

Tolar ISD Wellness Plan



School Board Approved: 10/22/2020

School Health Advisory Council

Name	Position
Kristen Carey - Coordinator	TISD Director of Instruction and Technology
Debbie Riale	TISD Child Nutrition Director
Lynda Foster - Year 2	Tolar Elementary School Counselor
Mandi Mullins - Year 1	Tolar Elementary Physical Education Teacher
Ashley Kaehler/Sarah Price	TISD Registered Nurses
Ric Bonnell - Year 2	Parent and Health Care Professional
Traci Cooper - Year 1	Community Education Coordinator at Paluxy River Children's Advocacy Center
Meik Head - Year 1	Hood County Substance Abuse Council
Candice Hull - CoChair - Year 2	Parent
Carrie Manning - Year 2	Parent
Anna Ballew - Year 2	Parent
Heidi Pritchett - Year 1	Parent
Nicole Swaim - Year 1	Parent
Karen Richardson - Year 1	Parent
Justyce Vanlandingham	Student
Karley Richardson	Student

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’s local school health advisory council (SHAC) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

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 on the District’s website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.
2. Holding quarterly SHAC meetings and opportunities for involvement and input on the SHAC website.

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 Superintendent 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.

Mission Statement

The mission of the Tolar ISD School Health Advisory Council is to ensure that all children in TISD, grades PreK through 12, will have healthy bodies and minds through sequential health education, practices, and modeling of good health behaviors.

Goals for 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. Assigning a cafeteria manager on each campus the responsibility of ensuring that each school complies.
2. TISD Child Nutrition Director will check compliance monthly and report to the SHAC.

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.

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: The District will increase participation in federal child nutrition programs.
Action Steps
<ul style="list-style-type: none">• Distribute applications electronically and in paper format for Free and Reduced-Price School Meals.• Distribute menus monthly.
School and Community Stakeholders
<ul style="list-style-type: none">• District's Food Service Department.• Campus personnel to distribute menus.
Resources Required
<ul style="list-style-type: none">• Electronic and paper format of applications and menus.
Measures of Success

- Baseline or benchmark data points, participation rates in federal child nutrition programs at beginning, middle and end of school year.
- School Health Index

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: In the 2020-2021 school year, the District's food services department will increase nutrition communication to school households and the general public from one to six times per year by developing a child nutrition component in the District's parent newsletter, then posting it on the District's webpage.

Action Steps

- Designate a food service employee to write or find nutrition content

School and Community Stakeholders

- District's food services department
- School Health Advisory Council (SHAC)

Resources Required

- Fact-based nutrition information
- District newsletter template

Measures of Success

- SHAC members will review posted newsletters
- SHAC members will survey families at the end of the school year to gather feedback on the newsletter content and target future communication to the needs of the school community.
- School Health Index

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]

GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
Objective 1: 100% of TISD students will receive nutrition instruction during their physical education class while in grades K-5.
Action Steps
<ul style="list-style-type: none">• All K-5 grade students will be enrolled in a physical education class.• Nutrition education will be a focus of learning throughout the school year.
School and Community Stakeholders
<ul style="list-style-type: none">• Elementary Physical Education Teacher• Campus Principal• Child Nutrition Director
Resources Required
<ul style="list-style-type: none">• Nutrition education TEKS
Measures of Success
<ul style="list-style-type: none">• TISD curriculum documents will reflect the learning plan• Local assessments• School Health Index

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.
Objective 1: Campus and district staff will promote and integrate nutrition education activities at a minimum of 3 events each year.
Action Steps
<ul style="list-style-type: none">• Identify appropriate events where nutrition education can be promoted.
School and Community Stakeholders

<ul style="list-style-type: none"> • Director of Child Nutrition • Campus Administration and Staff • Community Partnerships
Resources Required
<ul style="list-style-type: none"> • Agenda of events • Sample of handouts or information shared
Measures of Success
<ul style="list-style-type: none"> • Number of events that nutrition education was either communicated or promoted. • Number of participants • School Health Index

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: The campuses will provide nutrition education training annually to staff through district training.
Action Steps
<ul style="list-style-type: none"> • TISD Child Nutrition Director will provide materials to campus administrators. • Campus administrators will include training during faculty meetings.
School and Community Stakeholders
<ul style="list-style-type: none"> • Director of Child Nutrition • Campus administrators • Physical Education teachers and other staff responsible for the nutrition education program.
Resources Required
<ul style="list-style-type: none"> • Nutrition training materials • Agenda and sign-in sheets from trainings
Measures of Success
<ul style="list-style-type: none"> • School Health Index

Goals for Physical Activity

Federal law requires that the District establish goals for physical activity in its wellness policy. In accordance with state law, the District will implement a coordinated health program with physical education and physical activity components. The District will offer at least the required amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC], as follows:

- TISD requires students in kindergarten through grade 5 to participate in moderate or vigorous daily physical activity for at least 30 minutes throughout the school year, as part of the district's physical education program or 135 minutes a week.
- TISD requires students in grades 6-8 to participate in moderate or vigorous daily physical activity for at least 30 minutes for at least four semesters during those grade levels as part of the district's physical education curriculum.
- Time allotted for recess will be consistent with research and recommendations from the CDC and SHAPE America of at least 20 minutes a day of supervised recess, independent of the time students are in Physical Education for elementary and a physical activity break is highly encouraged for middle school students.
- Students will not be removed from physical education classes for tutoring or disciplinary action without a written plan in place to address where the physical activity requirement will be fulfilled.

GOAL 1: The District shall implement 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.

Objective 1: 100% of students in kindergarten through grade 8 will be enrolled in a physical education course daily.

Action Steps

- Kindergarten through 5th grade students participate in a physical education class 30 minutes daily.
- Students in grades 6-8 participate in a physical education class 60 minutes daily.

School and Community Stakeholders

- Physical Education teachers
- Campus administration

Resources Required

- Physical education TEKS

Measures of Success

- School Health Index

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

Objective 1: Campus leadership teams will promote the use of physical activity within the core subjects through activities such as: brain boosters, kinesthetic learning strategies, and action based learning strategies/labs.

Action Steps

- Offer training on the brain and physical activity and the connection to learning to teachers and staff
- Physical education teachers present information at faculty meetings

School and Community Stakeholders

- Campus leadership teams
- Physical education teachers
- Trained community members

Resources Required

- Staff development/training

Measures of Success

- Increased student engagement
- School Health Index

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: All campuses will schedule at least 10 minutes for students to eat breakfast and 30 minutes to eat lunch daily.

Action Steps

- Evaluate current meal time allowances by campus and work with administrators to make necessary adjustments.

School and Community Stakeholders

- Campus administration

Resources Required

- Master schedules

Measures of Success

- All campuses meet the standard
- Average time it takes for a student to receive a meal and be seated, time remaining to eat
- School Health Index

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

Objective 1: All classroom or campus celebrations will include at least one item that is Smart Snacks compliant.

Action Steps

- Provide a list of healthy party ideas or food beverage alternatives to parents, teachers, and students for classroom parties, rewards and incentives, or classroom snacks.
- Discourage the use of food and beverages as a reward or incentive for performance or behavior.

School and Community Stakeholders

- Teachers
- Parents

Resources Required
<ul style="list-style-type: none"> • A list of Smart Snacks compliant foods and beverages
Measures of Success
<ul style="list-style-type: none"> • The number of celebrations approved on each campus and whether the celebrations met this objective. • Self-report by the principal or teacher that parents were given the list of approved foods and beverages and that at least one Smart Snacks compliant food or beverage was served at each celebration • School Health Index

Objective 2: Once a six weeks students will be provided education services regarding the following topics; character education, mental health, prevention education, internet safety and social media awareness.
Action Steps
<ul style="list-style-type: none"> • Counselors will arrange the sessions and select the age appropriate material for the sessions. • Information will be made available to parents to support further education at home.
School and Community Stakeholders
<ul style="list-style-type: none"> • Paluxy River Children's Advocacy Center and other agencies • Counselors • Campus Administrators
Resources Required
<ul style="list-style-type: none"> • Materials from our counselors and partnering agencies
Measures of Success
<ul style="list-style-type: none"> • Student surveys (fall and spring) • School Health Index

GOAL 3: The District shall promote employee wellness activities and involvement at suitable District and campus activities.
Objective 1: The district will provide information about health services offered by the community to all staff.
Action Steps

- Collaborate with campus administration to promote employee wellness on each campus
- Develop materials and identify methods to share community services with employees

School and Community Stakeholders

- Community services
- Campus administration
- District administration

Resources Required

- Wellness activities/information
- Information of community services provided

Measures of Success

- Documentation of when and how information was shared with employees
- School Health Index

Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students on the School Campus and During the School Day

The district will ensure that student access to foods and beverages meet federal, state and local laws and guidelines including, but not limited to:

1. USDA National School Lunch and School Breakfast nutrition standards
2. USDA Smart Snacks in School nutrition standards.

The district will offer students a variety of age appropriate, healthy food and beverage selections with plenty of fruits, vegetables, and whole grains aimed at meeting the nutrition needs of students within their calorie requirements in order to promote student health and reduce childhood obesity.

Food and Beverage Marketing

Marketing and advertising is only allowed on schools grounds or at school activities for foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards, except as follows:

1. This requirement does not apply to marketing that occurs at events outside of school hours such as after school sporting or any other events, including school fundraising events.

Public Participation

Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public shall be allowed to provide their input to the school district during the wellness policy adoption and review process.

Competitive Foods (Includes Food and Beverages Sold in Vending Machines, School Stores, Fundraisers or in Competition with National School Lunch and Breakfast Programs)

Except as otherwise allowed by the Texas Department of Agriculture (TDA), all foods and beverages sold during the school day as part of a fundraiser or for any other purpose in competition with the National School Lunch and Breakfast Programs must meet the nutrition standards of those programs.

Fundraiser food or beverages are NOT exempt from the USDA Smart Snacks in School nutrition standards. Therefore, if food is sold as a fundraiser:

1. It shall not be sold in competition with school meals in the food service area during the meal service.

2. It shall not be sold or otherwise made available to students anywhere on school premises during the period beginning one half hour prior to the serving period for breakfast and/or lunch and lasting until one half hour after the serving of breakfast and/or lunch.
3. The sale of food items during the school day shall meet the USDA Smart Snacks in School nutrition requirements.
4. This restriction does not apply to food sold during non-school hours, weekends, and off-campus fundraising events such as concessions during after-school sporting events, school plays or concerts; or to bulk food items that are sold for consumption at home. (Ex: frozen pizzas, cookie dough tubs, etc.)

Triennial Assessment

The School Health Advisory Council (SHAC) shall assess and review this policy at least every three years to determine:

1. Compliance with this policy;
2. How this policy compares to Texas Department of Agriculture model wellness policies;
3. Progress made in attaining the goals of this policy.

The SHAC will update or modify this policy as appropriate.

Public Notice

In addition to identifying the topic on its meeting agenda as required by the Open Meetings Act, the school district will provide notice of this policy at least annually to the public and other stakeholders identified in this policy by one or more of the following methods: on its webpage, in its newsletter, in the student and employee handbooks, direct mailings, electronic mail, and public postings.

In addition to identifying the topic on its meeting agenda as required by the Open Meetings Act, the school district will provide notice of the Triennial Assessment and progress reports toward meeting the goals in this policy using one or more of those same methods.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at its central office.