

# Alvarado ISD School Wellness Plan

**Mission Statement:** The mission of the Alvarado Independent School District School Health Advisory Council is to facilitate opportunities for the overall life-long health and wellness of the Alvarado Community.

**Vision Statement:** It is the vision of the Alvarado Independent School District School Health Advisory Council to ensure Alvarado becomes an emotionally and physically healthy community.

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]

The District shall support the general wellness of all students by implementing measureable goals to promote sound nutrition and student health and to reduce childhood obesity.

[See EHAA for information regarding the District’s coordinated school health program.]

The district’s School Health Advisory Council (SHAC) has worked on behalf of the District to develop these evidence-based strategies and techniques to ensure implementation of nutrition guidelines and wellness goals required by federal law and the district wellness policy.

## Soliciting Involvement and Input

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC will solicit involvement and input from parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. Posting information on how to join the SHAC online.
2. Soliciting input from current SHAC members, community members, and school personnel to help recruit people to serve on the committee.
3. Posting all scheduled meeting dates, agendas, and minutes from previous meetings for public viewing year-round.

## Responsibility for Implementation

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

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

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## Goals for Nutrition Promotion

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

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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 performing routine walkthroughs at each campus.

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 make recommendations when replacements or new contracts are considered.

### Implementing Goals for Nutrition Promotion

**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.

**Objective 1:** We will provide an environment that encourages scholars to make informed and healthy nutrition choices.

**Action Step 1:** Posters will be displayed in the cafeteria that promote healthy foods.

**School and Community Stakeholders:** Child Nutrition Director

**Resources Needed:** Posters

**Measures of Success:** This will be monitored through campus walkthroughs.

**Action Step 2:** Healthy nutrition information and images will be posted on the digital menu boards in the cafeterias that have them to promote healthy choices.

**School and Community Stakeholders:** Child Nutrition Director

**Resources Needed:** Digital Menu Boards

**Measures of Success:** This will be monitored through campus walkthroughs.

**Action Step 3:** My plate and what makes a meal signage will be posted in the cafeterias to help students make good choices.

**School and Community Stakeholders:** Child Nutrition Director

**Resources Needed:** Signage

**Measures of Success:** This will be monitored through campus walkthroughs.

**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.

**Objective 1:** Nutrition information shall be provided on school menus to help provide parents and scholars with opportunities to make healthy choices.

**Action Steps:** Publish menus online that provide nutritional information by campus.

**School and Community Stakeholders:** CN Director

**Resources Needed:** This is a contractual requirement of the district Food Service Management Company.

**Measures of Success:** This will be monitored weekly.

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**GOAL 3:** The District shall ensure that food and beverage advertisements accessible to students during the school day on a school campus contain only products that meet the federal- guidelines for competitive foods.

**Objective 1:** Only products that are Smart Snack Compliant will be advertised in areas accessible to students during the school day.

**Action Step 1:** We will ensure that vending machines do not contain ads for products that are not smart snack compliant.

**School and Community Stakeholders:** Principal, CN Director, Director of Institutional Advancement

**Resources Needed:** Smart Snack Calculator

**Measures of Success:** This will be monitored through walkthroughs.

**Action Step 2:** New marketing material will not display items that are not Smart Snack compliant in areas accessible to students during the school day.

**School and Community Stakeholders:** Principal, CN Director, Director of Institutional Advancement

**Resources Needed:** Smart Snack Calculator

**Measures of Success:** This will be monitored through walkthroughs.

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### Goals for 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 component addressing nutrition services and health education at the elementary and middle school levels. [See EHAA]

#### Implementing Goals for Nutrition Education

**GOAL 1:** The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

**Objective 1:** The District shall implement, in accordance with law, a coordinated health program with a nutrition education component that emphasizes the importance of proper nutrition.

**Action Step 1:** The CATCH program will be implemented in grades K-8.

**School and Community Stakeholders:** Teachers, Campus Principal, Chief Academic Officer

**Resources Needed:** CATCH program, lesson plans

**Measures of Success:** Principals will review lesson plans and conduct routine walkthroughs to ensure the CATCH program is being implemented.

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**GOAL 2:** The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

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**Objective 1:** Nutrition education will be integrated into the curriculum, by identifying appropriate events at which nutrition education could be promoted.

**Action Steps:** Plan with campus administration for special events in which nutrition education materials can be prepared and promoted to parents and students.

**School and Community Stakeholders:** Principals, CN Director, SHAC

**Resources Needed:** District calendar of special events

**Measures of Success:** Document the events during the school year at which nutrition education was either communicated or distributed.

**Objective 2:** Nutritional materials will be used to support cafeteria promotions such as National School Lunch Week and School Breakfast Week.

**Action Steps:** Provide materials to campuses

**School and Community Stakeholders:** CN Director, Principals, Teachers

**Resources Needed:** Promotional materials

**Measures of Success:** Activities will be documented.

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**GOAL 3:** The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

**Objective 1:** Professional development will be offered on nutrition education.

**Action Steps:** An educational plan focused on nutrition will be developed so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver

**School and Community Stakeholders:** CN Director, Chief Academic Officer

**Resources Needed:** PD calendar

**Measures of Success:** Professional development will be documented.

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### Goals for 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], as follows:

Physical education classes will participate in moderate or vigorous daily physical activity for at least 30 minutes throughout the school year.

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## Implementing Goals for Physical Activity

**GOAL 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.

**Objective 1:** The District will offer other fitness activities within and outside of the school day.

**Action Step 1:** Other extracurricular activities such as marching band, dance, and running clubs will be offered both within and outside the school day.

**School and Community Stakeholders:** Principals

**Resources Needed:** Staff, Facilities

**Measures of Success:** Campuses will report annually on these activities.

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**GOAL 2:** The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

**Objective 1:** Teachers are encouraged to use Go Noodle, Engagement Structures, and Kagan strategies to allow students a brain break during class.

**Action Steps:** Provide training for classroom educators on Engagement Structures and the use of brain breaks in class- like Go Noodle.

**School and Community Stakeholders:** Chief Academic Officer

**Resources Needed:** Professional Learning funds for Engagement Structures training, access to YouTube for GoNoodle

**Measures of Success:** Training logs

**Objective 2:** Grades K-3 shall utilize the Reading Horizon phonics program that integrates learning with physical activity.

**Action Steps:** Provide training for classroom educators using the Reading Horizon program.

**School and Community Stakeholders:** Chief Academic Officer

**Resources Needed:** Reading Horizon, Professional Learning funds

**Measures of Success:** Training logs

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**GOAL 3:** The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

**Objective 1:** Before and after school physical activity programs will be offered at the secondary level.

**Action Step 1:** Secondary campuses shall offer athletic programs for boys and girls.

**School and Community Stakeholders:** Principals, Coaches, Athletic Director

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**Resources Needed:** Staff

**Measures of Success:** Track programs and camps annually to monitor participation.

**Action Step 2:** Appropriate fine arts activities such as dance, cheer, and marching band will be offered at the secondary level.

**School and Community Stakeholders:** Principal, Fine Arts Director, Staff

**Resources Needed:** Facilities

**Measures of Success:** Track programs and camps annually to monitor participation

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**GOAL 4:** The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

**Objective 1:** The District shall provide the staff with information on discounts offered by Texas Health Huguley Fitness center.

**Action Steps:** The Human Resources Department shall inform employees of benefits and discounts offered to AISD staff when they sign on with the District.

**School and Community Stakeholders:** Chief Human Resource Officer

**Resources Needed:** Huguley Fitness program information

**Measures of Success:** Human Resources to report annually on progress toward this goal.

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**GOAL 5:** The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

**Objective 1:** The District will host events and involve community partners to educate and create opportunities to promote healthy physical, mental, and emotional lifestyles annually.

**Action Steps:** Create a calendar of events to promote to the community.

**School and Community Stakeholders:** Administration, SHAC

**Resources Needed:** Community partners, Calendar

**Measures of Success:** Keep a log of events

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### Goals for 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, create an environment that encourages healthful eating and physical activity, and promote a consistent wellness message.

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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:

### Implementing Goals for Other School-Based Activities

**GOAL 1:** The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

**Objective 1:** Lunch schedules will be developed to allow sufficient time for students to eat.

**Action Steps:** Principals will coordinate with the CN Director on planned changes to the master calendar.

**School and Community Stakeholders:** Principals, CN Director

**Measures of Success:** Meetings will be documented.

**Objective 2:** Cafeteria tables shall be cleaned and sanitized after each lunch period.

**Action Steps:** Campus administrators or designated lunch monitors shall ensure custodial staff wipe down and sanitize tables after each lunch period in the cafeteria.

**School and Community Stakeholders:** Campus principals, AISD Staff

**Resources Needed:** Sanitizer and cleaners

**Measures of Success:** Cafeteria walkthroughs

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

**Objective 1:** SHAC shall host a Family Night each spring.

**Action Steps:** Organize a free family event with SHAC members for students and their families by contacting vendors, community organizations, health and fitness organizations, and AISD clubs/ organizations.

**School and Community Stakeholders:** AISD Staff, SHAC

**Resources Needed:** Vendor list, Volunteers

**Measures of Success:** Documentation of the Event

**Objective 2:** SHAC shall organize the Back to School Bash in the fall before school starts.

**Action Steps:** Contact food banks, vendors, shot clinics, and community members willing to donate time or goods to help families prepare for the beginning of the school year.

**School and Community Stakeholders:** AISD Staff, SHAC

**Resources Needed:** Vendor list, Volunteers

**Measures of Success:** Documentation of the Event

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

**Objective 1:** Staff will be encouraged to participate in campus/district activities such as: fun runs, festivals, field day events etc.

**Action Steps:** Send District communications via ParentSquare and social media to promote activities to all district personnel.

**School and Community Stakeholders:** AISD Staff, SHAC

**Resources Needed:** Calendar of events, District communication

**Measures of Success:** Document events and participation

**Objective 2:** Onsite shot clinics will be offered to employees to promote employee wellness.

**Action Steps:** Schedule Shot Clinics each year.

**School and Community Stakeholders:** Chief Human Resource Officer

**Resources Needed:** Healthcare provider

**Measures of Success:** Document event

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### 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). As required by federal law, 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]

### 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.

All foods sold on campus with the exception of the foods sold by the child nutrition department must be pre-packaged, contain a nutrition label, and be designed for resale.

### Fundraisers

A fundraiser is an event that includes any activity during which currency, tokens, tickets, donation for, or other forms of payment are exchanged for the sale or purchase of a product. This includes payment that is made toward a future purchase. There is no limit on fundraisers that meet the Competitive Food Nutrition



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Standards. Any food and/or beverage item that meets the standards may be sold on the school campus during the school day.

Campus Administration shall maintain documentation of smart snack items sold as fundraisers. Campus principals will provide the Child Nutrition Director copies of nutrition labels and nutrition calculations using the smart snacks calculator for any foods that they plan to sell on campus prior to the sale of those foods. This includes foods sold in vending machines.

**Exemption Days:** 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)] Alvarado elects to have six exemption days per campus.

Exemption Day Requests should be submitted to the Child Nutrition Director at least fifteen business days prior to the date of the anticipated event. Principals are encouraged to submit these dates for approval as early in the school year as possible.

### Foods and Beverages Provided

**Classroom Parties:** 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)]

The District believes celebrating the holidays that have cultural significance to our community fosters healthy children, and we, therefore, elect to allow classroom parties and school celebrations. Campus principals will monitor these celebrations to ensure that they are appropriate and in compliance with district goals and standards.

Although a parent or grandparent may provide food to share for a school-designated function or for a student's birthday, please be aware that children in the school may have severe allergies to certain food products. Discuss any classroom allergies with the teacher before bringing food to share.

Occasionally, the school or a class may host functions or celebrations tied to the curriculum that involve food. The school or teacher will notify students and parents of any known food allergies when soliciting potential volunteers to provide food.

**Food Rewards:** The district believes in rewarding children for their achievements and elects to allow staff to reward our students with food rewards. We, however, encourage the staff to choose healthy snacks and to use non-food rewards as well including but not limited to positive praise, posting of exemplary work, etc.

### Measuring Compliance with Nutrition Guidelines

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to TDA, reviewing foods and beverages that are sold in competition with 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.

The staff responsible for nutrition will be adequately prepared and will participate in professional development activities to effectively deliver the designed program.

### 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. This "triennial assessment"

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will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state- or federally designated model policies. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

### Public Notification

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

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-adopted revisions to FFA(LOCAL);
4. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
5. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
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 publication.

### 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 Assistant Superintendent of Operations, the District's designated records management officer. [See CPC(LOCAL)]