



## **DISTRICT WELLNESS PLAN**

Last Updated  
May 2023

# MAGNOLIA ISD WELLNESS PLAN

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The Magnolia ISD Wellness Plan was developed through input from community members and school district personnel through the School Health Advisory Council (SHAC) during the 2016 - 2017 school year in compliance with Board Policy FFA (Local). The MISD Wellness Plan was approved by the SHAC May 4, 2017.

This document, referred to as the “wellness plan”(the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board, to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b]

## **STRATEGIES TO SOLICIT INVOLVEMENT**

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following persons to work with the SHAC on the District’s wellness policy and plan: parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input of these other interested persons by:

- Holding regularly scheduled meetings
- Posting information regarding the Wellness Plan on the district website.

## **IMPLEMENTATION**

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

The Assistant Superintendent for Administration is the District official responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.

## **EVALUATION**

In accordance with law, the District will periodically measure and make available to the public an assessment of the implementation of the District’s wellness policy, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. Absent federal regulations to the contrary, the District commits to the evaluation activities described below.

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

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

- Observations by district personnel
- Survey instruments
- Feedback provided by administrators, parents, and students

## **PUBLIC NOTIFICATION**

To comply with the legal requirement to inform and update the public about the content and implementation of the local wellness policy, the District will create a wellness page on its website to document information and activity related to the school wellness policy, including:

1. A copy of the wellness policy [FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's triennial assessment and report on the District's wellness policy and plan; and
6. Any other relevant information.

The District will also publish the above information in appropriate District or campus publications.

## **RECORDS RETENTION**

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. Questions may be directed to the Director of Student Services, the District's designated records management officer.

## **GUIDELINES AND GOALS**

The following provisions describe the District's nutrition guidelines and activities and objectives chosen by the SHAC to implement the Board-adopted wellness goals in policy FFA(LOCAL).

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## NUTRITION GUIDELINES

All District campuses participate in the United States Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that the District establish nutrition guidelines for foods made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

## FOODS SOLD

The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements. The following websites have information regarding meal and Smart Snacks requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>

## EXCEPTION—FUNDRAISERS

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]. The District will allow six days per year per campus for exempted fundraisers during the 2017-18 school year.

## FOODS MADE AVAILABLE

There are currently no federal requirements for foods or beverages made available to students during the school day. The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function. [See CO(LEGAL)]

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## MEASURING COMPLIANCE

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to the TDA, reviewing foods and beverages that are sold in competition with the regular school meals, reviewing items sold as part of approved District fundraisers, and monitoring the types of foods and beverages made available to students during the school day.

## NUTRITION PROMOTION

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District's nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District.

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

<b>GOAL:</b> The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	
<b>Objective 1: The District will encourage participation in the Federal Child Nutrition Program.</b>	
Action Steps	Methods for Measuring Implementation
Distribute brochures and applications regarding Child Nutrition Programs. <ul style="list-style-type: none"><li>Information is posted on the Child Nutrition website</li></ul> <a href="http://www.schoolnutritionandfitness.com">http://www.schoolnutritionandfitness.com</a>	Baseline or benchmark data points: <ul style="list-style-type: none"><li>Participation rates in Federal Child Nutrition Program will be tracked with Nutrikids Point of Sale System.</li></ul> Resources needed: <ul style="list-style-type: none"><li>Federal School Nutrition Applications</li><li>Brochures prepared from Nutrition and Fitness design company</li><li>Campus personnel to distribute applications and brochures</li></ul> Obstacles: <ul style="list-style-type: none"><li>Applications sometimes are not passed out at each campus</li><li>Parents do not fill out meal application correctly</li><li>Students bring lunch from home</li></ul>

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<b>Objective 2: All campuses will maintain Bronze level or higher for Healthier US Challenge Award status each year.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>• Train employees in Smarter Lunchroom Techniques (<a href="http://www.smartlunchrooms.org">www.smartlunchrooms.org</a>)</li> <li>• Participate in Farm to School</li> <li>• Participate in TDA Promotions</li> <li>• Provide Salad Bars at every campus</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Use 10 of the Smarter Lunchroom Techniques daily</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Personnel to conduct site review of serving areas</li> <li>• Smarter Lunchroom self assessment score card</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Time and Staff devoted to implementing Smarter Lunchroom Techniques</li> <li>• Lack of campus interest in TDA promotions</li> </ul>

<b>GOAL:</b> The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.	
<b>Objective 1: Menus and nutritional information will be posted on the Districts website and on individual school websites.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Provide nutritional education links for parents, teachers, and students with the district Child Nutrition website.</p> <p>Display posters in serving lines/ cafeterias with nutritional education links.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Number of times website is used monthly</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Nutrition and Fitness website paid for yearly</li> <li>• Time to review website with updated information</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Families with no internet access</li> <li>• Lack of interest in school meals</li> </ul>

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<b>Objective 2: The District will display posters and/or digital signs in campus cafeterias with Nutritional Education and monthly menu information</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Work with campus manager to display nutritional and menu signage properly.</p> <ul style="list-style-type: none"> <li>Digital signs</li> <li>Nutrition education posters</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Monitor student interest in menus with monthly taste testing and surveys.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Personnel to do monitoring of taste testing and surveys</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Posters do not stay on walls.</li> <li>Students do not pay attention to digital signs.</li> </ul>
<b>Objective 3: All foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed USDA Smart Snack Standards.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Appropriate District Personnel will be trained on Smart Snack Regulations.</p> <p>Smart Snack Regulations will be continuously monitored at each campus.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>100% of new marketing material purchased will reflect Smart Snack Guidelines.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>USDA Smart Snack Regulations</li> <li>Training classes for school district staff</li> <li>RFP's Business Office</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Communication to vendors about regulations</li> <li>Staff do not attend training</li> </ul>

## NUTRITION EDUCATION

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a nutrition services and health education component at the elementary and middle school levels. [See EHAA]

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

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<b>GOAL:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
<b>Objective 1: 100% of District Physical Education Teachers, Nurses and Child Nutrition Supervisors and Managers will attend each training by the end of the year</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Develop a plan for staff members to attend CATCH training classes during the year.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Documentation of CATCH training</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Training classes for district staff to attend</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Staff unable to attend training</li> </ul>
<b>GOAL:</b> The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
<b>Objective 1: Provide special events for campuses three times a year that interest students in Nutrition Education.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Plan nutrition education events such as visits to farms, Dairy Council presentations, and participation in school gardens.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Documentation of campus nutrition education events every three months</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• A staff member to plan and organize events</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Scheduling conflicts with campuses</li> </ul>
<b>Objective 2: All campuses will encourage students to drink water and bring healthy snacks to school.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Teachers will inform students of water availability.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Documentation of the Child Nutrition Department's Compliance with the USDA Potable Water Policy</li> </ul>



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	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Easily accessible water fountains</li> <li>• USDA Smart Snack Guidelines</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Teachers will need to develop procedures regarding when a student may get water from a fountain</li> </ul>
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<p><b>GOAL:</b> The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.</p>	
<p><b>Objective 1: 100% of Child Nutrition employees will maintain Continuing Education / Training required for USDA Child Nutrition Professionals.</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Provide training during in-service and during the school year.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Documentation of professional standard hours</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Staff to set up classes and maintain records</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Staff members missing a class</li> </ul>

## PHYSICAL ACTIVITY

The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]

Federal law requires that the District establish goals for physical activity in its wellness policy.

In accordance with FFA(LOCAL), the District has established the following goal(s) for physical activity.

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<p><b>GOAL 1:</b> The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.</p>	
<p><b>Objective 1:</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Provide a minimum of 30 minutes daily of planned physical activity for students in grades Pre-K through grade 6. Provide recess daily at Elementary campuses.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Number of minutes documented</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Teaching and Support staff</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Planning for testing days</li> </ul>
<p><b>Objective 2:</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Provide a minimum of 30 minutes daily of planned physical activity for students not scheduled in competitive athletics in grades 7 through 10.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Number of minutes documented each day</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Physical education teachers</li> <li>• Professional Development for positive support to encourage student participation</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Scheduling electives and training</li> </ul>
<p><b>Objective 3:</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Provide a minimum of 30 minutes daily of planned physical activity for students in competitive athletics in grades 7 through 12.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Practice or game minutes available each day.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Coaches</li> <li>• Professional Development for positive support to encourage student participation</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• scheduling athletic periods and training</li> </ul>

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<b>GOAL 2:</b> The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Continue to support and implement the After School Adventures Program at Elementary Campuses	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Student Enrollment</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Staffing</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Funding and enrollment numbers</li> </ul>
<b>Objective 2:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Continue to support the Off Campus PE Program in partnership with local vendors	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Number of participating vendors</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Communication</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Participation from vendors</li> </ul>

<b>GOAL 3:</b> The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as tracks, playgrounds, and the like, that are available outside the school day.	
<b>Objective 1:</b> Inform the community of the secondary facilities that are available for use outside of the school day by posting appropriate signage	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Encourage parents and community members to use the school track for walking, jogging, or running.	Resources needed: <ul style="list-style-type: none"> <li>• Track open</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Inclement weather; Schedule Conflicts</li> </ul>

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<b>Objective 2:</b> Inform the community of the elementary facilities that are available for use outside of the school day by posting appropriate signage	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Encourage parents and community members to use playgrounds and elementary fields for physical activity.	Resources needed: <ul style="list-style-type: none"> <li>Playgrounds open</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Inclement weather; Schedule Conflicts</li> </ul>

## SCHOOL-BASED ACTIVITIES

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness.

In accordance with FFA(LOCAL), the District has established the following goal(s) as part of its student wellness policy to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.

<b>GOAL 1:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Schedule at least 30 minutes for each student to collect a lunch tray and sit down to eat during their lunch period	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Amount of time scheduled daily</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Adequate cafeteria staff and serving lines</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Limited number of serving lines</li> </ul>

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**GOAL 2:** The District shall promote wellness for students and their families at suitable District and campus activities.

**Objective 1:** Help provide opportunities for students to be involved in physical activities outside of school.

Action Steps	Methods for Measuring Implementation
Coordinate with various local youth activity groups to help students enroll in after school activities	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Number of students enrolled in each activity</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Staff to issue enrollment forms</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Communication with groups</li> </ul>

**Objective 2:** Provide facilities for after school youth programs.

Action Steps	Methods for Measuring Implementation
Coordinate with local youth activity groups to schedule practice and games for various youth activities	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Number of times school facilities are used by groups after school</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Coordination between school and youth activity personnel</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Communication</li> </ul>

**GOAL 3:** The District shall promote employee wellness activities and involvement at suitable District and campus activities.

**Objective 1:** Provide facilities for staff to participate in exercise or wellness activities after work hours.

Action Steps	Methods for Measuring Implementation
Allow the track or school buildings to be used for walking/jogging activities and allow the weight room to be used by staff	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Number of physically active staff</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Coordination between individual workouts and student activities</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Facility conflicts</li> </ul>