



# Wellness Plan

## **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 21

## **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 Wellness Task Force Committee to work in consultation with 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 Wellness Task Force Committee will permit the following persons to work with the Wellness Task Force Committee 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 Wellness Task Force Committee will solicit involvement and input of these other interested persons by:

1. Posting on the district’s website the dates and times of the Wellness Tasks Force Committee meetings at which the Wellness Policy & Plan are scheduled to be discussed.
2. Wellness Task Force Committee Survey

## **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 Wellness Task Force Committee for evaluation.

The Wellness Task Force Committee, in consultation with the District’s DEIC, is the official District committee 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**

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, 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. This will be referred to as the “triennial assessment.”

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

The Wellness Task Force Committee will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. The Wellness Task Force Committee may use any of the following tools for this analysis:

- Smarter Lunchrooms' website (<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>)
- Square Meals

#### **PUBLIC NOTIFICATION**

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 revisions to policy FFA(LOCAL);
4. Notice of any Wellness Task Force Committee meetings at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The Wellness Task Force Committee 's triennial assessment; and
6. Any other relevant information.

The District will also publish the above information in appropriate District or campus publications.

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#### **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 Director of Purchasing, the District's designated records management officer.

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#### **GUIDELINES AND GOALS**

The following provisions describe the District's nutrition guidelines and activities and objectives chosen by the Wellness Task Force Committee to implement the Board-adopted wellness goals in policy FFA(LOCAL).

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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). Federal law requires that the District establish nutrition guidelines for foods and beverages sold to students during the school day on each campus that promote student health and reduce childhood obesity.

The District’s nutrition guidelines are to ensure all foods and beverages sold 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 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. 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> (see the Complete Administrator Reference Manual [ARM], Section 20, Competitive Foods)

**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)]

**FOODS AND BEVERAGES PROVIDED**

There are no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. However, each school district must set its own standards. 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 standards for foods and beverages made available to students:

	- A La Cart”	Foods of Minimal Nutritional Value
Elementary	No Restrictions	Smart Snack Compliant
Middle School	No Restrictions	Smart Snack compliant
High School	No Restrictions	Smart Snack compliant

**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, and monitoring the types of foods and beverages made available to students during the school day.

**Nutritional Analysis:**

Nutritional analysis and nutrient information will be conducted on the breakfast and lunch menu for elementary, middle and high school and will be posted on the District website.

**Food Safety:**

All food distributed or sold to students must be prepared in a licensed facility.

In special circumstances when food is prepared in the classroom, teachers are responsible to ensure the food safety of products prepared in the classroom. Teachers are responsible for enforcement of food sanitation principles to include: adequate handwashing facilities, temperature control for heating, reheating and cooling.

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**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 Wellness Task Force Committee will monitor this by keeping record of all Smart Snack compliant snacks sold across the district

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 Wellness Task Force Committee will periodically monitor these and make recommendations when replacements or new contracts are considered.

In accordance with FFA(LOCAL), the District has established the following goal(s) 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: 100% of our campuses will promote healthy messages.**

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>➤ Provide all stakeholders with nutritional information and healthy messages within the serving line and dining area.</li> </ul>	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>● Messages are relevant and noticed by stakeholders.</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>● Funding</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>● Continual cost and maintenance of menu boards</li> </ul>

**Objective 2: CN Department will engage in district wide awareness activities to promote healthy lifestyles.**

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>➤ Collaborate with district Coordinator of Social &amp; Emotional Development in design of awareness activities to promote healthy lifestyles.</li> </ul>	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>● Number of monthly events.</li> </ul> Resources needed:wfsfdfDFGGSD <ul style="list-style-type: none"> <li>● Staff and time to develop schedule and content.</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>● Coordinator of Schedules</li> </ul>

**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: 100% of our campuses will promote healthy nutrition choices.**

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>➤ Implementation of in district health initiatives through messages on district website, social media(District/Department), marquees, campus information boards</li> </ul>	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>● Message are relevant and noticed by stakeholders</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>● Staff to develop and distribute timely information.</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>● Limited Internet Access/Social Media Usage</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# 1:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
<b>Objective 1: Provide health and nutrition materials at all grade levels.</b>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>➤ Assess current inventories and curriculum for applicable and age appropriate materials.</li> <li>➤ Acquire any applicable health and nutritional materials for teacher utilization at all grade levels.</li> </ul>	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>● Number of FTE utilizing resources with students</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>● Defined Health &amp; Nutritional Materials</li> <li>● Professional Development</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>● Time</li> <li>● Lack of knowledge or buy-in</li> </ul>

<b>GOAL #2:</b> Teachers shall be encouraged to integrate nutrition education into core curriculum areas such as mathematics, science, social studies, and language arts as applicable.	
<b>Objective 1: Support and expand awareness on the importance of teaching nutrition education.</b>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>➤ Model and showcase nutrition education materials or methods that can be easily integrated into core curriculum.</li> </ul>	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>● Number of appropriate activities available to be integrated into core curriculum.</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>● Health &amp; Nutrition Materials</li> <li>● Professional Development</li> <li>● Time</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>● Time</li> <li>● Teacher buy-in</li> </ul>

<b>GOAL #3: The food service staff, teachers, and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.</b>	
<b>Objective 1: Provide a well designed and coordinated marketing plan on the promotion of nutrition messages.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>➤ Provide planning and/or training time for staff to design and coordinated marketing plan</li> </ul>	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>● Sign in sheets for planning time</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>● Any existing Wellness/Health Calender</li> <li>● Wellness Website</li> <li>● Time</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>● Other topics taking priority over nutrition education</li> <li>● Resources</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.]

The following addresses how the District meets the required amount of physical activity:

- Grades K-5 – 135 minutes per week
- Middle School (6-8) – 2 years of physical education
- High School (9-12) – 1 credits of physical education

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.

<b>GOAL#1</b>	
<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>	
<b>Objective 1: 100% of our students will be given daily opportunities to participate in appropriate fitness activities.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>➤ Provide daily fitness activities such as:                             <ul style="list-style-type: none"> <li>○ High School -                                     <ul style="list-style-type: none"> <li>■ Timed Passing Periods</li> <li>■ Access to Facilities</li> <li>■ Variety of PE Offerings</li> </ul> </li> </ul> </li> </ul>	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>● Student &amp; Campus Schedules</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>● Equipment</li> </ul>

<ul style="list-style-type: none"> <li>○ Middle School             <ul style="list-style-type: none"> <li>■ Timed Passing Periods</li> <li>■ Access to facilities</li> <li>■ AM/Lunch Recess</li> </ul> </li> <li>○ Elementary             <ul style="list-style-type: none"> <li>■ Recess</li> <li>■ Field Day</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Gym/space</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● Time</li> <li>● Space/location</li> <li>● Staff to monitor</li> </ul>
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**GOAL #2: The District shall provide appropriate staff development and encourage teachers and staff to integrate physical activity into the academic curriculum where appropriate.**

**Objective 1: The District will make opportunities available for teachers and staff to integrate physical activity into the curriculum.**

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>➤ Make available differentiated training opportunities for teachers and staff to learn effective and reasonable methods used to integrate physical activity into academic curriculum and practices.</li> <li>➤ Showcase the incorporation of physical activities: Dancing Rewards,, Exploros, Outdoor Learning Labs, Brain Breaks, 4 Corners, Socratic Seminars.Flexible Seating</li> </ul>	<p>Baseline or benchmark data points: PD Schedules/Classroom Lesson Plans or Observations</p> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● PE teachers</li> <li>● Go Noodle</li> <li>● Social Media Platforms/Tide of Pride</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● Time</li> </ul>

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

**Objective 1: Each of ECISD’s traditional campuses will at least one before or after school physical activity program that recriots its students to participate.**

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>➤ Create a crosswalk list for each campus to define their before-school and after-school physical activities.</li> <li>➤ Timely review and support campuses in adding to the list as programs evolve.</li> </ul>	<p>Baseline or benchmark data points: List of activities/schedules</p> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● Campus Liasions</li> <li>● Folder for Artifacts</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● Heat/Air Advisories</li> </ul>

	<ul style="list-style-type: none"> <li>• Water/Facility access</li> </ul>
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<p><b>GOAL#4: The District shall make appropriate activities available in order to promote enjoyable, lifelong physical/social emotional activity for District employees and students.</b></p>	
<p><b>Objective 1: The district will encourage, promote and assist its community in hosting events that incorporate the values of physical activity and wellness.</b></p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>➤ Promote the varied opportunities to staff and provide incentives for those engaging in variety of physical activities and wellness offerings.</li> <li>➤ Encourage and support campuses in hosting varied community building activities:                             <ul style="list-style-type: none"> <li>○ Bike Rodes</li> <li>○ Services Learning</li> <li>○ Running Clubs</li> <li>○ School Dances</li> <li>○ Family Nights</li> <li>○ Field Day</li> <li>○ Health/Wellness Fairs</li> </ul> </li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Number and types of programs offered</li> <li>• Participation rates</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Employee Wellness page &amp; Benefits List</li> <li>• Facilities/Equipment</li> <li>• Budget</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Conflicting of schedules</li> <li>• Costs/Liabilites</li> </ul>

<p><b>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.</b></p>	
<p><b>Objective 1: The district will promote and encourage parents to support their children’s participating in various physical and wellness activities.</b></p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>➤ Create the list of applicable activities and potential offerings for each school year</li> <li>➤ Assist campus in the advertising and creating their activites</li> <li>➤ Encourage each campus to have at least one program/event per</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Number of campus hosted events/activites</li> <li>• Participation rates from year to year</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Flyers with information, post on district website,</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Transportation</li> </ul>

semeste and record participation levels.	<ul style="list-style-type: none"> <li>Varied needs of community and related costs.</li> </ul>
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**GOAL#6: The District shall encourage students, parents, staff, and community members to use the District's or other recreational facilities, such as area parks, GreenLine/Mission Trails, public pools, tennis courts, and the like, that are available outside of the school day and to community. [See GKD]**

**Objective 1: The district will advertise the availability of facilities that can be used.**

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>➤ Advertise dates and time district facilities are available (Wellness website)</li> <li>➤ Partner with area agencies that promote physical/wellness activities.                             <ul style="list-style-type: none"> <li>○ Community In Schools</li> <li>○ UnitedWay</li> <li>○ YWCA</li> <li>○ Camp Gladiator</li> <li>○ Wondr</li> <li>○ Wellvia</li> </ul> </li> </ul>	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>● Number and frequency of use of available district facilities</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>● District website</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>● Security/Safety</li> <li>● Availability</li> <li>● Measuring how many people use the facility</li> </ul>

**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.

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 healthy eating and physical activity and to promote and express a consistent wellness message through 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: Review, assess, consolidate times to ensure sufficient times to eat meals.**

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>➤ Support campuses in creating written protocols for breakfast and lunch time services.</li> </ul>	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>● Schedules by campus</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>● Health Inspections</li> </ul>

<ul style="list-style-type: none"> <li>➤ Monitor campus lunch schedules: Elementary School – 30 minutes Middle School – 30 minutes High School –45 minutes</li> </ul>	<p>Obstacles:</p> <ul style="list-style-type: none"> <li>● Staff availability</li> <li>● Lack of awareness or depth to understanding of policies.</li> </ul>
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<p><b>GOAL #2:</b> The District shall promote wellness for students and their families at suitable District and campus activities.</p>	
<p><b>Objective 1: Various wellness activities for students and families will be promoted throughout the school year.</b></p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>➤ Promotion of wellness activities for students and families through various mediums</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>● Number of activities offered throughout the year</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● MARCOM</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● Variety of interests and abilities</li> <li>● Lack of transportation</li> </ul>

<p><b>GOAL#3:</b> The District shall promote employee wellness activities and involvement at suitable District and campus activities.</p>	
<p><b>Objective 1: Various wellness activities for employees will be promoted throughout the school year.</b></p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>➤ Promotion of wellness activities for employees through emails, benefit packages, and electronic mass communication systems</li> <li>➤ Partner with area agencies and systems to foster the work, serve, learn, and play.             <ul style="list-style-type: none"> <li>○ SA Parks &amp; Recreation</li> <li>○ Camp Gladiator</li> <li>○ YWCA</li> <li>○ Wondr/Wellvia</li> </ul> </li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>● Number of activities throughout the year</li> <li>● Number of participants</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● Flyers, Peach Jar, Wellness page, email</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● Life/Work Balance</li> <li>● Physical Health of Employees</li> </ul>