



## **Sanger ISD Wellness Plan 2023/2024**

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 meeting at which the wellness plan are scheduled to be discussed.*
- 2. Listing in the student handbook the name and position of the person responsible for the oversight of the District’s wellness plan along with an invitation to contact that person if the reader is interested in participation in the development, implementation, and evaluation of the wellness plan.*

### **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.

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## 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. Smart Snacks in school Nutrition Standards Guide (<https://www.fns.usda.gov/tn/guide-smart-snacks-school>)
2. Smart Snacks Calculator (<https://foodplanner.healthiergeneration.org/calculator/>)

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: Increase participation in the federal child nutrition programs operated in Sanger ISD annually.**

**Action Steps: Communicate with families regarding the Child Nutrition program within the first two weeks of school starting and again within the first two weeks of spring semester.**

**School and Community Stakeholders:**

**Resources Needed: identify forms of communication to use and development information to be shared.**

**Measures of Success: Compare participation in federal child nutrition programs every three months and adjust communication style if not successful**

**Objective 2: Participate in events scheduled by USDA established to encourage healthy living.**

**Action Steps: Implement Farm Fresh Friday each month during the school year in the school cafeterias.**

**School and Community Stakeholders:**

**Resources Needed:** Specially-ordered fresh produce and educational materials.

**Measures of Success:** 100% cafeteria participation.

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**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:** The District will research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding any programs offered by the District.

**Action Steps:** Research food access programs available in the community with which the District could partner (food pantry programs supported by a local area food bank, backpack programs, summer meal programs, etc.)

**School and Community Stakeholders:**

**Resources Needed:** Partners with community organizations. Develop a means to communicate information on available programs with families.

**Measures of Success:** Identify the number of programs offered currently, type of program, and how information has been communicated.

**Objective 2:** Consistently post the monthly school breakfast and lunch menus and nutrition information in an easily accessible location on the District’s website monthly.

**Action Steps:** Work with the Communications Director and Child Nutrition staff to set deadlines for menus to be developed and ensure menus are posted each month.

**School and Community Stakeholders:**

**Resources Needed:** Easily accessible webpage for means of communication.

**Measures of Success:** Menus are posted and available to the community before the first day of each month.

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## 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]

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### **GOAL 1:**

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:** Nutrition Education will be provided within each student's school day throughout the school year.

**Action Steps:** Identify appropriate times within the school year educators can provide Nutrition education to students.

**School and Community Stakeholders:**

**Resources Needed:** Fliers that provide a variety of nutrition education for all grade levels.

**Measures of Success:** All schools have nutrition education included in lesson plans ensuring all students are provided nutrition education.

**Objective 2:** Encourage students to consume water by ensuring 100% of students have access to water throughout the day.

**Action Steps:** Encourage students to bring water to school every day included in registration materials annually.

**School and Community Stakeholders:**

**Resources Needed:** Accessible water bottle refill stations and/or water fountains.

**Measures of Success:** 100% students have access to water during their day from personal bottles, water fountains, or purchase of water from the CN department.

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## 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:\*\*\*\*\*

### **Implementing Goals for Physical Activity**

#### **GOAL 1:**

The District shall promote approved organized sports for students, parents, staff, and community members to use the District’s recreational facilities, such as tracks, playgrounds, and the like, that are available for use outside of the school day.

**Objective 1:** Inform the community of the facilities that are available for use outside of the school day by including a statement in at least one District or campus publication, by posting information on the District or campus website, or through the use of appropriate signs.

**Action Steps:** Create a sign that could be posted at certain facilities. Create sample wording to be used in a publication or on a website. Evaluate appropriate lighting for evening use of facilities.

**School and Community Stakeholders:**

**Resources Needed:** A list of the types and locations of facilities that are available for use in the District

**Measures of Success:** Documentation of publications, website posting, and signs verifying that the information was communicated.

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## 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, from the time a student receives his or her meal and is seated.

**Action Steps:** Evaluate current meal time allowances by campus. Work with campus administrators to adjust master schedules as necessary. Evaluate service style by campus to accommodate feeding students.

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

**Measures of Success:** The number of campuses that currently meet the standard compared to the previous school year

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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). 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 the following exempted fundraisers for the 2023–2024 school year:

**Campus or organization: Sanger High School- Math department**

**Food or beverage: Candy bars**

**Number of days: 1**

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**Campus or organization: Sanger high School- Mr. SHS fundraiser**

**Food or beverage: Treats**

**Number of days: 1**

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**Campus or organization: Sanger High School- SOAR**

**Food or beverage: FOOD Reward from the SHS food**

**truck Number of days: 4**

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## **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(LLEGAL)]

In addition, the District has established the following local standards for other foods and beverages made available to students:

Special treats for celebrations are allowed only after all students have eaten lunch and with principal permission. Party foods must be purchased from a grocery store or bakery where ingredients are listed.

## **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:

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

8. The SHAC's triennial assessment; and
9. 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. Questions may be directed to the Deputy Superintendent, the District's designated records management officer. [See CPC(LOCAL)]

*Disclaimer: This information is provided for educational purposes only to facilitate a general understanding of the law or other regulatory matter. This information is neither an exhaustive treatment on the subject nor intended to substitute for the advice of an attorney or other professional adviser. Consult with your attorney or professional adviser to apply these principles to specific situations.*