



2022-2023 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]

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. The wellness plan is made available on the district’s website, as well as the administrative office.

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.

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:

3. Making sure all posters are only advertising foods served that meet Smart Snacks standards.
4. Monitor the website to ensure all posts only market allowable foods.



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: By May of each school year, score at least at the bronze level on the Smarter Lunchroom scorecard at each campus.

Action Steps: Distribute scorecards to all campus nutrition departments, and post results to the website.

School and Community Stakeholders: Students, parents, and staff

Resources Needed: Website, Staff available to answer questions about the assessment from campus nutrition staff.

Measures of Success: Smarter Lunchroom Scorecard.

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: Nutrition maintenance of healthy eating behaviors will be embedded into the physical education and health classrooms; students take these classes in accordance with state law.

Action Steps: Review and adopt Physical Education/Health curriculum that includes and promotes healthy eating habits.

School and Community Stakeholders: Staff, students, parents.

Resources Needed: Curriculum Resources, Review Committee

Measures of Success: Adopted Curriculum



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: The Food Service Department will partner with campuses so that one nutritional fact is shared about the food being served that day during announcements.

Action Steps: The Food service department will share one fun fact about the food being served at least one time per month.

School and Community Stakeholders: Students, staff.

Resources Needed: Food nutritional facts, school lunch menu.

Measures of Success: The completion of sharing fun facts over the announcements.

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:

Physical education is offered to PreK-5 Kids daily for 45 minutes. K-5 students also have two additional recesses throughout the day.

Students in grades 6-8 are enrolled in Physical Education (or Athletics) at least 225 minutes during each two-week period.

High school students are required to take one credit of Physical Education (or Athletics) in order to graduate.

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 shall promote school-sponsored physical activity events, such as fundraisers and family/community physical activities.

Action Steps: Identify and promote local and school sponsored events to students and staff

School and Community Stakeholders: Students, staff, community members

Resources Needed: Adequate number of staff necessary to monitor school sponsored events

Measures of Success: Amount of participation from stakeholders



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

Objective 1: After receiving appropriate staff development, at least 60 percent of District teachers will incorporate physical activity breaks regularly into their lessons.

Action Steps: Determine appropriate days in which teachers will receive staff development related to the importance of physical activity breaks.

School and Community Stakeholders: Students and staff

Resources Needed: Administrators walkthroughs and lesson plan integration

Measures of Success: Administrators walkthroughs

GOAL 3: 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 present wellness opportunities to employees and students at least once per year.

Action Steps: Seek out providers for these opportunities on behalf of the district.

School and Community Stakeholders: Staff

Resources Needed: District correspondence to promote an activity

Measures of Success: Number of staff members actively participating in the event.

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 healthy eating and physical activity, and promote a consistent wellness message.

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: All campuses will build their master schedules to allow for at least ten minutes to eat breakfast and 20 minutes to eat lunch for all students.

Action Steps: Work with campus administration to adjust master schedules as necessary.



School and Community Stakeholders: Students and staff

Resources Needed: Average time it takes for students to receive a meal and be seated

Measures of Success: Administration walkthroughs

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

Objective 1: Concession vendors at school-sponsored events are encouraged to offer at least one food and beverage that is considered healthy.

Action Steps: Communicate to vendors the district would like to promote healthy food options during concession sales.

School and Community Stakeholders: Parents, Athletic Department, Booster Clubs.

Resources Needed: A list of possible healthy choices that vendors could offer.

Measures of Success: Healthy food choices being offered during concessions.

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

Objective 1: The district will utilize its health insurance provider to encourage wellness by communicating the preventive services covered at 100 percent during each open enrollment period.

Action Steps: Work with the District's health insurance provider to determine what services are covered at 100 percent.

School and Community Stakeholders: Staff

Resources Needed: A list of preventive services covered at 100 percent

Measures of Success: Staff absences go down

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 has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus 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.

Exceptions for 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 food and beverage exempted fundraisers per school year.

Foods and Beverages Provided

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 guidelines on foods and beverages made available to students:

No outside food or drink is allowed in the cafeteria during mealtimes, except what an immediate family member or guardian brings or sends for their own child(ren).

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.

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” 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:

5. A copy of the wellness policy [see FFA(LOCAL)];
6. A copy of this wellness plan, with dated revisions;
7. Notice of any Board-adopted revisions to FFA(LOCAL);
8. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
9. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
10. The SHAC's triennial assessment; and
11. 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.

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Date Revised: 08/1/22