teacher when needing additional assistance, tutoring, etc.
- Students may be required to take state assessments on campus.
- FISD will ensure open lines of communication between teachers, students, and parents as we work together to guide each student in their academic and social-emotional readiness for the future.
- Teachers will utilize the same curriculum as students who attend face-to-face instruction and will design strategies for learning in the remote environment.
- Grading will be consistent with the guidelines and practices used in all face-to-face instruction.
- Students will be eligible to participate in extracurricular activities, as allowed by TEA, UIL, and health officials.

## **Schedule for FISD Virtual Learning**

While in a remote learning environment, time management is critical to success. Students and teachers must remain in communication regarding daily schedules and assignments. As with any traditional course, there is a risk of receiving a lower grade if a student falls behind. If students are struggling with time management, then the parent or student should contact the teacher for additional assistance.



## Attendance for FISD Virtual Learning

Students who login to Seesaw/Google Classroom/Schoology/Edgenuity each day and engage in teacher-assigned learning apps are considered “present” and **will not** be marked absent. Students who have not logged in by 2:00 PM each school day **will** be marked absent. This absence can be resolved if the student engages in daily learning assigned by their teachers by 11:59 PM that same day.

Parents and students will receive absence notifications via Skyward after 6:00 PM each day and will be reminded of the opportunity to resolve that day’s absence if the student engages in learning before 11:59 PM of the same day.

Any absences recorded, but resolved by the student before 11:59 PM on the same day, will be reconciled based on login records of the digital platforms.

Ferris ISD requires students to be engaged in FISD Virtual Learning each day, per TEA guidelines. Compensatory attendance requirements remain in effect for FISD Virtual Learning, and students/parents may be subject to truancy proceedings. It is important that students understand that FISD Virtual Learning attendance is based on **daily engagement**, not solely the completion of assignments. State law [TEC §25.092](#) and Ferris ISD Policy FEC (LOCAL) and (LEGAL) still require students to attend at least 90% of their classes to receive credit and be promoted. Remote attendance will count in the same manner as on-campus (face-to-face) attendance in satisfying this requirement.

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## FISD Virtual Learning Design for Grades PK-5

Teachers will structure the instructional day to ensure there are enough minutes devoted to each subject area, chunked into some synchronous (live) times and some asynchronous times.

- Daily activities **may include**:
  - Daily Check in time
  - Read alouds/Number Talks
  - Small group instruction
  - Direct instruction by teacher (mini-lesson)
- Daily remote (asynchronous) assignments are to be completed independently. These **may include activities such as**:
  - Teacher videos of Instruction
  - Choice boards
  - Student self-selected reading and writing
  - Writing assignments
  - Independent practice
  - For electives, (Physical Education, Art, Computer, Music, etc.) a bank of exercise, activities, and resources will be provided.

Teachers will design small group time to differentiate instruction within the instructional block. This will require teachers to set up small group instruction schedules for students. It will be vital for teachers and parents to openly communicate the schedules for the students.

Regular communication and the partnership between teachers and parents will be crucial to the success of elementary students during the Virtual Learning. Parents may be needed at home to assist their student with logging into Seesaw/Google Classroom, monitoring their participation and progress in the learning, and ensuring completion of asynchronous activities.



## **FISD Virtual Learning Design for Grades 6-12**

Classes within this environment will follow the schedule of classes at the student's home campus. Ferris ISD will structure the students' learning schedule to require students to participate in interactive connections with their teacher and remote (asynchronous) learning through Edgenuity.

Within most courses/subjects, teachers will plan for students to participate in some live and some remote learning.

- Some elective courses for students who select FISD Virtual Learning may require the student to complete assignments or projects at the campus if the course requires assignments that cannot be reasonably completed remotely, e.g., welding, a/v production, etc.
  - Students who select FISD Virtual Learning will be contacted at the beginning of August regarding their schedule if the elective courses requested require an in-person component.
  - FISD will communicate which courses have on campus requirements before the start of the course that failure to complete the required on-campus assignment could cause the student not to be awarded course credit.

## **Intervention and Enrichment for FISD Virtual Learning**

Intervention, enrichment, and tutorial time will be scheduled regularly for students to best meet their academic needs. During this time, students may engage in assigned group activities, project-based learning activities, small group, or individual instruction. Teachers will communicate with students their plan for the designated time, if it is needed.

## **FISD Virtual Learning Grading**

Grading for all remote courses will follow the same grading policy as the courses in the face-to-face model. FISD Virtual Learning courses that earn high school credit will count in GPA calculation and class rank as specified in FISD Board Policy.

## **Special Education Support**

ARD Committees will determine the unique needs of students who receive special education services and will make service recommendations for students attending the FISD Virtual remote program. The nature of special education interventions will likely require a heavier concentration of live interactive support and services to ensure that individual student needs are met. Progress will be carefully monitored and ARD Committees will convene as needed to make appropriate recommendations to meet individual student needs. This will ensure continued growth in the general education curriculum and on IEP goals and objectives.

## Ferris ISD Wellness/SHAC Policy

### **Table of Contents**

<a href="#"><u>Preamble</u></a> .....	2
<a href="#"><u>School Wellness/SHAC Committee</u></a> .....	3
<a href="#"><u>Wellness/SHAC Policy Implementation, Monitoring, Accountability, and Community Engagement</u></a> .....	4
<a href="#"><u>Nutrition</u></a> .....	7
<a href="#"><u>Physical Activity</u></a> .....	14
<a href="#"><u>Other Activities that Promote Student Wellness</u></a> .....	18
<a href="#"><u>Glossary</u></a> .....	20



## Ferris ISD Wellness/SHAC Policy

### Preamble

Ferris ISD is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in the District.

### **I. School Wellness/SHAC Committee**

#### ***Committee Role and Membership***

The District will convene a representative district Wellness/SHAC committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The District Wellness Committee and SHAC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (ex., school nutrition director); physical education teachers; health education teachers; school health professionals (ex., health education teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and other allied health personnel who provide school

health services], and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., superintendent, principal, vice principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the Committee will include representatives from each school building and reflect the diversity of the community.

### ***Leadership***

The Superintendent or designee(s) will convene the Wellness/SHAC Committee and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

Name	Title	Email address	Role
Dr. Melinda Domain	Director of special programs	<a href="mailto:mddomain@ferrisd.org">mddomain@ferrisd.org</a>	District Chair
Gaylia Clark	Food Service Director	<a href="mailto:gaclark@ferrisd.org">gaclark@ferrisd.org</a>	Child Nutrition Advisor

## **II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement**

### ***Implementation Plan***

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this policy.

### ***Recordkeeping***

The District will retain records to document compliance with the requirements of the Wellness/SHAC policy at Ferris ISD Administration Office. Documentation maintained in this location will include but will not be limited to:

- The written Wellness/SHAC policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit Committee membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the policy;



- Documentation demonstrating compliance with public notification requirements.

### ***Progress Reports***

The Wellness/ SHAC Committee will establish and monitor goals and objectives for the District's schools, specific and appropriate for each instructional unit (elementary or secondary OR elementary, middle, and high school, as appropriate), for each of the content-specific components listed in Sections III-V of this policy.

### ***Triennial Progress Assessments***

At least once every three years, the District will evaluate compliance with the Wellness/SHAC policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the Wellness/SHAC policy;
- A description of the progress made in attaining the goals of the District's wellness policy.

The Wellness /SHAC Committee in collaboration with individual schools, will monitor schools' compliance with this policy.

### ***Revisions and Updating the Policy***

The Committee will update or modify the Wellness/SHAC policy based on the results of the progress reports and triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued.

### ***Community Involvement, Outreach, and Communications***

The District is committed to being responsive to community input, which begins with awareness of the Wellness/SHAC policy. The District will actively communicate ways in which representatives and others can participate in the development, implementation, and periodic review and update of the policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.

## **III. Nutrition**

### ***School Meals***

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), *the after school snack*



*program and summer meals program.* The District also operates additional nutrition-related programs and activities including breakfast in the classroom. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using [Smarter Lunchroom techniques](#):
  - Whole fruit options are displayed
  - Sliced or cut fruit is available daily
  - Daily fruit options are displayed in a location in the line of sight and reach of students
  - All staff members have been trained to prompt students to select and consume the daily vegetable options with their meal
  - A reimbursable meal can be created in any service area available to students
  - Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
  - Student artwork is displayed in the service and/or dining areas
- *Menus will be posted on the District website or individual school websites*
- *School meals are administered by a team of child nutrition professionals.*
- *The District child nutrition program will accommodate students with special dietary needs.*
- *Students are served lunch at a reasonable and appropriate time of day.*
- *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*

### ***Staff Qualifications and Professional Development***

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

### ***Competitive Foods and Beverages***

The District is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A



summary of the standards and information are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

**In addition to the Texas competitive food rules, Ferris ISD states we will not allow foods or snacks which contain a sugar substitute such as sugar free gum or carbonated beverages to be sold or given away to students.**

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

### ***Celebrations and Rewards***

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers.
2. Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

### ***Fundraising***

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus\* during the school day\*.

### ***Nutrition Promotion***

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks).

### ***Nutrition Education***

The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise).

### ***Essential Healthy Eating Topics in Health Education***

The District will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

### ***Food and Beverage Marketing in Schools***

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if



students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food advertising and marketing is defined<sup>1</sup> as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards.
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the District.
- Advertisements in school publications or school mailings.

#### **IV. Physical Activity**

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and the district is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the district will be encouraged to participate in *Let's Move! Active Schools* ([www.letsmoveschools.org](http://www.letsmoveschools.org)) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason. This does not include participation on sports teams that have specific academic requirements.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

#### ***Physical Education***



The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District **elementary students** in each grade will receive physical education for at least 150 minutes per week throughout the school year.

All District **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student. Parents may request in writing their children's physical fitness assessment results at the end of each school year.

### ***Essential Physical Activity Topics in Health Education***

The District will include in the health education curriculum the following essential topics on physical activity

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

### ***Recess (Elementary)***

All elementary schools will offer at least **20 minutes of recess** on all or most days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing



facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

**Outdoor recess** will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

#### ***Physical Activity Breaks (Elementary and Secondary)***

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom times. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

### **V. Other Activities that Promote Student Wellness**

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the Wellness/SHAC policy, including but not limited to ensuring the involvement of the committee.

All school-sponsored events will adhere to the policy. All school-sponsored wellness events will include physical activity opportunities.

The district will prohibit the use of all tobacco products, including E cigarettes, on all school property and events.

#### ***Community Partnerships***

The District will continue relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this Wellness/SHAC policy's

implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the policy and its goals.

***Community Health Promotion and Engagement***

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, the District will use electronic mechanisms (displaying notices on the district’s website), to ensure that all families are notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

***Staff Wellness and Health Promotion***

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

***Professional Learning***

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.



*Glossary:*

**Extended School Day** - time during, before, and after school activities that includes clubs, intramural sports, band and choir practice, drama rehearsals, etc.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** - midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(LOCAL)

	<p>The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity.</p> <p>[See EHAA for information regarding the District's coordinated school health program.]</p>
<p><b>Development, Implementation, and Review of Guidelines and Goals</b></p>	<p>The local school health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public.</p> <p>[See BDF for required membership of the SHAC.]</p>
<p>Wellness Plan</p>	<p>The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:</p> <ol style="list-style-type: none"><li>1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;</li><li>2. Objectives, benchmarks, and activities for implementing the wellness goals;</li><li>3. Methods for measuring implementation of the wellness goals;</li><li>4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and</li><li>5. The manner of communicating to the public applicable information about the District's wellness policy and plan.</li></ol> <p>The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.</p>
<p><b>Nutrition Guidelines</b></p> <p>Foods and Beverages Sold</p>	<p>The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules. [See CO and FJ]</p>



STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(LOCAL)

Foods and Beverages Provided	The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the District's wellness plan.
<b>Wellness Goals</b>	
Nutrition Promotion and Education	<p>The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. [See EHAA] The District's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.</p> <p>The District establishes the following goals for nutrition promotion:</p> <ol style="list-style-type: none"><li>1. 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.</li><li>2. 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.</li></ol> <p>The District establishes the following goal for nutrition education: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p>
Physical Activity	<p>The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]</p> <p>The District establishes the following goals for physical activity:</p> <ol style="list-style-type: none"><li>1. 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.</li><li>2. The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.</li></ol>
Other School-Based Activities	<p>The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities:</p> <ol style="list-style-type: none"><li>1. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</li></ol>

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(LOCAL)

2. The District shall promote wellness for students and their families at suitable District and campus activities.
3. The District shall promote employee wellness activities and involvement at suitable District and campus activities.

**Implementation**

The food service director shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

**Evaluation**

The District shall comply with federal requirements for evaluating this policy and the wellness plan.

**Public Notification**

The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.

**Records Retention**

The District shall retain all the required records associated with the wellness policy, in accordance with law and the District's records management program. [See CPC and FFA(LEGAL)]

## **School Health**

A board shall establish a local school health advisory council Advisory Council

(SHAC) to assist the district in ensuring that local community values are reflected in the district's health education instruction. Education Code 28.004(a) [See BDF regarding composition of the SHAC and FFA regarding federal wellness requirements]

### **Duties**

The SHAC's duties include recommending:

1. The number of hours of instruction to be provided in health education;
2. Policies, procedures, strategies, and curriculum appropriate for specific grade levels designed to prevent obesity, cardiovascular disease, type 2 diabetes, and mental health concerns through coordination of:

Ferris ISD 070905

BASIC INSTRUCTIONAL PROGRAM EHAA REQUIRED INSTRUCTION (ALL LEVELS)  
(LEGAL)

DATE ISSUED: 11/15/2017 5 of 7 UPDATE 109 EHAA(LEGAL)-P

- a. Health education,
  - b. Physical education and physical activity,
  - c. Nutrition services,
  - d. Parental involvement,
  - e. Instruction to prevent the use of e-cigarettes, as defined by Health and Safety Code 161.081, and tobacco,
  - f. School health services,
  - g. Counseling and guidance services,
  - h. A safe and healthy school environment, and
  - i. School employee wellness;
3. Appropriate grade levels and methods of instruction for human sexuality instruction;

Ferris ISD 070905

BASIC INSTRUCTIONAL PROGRAM EHAA REQUIRED INSTRUCTION (ALL LEVELS)  
(LEGAL)DATE ISSUED: 11/15/2017 5 of 7 UPDATE 109 EHAA(LEGAL)-P



4. Strategies for integrating the curriculum components specified by item 2, above, with the following elements in a coordinated school health program:

- a. School health services,
- b. Counseling and guidance services,
- c. A safe and healthy school environment, and
- d. School employee wellness; and

5. If feasible, joint use agreements or strategies for collaboration

between the district and community organizations or agencies. Any agreement entered into based on a recommendation of the SHAC must address liability for the district and community organization.

*Education Code 28.004(c), (n)*

The SHAC shall consider and make policy recommendations to the district concerning the importance of daily recess for elementary school students. The SHAC must consider research regarding unstructured and undirected play, academic and social development, and the health benefits of daily recess in making the recommendations. The SHAC shall ensure that local community values are reflected in any policy recommendation made to the district concerning the importance of daily recess for elementary school students. Education Code 28.004(l)



BOARD INTERNAL ORGANIZATION  
CITIZEN ADVISORY COMMITTEES

BDF  
(LEGAL)

<b>School Health Advisory Council</b>	<p>A board shall establish a local school health advisory council (SHAC) to assist a district in ensuring that local community values are reflected in the district's health education instruction. <i>Education Code 28.004(a)</i> [See EHAA regarding duties of the SHAC]</p> <p>The SHAC shall meet at least four times each year. <i>Education Code 28.004(d-1)</i></p>
Composition	<p>A board shall appoint at least five members to the SHAC. A majority of the members must be parents of students enrolled in the district and must not be employed by the district. One of those members shall serve as chair or co-chair of the SHAC.</p> <p>A board may also appoint one or more public school teachers, public school administrators, district students, health-care professionals, members of the business community, law enforcement representatives, senior citizens, clergy, representatives of nonprofit health organizations, representatives of local domestic violence programs, or representatives of another group.</p> <p><i>Education Code 28.004(d)</i></p>
Physical Activity and Fitness Planning Subcommittee	<p>The SHAC shall establish a physical activity and fitness planning subcommittee to consider issues relating to student physical activity and fitness and make policy recommendations to increase physical activity and improve fitness among students. <i>Education Code 28.004(l-1)</i></p>
Annual Report	<p>In addition to its other duties, the SHAC shall submit to the board, at least annually, a written report that includes:</p> <ol style="list-style-type: none"><li>1. Any SHAC recommendation concerning a district's health education curriculum and instruction or related matters that the SHAC has not previously submitted to the board;</li><li>2. Any suggested modification to a SHAC recommendation previously submitted to the board; and</li><li>3. A detailed explanation of the SHAC's activities during the period between the date of the current report and the date of the last prior written report.</li></ol> <p><i>Education Code 28.004(m)</i></p>
Changes in Curriculum	<p>A district must consider the recommendations of the local SHAC before changing the district's health education curriculum or instruction. <i>Education Code 28.004(b)</i></p>
<b>Public Statement</b>	<p>A district shall publish in the student handbook and post on the district's Internet website, if the district has an Internet website, a statement of:</p>

BOARD INTERNAL ORGANIZATION  
CITIZEN ADVISORY COMMITTEES

BDF  
(LEGAL)

1. District policies adopted to ensure that elementary school, middle school, and junior high school students engage in at least the amount and level of physical activity required by Education Code 28.002(l) [see EHAB and EHAC];
2. The number of times during the preceding year the SHAC has met;
3. Whether the district has adopted and enforces policies to ensure compliance with TEA's vending machine and food service guidelines for restricting student access to vending machines;
4. Whether the district has adopted and enforces policies and procedures that prescribe penalties for the use of e-cigarettes, as defined at Education Code 38.006, and tobacco products by students and others on school campuses or at school-sponsored or school-related activities [see DH and GKA]; and
5. Notice to parents that they can request in writing their child's physical fitness assessment results at the end of the school year [see FFAA].

*Education Code 28.004(k)*