

## Argyle ISD Wellness Plan (updated 2017)

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(REGULATION)

### 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]

### 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. *Taking nominations to join the SHAC via multiple media outlets*
2. *Staff members, school nurses and counselors*

### IMPLEMENTATION

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.

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

In accordance with law, the District will periodically measure and make available to the public 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. Absent federal regulations to

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the contrary, the District commits to the evaluation activities described below.

At least annually, the SHAC will prepare a report on the wellness policy and this plan by gathering information from each principal and appropriate District administrators. The SHAC will assess the District's and each campus's progress toward meeting the goals of the policy and plan by reviewing District- and campus-level activities and events tied to the wellness program.

The SHAC may use any of the following tools for that analysis:

- Parent, Teacher, and Student Survey
- Campus Improvement Plans
- Principal Report on Goal Implementation

### PUBLIC NOTIFICATION

To comply with the legal requirement to 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 [FFA(LOCAL)];
1. A copy of this wellness plan, with dated revisions;
2. Notice of any Board revisions to policy FFA(LOCAL);
3. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
4. The SHAC's annual report on the District's wellness policy and plan; and
5. 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 or designee, 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).

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#### NUTRITION GUIDELINES

Some District campuses participate in the United States 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 made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, 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 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>

#### 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)]

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The District will allow no more than six exempted fundraisers/ party days for each school year. Fundraising shall not compete with meal service or occur in a location where meals are served. Any item that would make a child too full to consume their lunch

competes with meal service. Fundraising items should be smaller snack type items and should be sold after meal service if possible.

Each campus principal must submit their fundraising/party days to the SHAC committee for approval prior to September 1<sup>st</sup> of each school year. Failure to submit a list of planned fundraising/party days will result in a delay in approval. Events may not be held until the SHAC committee approves the days.

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#### FOODS MADE AVAILABLE

There are currently no federal requirements for foods or beverages made available to students during the school day. 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:

##### ***Party Food***

Special treats for celebrations are allowed only after all students have eaten lunch and with principal permission. Outside foods must have ingredients available and/or provided upon request. There will be no foods with Nuts, Tree Nuts or Peanuts as an ingredient in grades Pre-K through 5.

##### ***Vending Machines***

The district has adopted policies and implemented procedures to comply with state and federal food service guidelines for restricting student access to vending machines.

##### ***Food Allergies***

The district has developed and annually reviews a food allergy management plan, which addresses employee training, dealing with common food allergens, and specific strategies for dealing with students diagnosed with severe food allergies.

#### 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

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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.

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

<b>GOAL:</b> The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	
<b>Objective 1: Widely disseminate information about NSLP and NSBP</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Posters in lunchroom and other areas Flyers available in front office Information given in Health and Science Classes Lunch Menus Nutritional Information	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Add question to Parent, Teacher, and Student Survey by Spring 2017</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Flyers, Posters, Web/FB Postings, Surveys, <a href="http://www.myplate.gov">www.myplate.gov</a></li> </ul>

<b>GOAL:</b> 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.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Facebook Public Service Announcements Argyle ISD Website: Food Service Dept Argyle ISD Website: SHAC	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Add question to Parent, Teacher, and Student Survey by Spring 2017</li> </ul> Resources needed:

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District Insights Magazine	<ul style="list-style-type: none"> <li>Flyers, Posters, Web/FB Postings, Surveys, <a href="http://www.myplate.gov">www.myplate.gov</a></li> </ul>

**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(s) for nutrition education.

<b>GOAL:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Information given in Health Classes Information given in Science Classes Information given in PE and Athletics Coordinated School Health Program  CATCH Program	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Long-range lesson plans – BOY, MOY, EOY</li> <li>Walkthroughs by administrators</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>TEKS</li> <li>Staff is trained and information implemented in Cafeteria, PE and Classroom</li> </ul>

**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]

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.

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<b>GOAL:</b> 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.	
<b>Objective 1:</b> The district shall ensure that all campuses provide at least one Physical Fitness Event each year.	
Action Steps	Methods for Measuring Implementation
Coordinator/PE Teachers/Coaches organizes the agenda for the event. Fitness Gram Athletics, Sport Programs Argyle ISD Website School Messenger	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>● Participant numbers</li> <li>● Add to student survey</li> <li>● Research similar events</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>● Various Equipment, volunteer</li> </ul>

<b>GOAL:</b> The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for District employees and students.	
<b>Objective 1:</b> The district shall ensure that all campuses provide at least one wellness Event each year for employees.	
Action Steps	Methods for Measuring Implementation
Passport Health Flu Shots and Immunizations Region XI education opportunities	<ul style="list-style-type: none"> <li>● Online Scheduling to evaluate employee participation</li> <li>● Professional Development Agendas</li> </ul>

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.

<b>GOAL:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
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**Objective 1:** Design campus appropriate schedules and procedures to maximize time to eat meals.

<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Campuses will assure students have at least 20 minutes of uninterrupted time to eat lunch and 10 minutes of uninterrupted time to eat breakfast.</p> <p>Each campus will implement innovative, creative techniques for providing a more efficient and enjoyable lunch time.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"><li>• Parent surveys, student surveys, teacher surveys, food service director audit</li></ul> <p>Resources needed:</p> <ul style="list-style-type: none"><li>• Staff members are in the cafeteria to monitor</li></ul>