

WELLNESS PLAN	This document, referred to as the “wellness plan” (the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]
STRATEGIES TO SOLICIT INVOLVEMENT	<p>Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following persons to work with the SHAC on the District’s wellness policy and plan: parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input of these other interested persons by:</p> <ol style="list-style-type: none"><li data-bbox="552 945 1435 1050">1. <i>Posting on District website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed</i><li data-bbox="552 1071 1435 1113">2. <i>District campuses solicit involvement for participation</i>
IMPLEMENTATION	<p>Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.</p> <p>The Superintendent of Schools or designee is the District official responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.</p>
EVALUATION	<p>At least every three years, as required by law, the District will measure and make available to the public the results of an assessment of the implementation of the District’s wellness policy, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. This will be referred to as the “triennial assessment.”</p>

Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. The SHAC may use any of the following tools for this analysis:

- ***WellSAT: 3.0 Wellness School Assessment Tool***

(<https://snaped.fns.usda.gov/library/materials/wellsat-30-wellness-school-assessment-tool>)

- *Coordinated Approach to Child Health, a curriculum guide in connection with the Coordinated Health Program*

PUBLIC
NOTIFICATION

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

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

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

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 Chief Financial Officer, the District's designated records management officer.

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

NUTRITION
GUIDELINES

All District campuses participate in the U.S. Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that the District establish nutrition guidelines for foods and beverages sold to students during the school day on each campus that promote student health and reduce childhood obesity.

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

FOODS AND
BEVERAGES SOLD

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

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx> (see the **Complete Administrator Reference Manual [ARM], Section 22, Competitive Foods**)

The District has also incorporated the following stricter standards that are not prohibited by federal or state law:

- *Carbonated Beverages: The district restricts the sale of carbonated beverages to any student during the school day*

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 dates for “Exempt Fundraisers” will be submitted to the Child Nutrition Director annually by October 1 and will be posted on the district website.*

FOODS AND
BEVERAGES
PROVIDED

There are no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. However, each school district must set its own standards. The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person’s child or grandchild on the occasion of the student’s birthday or to children at a school-designated function. [See CO(LEGAL)]

MEASURING
COMPLIANCE

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

NUTRITION
PROMOTION

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

The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

The SHAC will monitor this by:

1. *Ensuring that all advertising messages are consistent with and reinforce the objectives set forth by the HHFKA and Smart Snacks Rule*

Although the District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SHAC will periodically monitor these and make recommendations when replacements or new contracts are considered.

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

<p>GOAL: The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.</p>	
<p>Objective 1: The district will promote healthy nutrition for all students and staff.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Health TEKS taught in all physical education classes</p> <p>Healthy snacks provided to at risk students upon request</p> <p>Healthy vending machines accessible to students at the secondary level</p> <p>Healthy recipe sharing with staff</p>	<ul style="list-style-type: none"> • Lesson plan implementation • Records from CIS coordinator on snacks provided • Sales of healthy snacks
<p>Objective 2: The Child Nutrition Department will promote healthy nutrition both during and outside of the school day</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Students are encouraged to start each day with a healthy breakfast</p> <p>The Child Nutrition Department will operate a Summer Food Service Program</p> <p>The Child Nutrition Program will operate an After School Care Program in conjunction with schools offering afterschool tutoring and/or enrichment activities</p> <p>The Child Nutrition Program will implement Community Eligibility Provision to all school campuses who qualify</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • July 1 of each year <p>Resources needed:</p> <ul style="list-style-type: none"> • Website • Social Media • Fliers sent home with students • Mail-outs, call-outs and texts to families • Informational packets to principals outlining available services

GOAL: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

Objective 1: Provide healthy nutrition information through monthly postings by District Personnel to website and district events

Action Steps	Methods for Measuring Implementation
<p>Child Nutrition Director will post monthly menus</p> <p>Child Nutrition Director will post monthly newsletter to district website</p> <p>Campus cafeterias post menus daily promoting healthy choices for students</p> <p>Nutrition information posted throughout campuses and district website</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • August – July <p>Resources needed:</p> <ul style="list-style-type: none"> • District website • Internet access • District personnel

GOAL: 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.	
Objective 1: All marketing will be compliant with the Competitive Food Nutrition Standards	
Action Steps	Methods for Measuring Implementation
<p>Monitor any existing and future marketing</p> <p>Eliminate and replace any non-compliant materials from district facilities when applicable</p> <p>Training of district personnel on the Federal guidelines for competitive foods</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Periodically throughout school year <p>Resources needed:</p> <ul style="list-style-type: none"> Federal Guidelines for Competitive Foods Child Nutrition Compliance Checklist

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]

District will implement the state-required coordinated health program component of nutrition education by Health TEKS and CATCH offered through student courses.

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

GOAL: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
Objective 1: All nutrition education will be integrated into specific courses promoting nutrition	
Action Steps	Methods for Measuring Implementation
<p>Health Classes provided by PE teachers at all levels</p> <p>Culinary Arts, Child Development Classes & Family and Consumer Science Classes at appropriate levels</p>	<ul style="list-style-type: none"> Lesson plan integration

<p>GOAL: The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.</p>	
<p>Objective 1: Child Nutrition Staff will comply with TDA Professional Standards</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Child Nutrition Director will provide opportunities for CN staff to obtain required training annually to meet the Professional Standards for Child Nutrition Programs.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • By the end of each school year <p>Resources needed:</p> <ul style="list-style-type: none"> • Region XI Child Nutrition Consultant • Region XI Child Nutrition Summer Conference • Region XI Professional Learning Classes • Child Nutrition Director
<p>Objective 2: District staff will attend ongoing professional development as well as providing Teacher Certifications</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Assistant Superintendent of Teaching and Learning will provide professional development pertinent to appropriate staff Human Resources will verify teaching certificates in areas applicable</p>	<p>Survey completed by staff after completion of professional development</p>

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

The District will meet the requirements for physical activity as mandated by Education Code 28.002(l)–(l-1), e.g., 30 minutes of daily recess in elementary school grades, a requirement for students at the middle school level to enroll in a physical education or athletics course for at least four semesters, and the like.

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

The following addresses how the District meets the required amount of physical activity:

- Physical Education at all levels
- Athletics at secondary levels
- Recess for all elementary levels

GOAL: The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

Objective 1: The district will provide fitness activities for all students.

Action Steps	Methods for Measuring Implementation
Fitness Gram at all required levels Field Days at elementary level	Fitness Gram Results submitted to TEA Participation in events

GOAL: The District shall make appropriate before-school, after-school and family engagement physical activity programs available and shall encourage students to participate.	
Objective 1: District will increase participation in before and after school activities	
Action Steps	Methods for Measuring Implementation
Invitation to Cowtown Marathon Bi-annual SHAC Healthy Events	Participation in events

SCHOOL-BASED
ACTIVITIES

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

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

GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Objective 1: Annually district administration will build master schedules to allow for at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.	
Action Steps	Methods for Measuring Implementation
Lunch periods are scheduled as near the middle of the day as possible. Child Nutrition Director monitors master schedules to assure meal periods are adequate Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line Dining areas are attractive and have enough space for seating of all students	Baseline or benchmark data points: <ul style="list-style-type: none"> • Prior to start of each school year Resources needed: <ul style="list-style-type: none"> • Skyward Master Schedule Obstacles: <ul style="list-style-type: none"> • Time restraints • Adequate serving lines and staff attendance in cafeteria

Objective 2: All foods made available to students by child nutrition will comply with local food safety and sanitation regulations.

Action Steps	Methods for Measuring Implementation
<p>HACCP Plan and guidelines are implemented to prevent food illness in schools.</p> <p>All CN staff will have proper safety training prior to employment.</p> <p>All CN staff will wear proper attire to ensure safety in the cafeteria.</p> <p>Food service operations are limited to CN staff and authorized personnel only.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Prior to start of each school year and/or district employment <p>Resources needed:</p> <ul style="list-style-type: none"> • HACCP Plan and guidelines training • Local safety regulations and/or requirements