

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

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:

1. Posting SHAC meeting agendas and minutes on the District’s website.
2. Sending SHAC meeting requests to members and other interested persons.

Implementation

Each campus administration 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 Superintendent 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.

Evaluation

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.”

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:

- USDA Smart Snack in School website (<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>)

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. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's annual report on the District's wellness policy and plan; and
6. Any other relevant information.

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

Records Retention

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. Questions may be directed to the Superintendent, 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>

Exemptions

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)]

Each campus will have up to 6 exempt days to be used for fundraising (during school hours), campus parties, or field days, as determined by the campus administration. These exempt days are not to compete with breakfast or lunch service provided by the school. The sale of prepackaged food items as fundraisers that do not meet the nutrition standards are allowed on the exempt day. The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.

Any food items including concessions sold after the end of the school day (defined as midnight the night before until 30 minutes after the end of instruction) on school campuses (all areas of the property under the jurisdiction of the school that is accessible to students during the school day).

Campus-approved field trips are exempt from nutrition policy. All meals provided by KISD Child Nutrition department will meet the nutrition standards.

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)]

In addition, the District has established the following local standards for foods and beverages made available to students during the school day: Any foods and beverages given away or otherwise made available to students must be commercially processed, in original packaging, with a prominent ingredient label which would include allergen information. Food provided for free may be consumed at a time determined by the campus administrator. This is not to compete with school breakfast or lunch.

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. Each campus principal will report to the SHAC during the first of the semester of each school year, what marketing signage is student accessible at their campus.
2. The Director of Child Nutrition will annually discuss with the child nutrition employees the expectations of marketing materials made accessible to students.

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 1: 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 1.1: The District and Director of Child Nutrition will provide materials for use in promoting healthy nutrition to teachers and staff.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>The Director of Child Nutrition, or designee, will research to order or print posters and fliers and other materials promoting healthy nutrition messages.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Observe the cafeterias at the end of each six weeks for healthy nutrition signage <p>Resources needed:</p> <ul style="list-style-type: none"> • Time and materials <p>Obstacles:</p> <ul style="list-style-type: none"> • Funding sources
<p>Objective 1.2: The District will encourage healthy food and beverage options in concessions at school-related events.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Meet annually with booster clubs’ presidents.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Observe changes in concession menu options <p>Resources needed:</p> <ul style="list-style-type: none"> • Time <p>Obstacles:</p> <ul style="list-style-type: none"> • Attending events to observe
<p>GOAL 2: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.</p>	
<p>Objective 2.1: The District will provide educational nutrition information for families distributed via the district and campus webpages, and/or through campus newsletters.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>The Director of Child Nutrition will provide information for families on healthy nutrition to be placed on the district website.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Quarterly postings of healthy nutrition information on the district website

<p>The Director of Child Nutrition will add pertinent nutrition information in the monthly newsletter.</p>	<ul style="list-style-type: none"> • The number of newsletters containing nutrition information for parents <p>Resources needed:</p> <ul style="list-style-type: none"> • Information for posting and for newsletters articles <p>Obstacles:</p> <ul style="list-style-type: none"> • Space on website and in newsletters • Getting parents to access information from the website
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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 for nutrition education.

<p>GOAL 3: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p>	
<p>Objective 3.1: Kennedale ISD shall implement a coordinated school health program with a nutritional and physical education component.</p>	
<p style="text-align: center;">Action Steps</p>	<p style="text-align: center;">Methods for Measuring Implementation</p>
<p>Through the TEA’s Coordinated Health Program – the District will educate students on healthy eating behaviors and physical education.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Lesson plans <p>Resources needed:</p> <ul style="list-style-type: none"> • Curriculum <p>Obstacles:</p> <ul style="list-style-type: none"> • None
<p>Objective 3.2: District staff will promote nutrition education that fosters the adoption and maintenance of healthy eating habits.</p>	
<p style="text-align: center;">Action Steps</p>	<p style="text-align: center;">Methods for Measuring Implementation</p>
<p>Identify events at which nutrition education could be promoted.</p> <p>The cafeteria managers will provide signage supporting healthy eating habits.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Monitor events for information • Cafeteria walkthroughs

	<p>Resources needed:</p> <ul style="list-style-type: none"> • A flier to distribute to event attendees • Sample mini-lessons for staff to teach at an event • Posters in lunchrooms <p>Obstacles:</p> <ul style="list-style-type: none"> • Time
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Physical Activity

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.]

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.

<p>GOAL 4: 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>Objective 4.1: The district will encourage all students to be active.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>The campus administrative team will be proactive in encouraging all students to utilize the facilities for developmentally appropriate activities.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Discuss periodically in administrative meetings <p>Resources needed:</p> <ul style="list-style-type: none"> • None <p>Obstacles:</p> <ul style="list-style-type: none"> • None

GOAL 5: The District shall encourage parents to support their children’s participation, be active role models, and include physical activity in family events.	
Objective 5.1: The District will offer several events throughout the year that allows parents to attend student physical activities and to participate in many of them.	
Action Steps	Methods for Measuring Implementation
The campuses will be proactive in communicating events to staff, students and parents.	Baseline or benchmark data points: <ul style="list-style-type: none"> Schedule of Activities Website postings, newsletters, social media Resources needed: <ul style="list-style-type: none"> Time Obstacles: <ul style="list-style-type: none"> Space on website, newsletters

Other 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 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 6: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Objective 6.1: In accordance with the school’s bell schedule, the campus will provide a scheduled time for eating breakfast and lunch.	
Action Steps	Methods for Measuring Implementation
The Campus administrators will develop schedules that allow students sufficient time for meals. The campuses will encourage students to take advantage of the Grab-n-go breakfast options.	Baseline or benchmark data points: <ul style="list-style-type: none"> By the end of the first week of school, any needed adjustments to the schedule or serving procedures will be made Look at breakfast participation rate

	<p>Resources needed:</p> <ul style="list-style-type: none"> Principal, Director of Child Nutrition, and Cafeteria Managers collaborate as needed <p>Obstacles:</p> <ul style="list-style-type: none"> Scheduling
<p>Objective 6.2: Campuses main reward system will not be based on food and beverages.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>The Campus administrators will communicate this objective to the staff. Come up with acceptable alternatives for rewards and punishments.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Self-reports by campus administration whether this objective was met consistently during the year on campus <p>Resources needed:</p> <ul style="list-style-type: none"> Staff meetings <p>Obstacles:</p> <ul style="list-style-type: none"> Difficult to actively and accurately measure