

Aluenster Independent School District

Wellness Plan

Updated June 28, 2022

Student Welfare
Wellness & 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. 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. Allow for community comment on planned changes to the wellness plan or policy.
3. Listing in the student handbook the name and position of the person responsible for oversight of the District’s wellness policy and plan along with an invitation to contact that person if the reader is interested in participating in the development, implementation, and evaluation of the wellness policy and plan.

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 of Schools 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 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:

1. *Comprehensive Needs Assessment (Every other year.)*
2. *Relevant portions of the WellSAT 2.0 (www.wellsat.org)*
3. Relevant portions of the Center for Disease Control's School Health Index
(<http://www.cdc.gov/healthyschools/shi/index.htm>)
4. District –developed self-assessment and/or survey.

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)];
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 Business Manager or 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 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)]

The Muenster ISD will allow the following exempted fundraisers for the 2022-2023 school year:

Campus or Organization	Food/Beverage	Number of Days
MHS Class of 2025	Candy Bar Sales	6
MISD FFA	Beef Stick Sales	Any

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 (Lauren's Law) 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 during the school day: Any foods and beverages given away or otherwise made available to students must meet the Smart Snacks standards, with the exception of celebrations that may occur on campuses up to six days each school year. **These celebrations must occur after lunch and must be approved by the campus principal.**

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.

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

GOAL 1: 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: Continue to provide nutrition information on the MISD Website	
Action Steps	Methods for Measuring Implementation
Provide breakfast and lunch menus on MISD website Coordinate with FCS STAR Events to publicize healthy nutrition	Baseline or benchmark data points: <ul style="list-style-type: none"> MISD is currently able to provide Resources needed: <ul style="list-style-type: none"> ESC Grant Obstacles: <ul style="list-style-type: none"> None at this time
Objective 2: Continue to provide nutrition information on the MISD School Nurse Web Page.	
Action Steps	Methods for Measuring Implementation
Coordinate with FCS STAR Events to publicize healthy nutrition, Publicize healthy choices programs offered through FCCLA, 4H, and FFA.	Baseline or benchmark data points: <ul style="list-style-type: none"> MISD is currently able to provide Resources needed: <ul style="list-style-type: none"> Nurse resources Additional band width Obstacles: <ul style="list-style-type: none"> Time

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.

GOAL 2: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: The Muenster Jr. High School will continue to require ½ Health credit as a Graduation Requirement.

Action Steps	Methods for Measuring Implementation
Continue Health Curriculum for JHS Credit Inform HS Counselor Ensure Teacher Certification and Qualifications. Inform parents of the additional local standard.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Required at this time Resources needed: <ul style="list-style-type: none"> • State and Local textbooks and supplies and materials. Obstacles: <ul style="list-style-type: none"> • State rules • Funds

Objective 2: All students in Grades Pre-K through 8 will have access to integrated health education

Action Steps	Methods for Measuring Implementation
Ensure, through T-TESS and curriculum monitoring, that all students have a minimum of 1 hour per week of health instruction. Ensure that posters reflecting healthy nutrition choices are posted in the kitchen, cafeteria, and hallways.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Required at this time Resources needed: <ul style="list-style-type: none"> • Coordination between MHS and MES Obstacles: <ul style="list-style-type: none"> • Funds

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] The Muenster ISD will exceed the required physical activity in grades Pre-k through 6 by providing at least 30 minutes of recess, weather permitting.

At the middle grades, the MISD will require students, unless exempted because of illness or disability, to be enrolled in physical education or athletics courses for at least four 100% of the four semesters in grades seven and eight.

Federal law requires that the MISD establish goals for physical activity in its wellness policy.

In accordance with FFA(LOCAL), the District has established the following goals for physical activity.

GOAL 3: 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: Provide 45 minutes of physical education in addition to daily recess for grades pre-k through 6.	
Action Steps	Methods for Measuring Implementation
Coordinate schedules Coordination between High School and Elementary Campuses	Baseline or benchmark data points: <ul style="list-style-type: none"> • Currently providing Resources needed: <ul style="list-style-type: none"> • State & Local Obstacles: <ul style="list-style-type: none"> • Funding
Objective 2: Coordinate and support community efforts to provide physical activities for students.	
Action Steps	Methods for Measuring Implementation
Coordinate field use for Pee-Wee Football, Baseball, Softball Coordinate gym use for Little Hornets Support Kids Heart Challenge, Community Fun Run, Germanfest Bikeride and Run.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Currently providing Resources needed: <ul style="list-style-type: none"> • State and Local Obstacles: <ul style="list-style-type: none"> • Funding

GOAL 4: The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as track, playgrounds, and the like, that are available outside the school day. [See GKD]	
Objective 1: Make MISD Facilities available to the Muenster Community.	
Action Steps	Methods for Measuring Implementation
Continue Open Track Policy	Baseline or benchmark data points:

Encourage and coordinate use of gym for Muenster Youth Basketball, Wednesday Night Adult Volleyball Promote Website Calendar	<ul style="list-style-type: none"> • Currently providing Resources needed: <ul style="list-style-type: none"> • State and Local Obstacles: <ul style="list-style-type: none"> • Funding and Staffing
Objective 2: Coordinate with community organizations.	
Action Steps	Methods for Measuring Implementation
Support and assist Summer Camps for JHHS & MES Support and assist, when appropriate, Germanfest, Oktoberfest, bike rallies, fun runs, gymnastics, cheerleading, etc.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Currently providing Resources needed: <ul style="list-style-type: none"> • State and Local Obstacles: <ul style="list-style-type: none"> • Funding and Staffing

SCHOOL-BASED
ACTIVITIES

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.

GOAL 5: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Objective 1: Ensure lunch schedules are developed and coordinated between MES and MJSHS.	
Action Steps	Methods for Measuring Implementation
Provide appropriate and staggered lunch schedules.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Currently in Place Resources needed: <ul style="list-style-type: none"> • State and Local Obstacles: None
Objective 2: Coordinate Breakfast time so that eatership will increase 10%.	
Action Steps	Methods for Measuring Implementation
Coordinate and allow more time for bus students to eat breakfast in the morning.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Breakfast counts Resources needed:

	<ul style="list-style-type: none">• Staff Obstacles: <ul style="list-style-type: none">• Funding
--	--