

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]

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 dates, times, and locations of SHAC meetings on the District website.
2. TBD-

Each TBD 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.

IMPLEMENTATION

The TBD 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

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 com-

compares with any state- or federally designated model wellness policies. This will be referred to as the “triennial assessment.”

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

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

- TBD-WellSAT 3.0
- TBD-District Self-Assessment

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. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
5. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
6. The SHAC’s triennial assessment; and
7. 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 Superintendent's designated district employee, 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	<p>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.</p> <p>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.</p> <p><b>It is at the discretion of each campus to determine whether they will or will not prohibit students from consuming certain foods and/or beverages on campus during the school day.</b></p>
FOODS AND BEVERAGES SOLD	<p>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:</p> <ul style="list-style-type: none"><li>• <a href="http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals">http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals</a></li></ul>

- <http://www.squaremeals.org/Publications/Handbooks.aspx>  
(see the Complete *Administrator Reference Manual* [ARM],  
Section 20, Competitive Foods)

The District has also incorporated the following stricter standards that are not prohibited by federal or state law:

- Any fundraiser including the sale of food and/or beverages cannot be held during scheduled meal times and cannot be held in the place where reimbursable meals are being sold and/or consumed.
- TBD-Diet/Regular sodas are prohibited from being sold to students during the school day, unless they are part of an approved exempt fundraiser.

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)]

EXCEPTION—  
FUNDRAISERS

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The District will allow the following exempted fundraisers:

Campus or Organization	Food / Beverage	Number of Days
Elementary Schools	Non-Smart Snack approved items	6
Middle Schools	Non-Smart Snack approved items	6
High Schools	Non-Smart Snack approved items	6

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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:

- TBD- No spicy chips or snacks.
- TBD- No energy drinks
- TBD-Parents, grandparents, and/or guardians may only provide a breakfast or lunch meal, brought from outside the campus, for the student(s) they have enrolled at the campus. To safeguard the health of all students, meals may not be brought in for any other student.
- TBD-Diet sodas are prohibited from being provided to students during the school day unless it is on an approved, exempt, celebration day.
- TBD- No student access to vending machines.
- TBD-Other

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.

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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 SHAC will monitor this by:

1. **Overseeing the placement and product type of any advertisement on district campuses.**

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 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.

<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: Use pre-determined events, such as National School Lunch Week, National School Breakfast Week, and National Nutrition Month to promote nutrition and healthy eating to students at least two times each year.</b>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>• Allocate funding for promotion during these events</li> <li>• Coordinate efforts with campuses</li> <li>• Determine how each event will be promoted and celebrated</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Currently not consistently celebrating events each year at all campuses</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Extra budgetary funds</li> <li>• Promotional items to increase awareness of events among students</li> <li>• Staff involvement</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Buy-in and cooperation from all campus staff</li> <li>• Cost of items to promote events</li> </ul>

<p><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.</p>	
<p><b>Objective 1: Child Nutrition Program will update their website monthly to include nutrition information and recipes as well as nutrition information of menu items offered in schools.</b></p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>• Determine who will be responsible for creating and contributing to nutrition information</li> <li>• Research recipes and nutrition information that will be uploaded monthly.</li> <li>• Promote CNP website and its contents to district and community.</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• No current data points</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Time</li> <li>• Expertise and input from all student health stakeholders</li> <li>• Assistance from district webmaster</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Contributors missing deadlines</li> <li>• Getting information translated into Spanish</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: Students at each campus will be introduced to new, healthy food items two times per year.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>• Give samples of new, healthy foods to students</li> <li>• Provide information on samples offered</li> <li>• Allocate funding</li> <li>• Determine dates of samplings</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• No current data points of health food items introduced each year</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Extra budgetary funds</li> <li>• Volunteers to hand out samples and</li> </ul>



	<p>garner student interest;</p> <ul style="list-style-type: none"> <li>• Staff involvement</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Cost</li> <li>• Buy-in from staff</li> </ul>
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<p><b>GOAL:</b> The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.</p>	
<p><b>Objective 1: Child Nutrition Program Staff will promote and integrate nutrition education facts during at least 2 District-sponsored events in a school year.</b></p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>• Determine/Identify which district events will be appropriate to promote nutrition education.</li> <li>• Procure nutrition education materials, as needed</li> <li>• Determine what nutrition education should be presented at the event.</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Number of district sponsored events in which CNP staff has participated in the past.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Nutrition Education Promotion Materials</li> <li>• Staff</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Buy-in from CNP Staff who will be responsible for dissemination of materials/information</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:

- Elementary: Students will receive at least 135 minutes of physical education per week.
- Middle and High: Students will receive at least at least 225 minutes of physical education per week.

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:</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: District will encourage the implementation of clubs and/or events aimed at fostering appropriate fitness activities.</b>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>Seek out teachers/sponsors to volunteer their time</li> <li>Survey student, parent, and staff to what fitness activities, events, or clubs they would enjoy.</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Survey how many fitness clubs/events were available to students the previous year to compare</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Forms</li> <li>Surveys</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Buy-in from staff members</li> <li>Time</li> <li>Equipment</li> <li>Participation from students</li> </ul>

<b>GOAL:</b> The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
<b>Objective 1: After receiving appropriate staff development, at least 50% of PK-5 teachers will incorporate short physical activity breaks between lessons or classes as appropriate.</b>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>Provide professional development regarding the importance and benefits of physical activity breaks throughout the school day</li> <li>Set date for professional development</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Pre-assessment (staff survey)</li> <li>Post-assessment (staff survey)</li> </ul>

	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Consultant/trainer to conduct necessary training</li> <li>• Personnel to write and Administer surveys</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Staff buy-in</li> <li>• Time</li> </ul>
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**GOAL:** The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as tracks, playgrounds, and the like, that are available outside the school day.

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

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>• Coordinate with Facilities and Maintenance to allow access to facilities</li> <li>• Market the facilities to the local community</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Times that facilities are currently open</li> <li>• Number of people currently using district recreation facilities</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Time</li> <li>• Personnel –security</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Potential for injuries on district property</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.

<p><b>GOAL:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p>	
<p><b>Objective 1: Campuses will schedule lunch periods to allow students to have at least 20 minutes to eat their meal.</b></p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>• Determine the length of time students get to sit down and eat for lunch</li> <li>• Determine how long students need to get through the serving line</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Current length of time it takes students to get through serving line</li> <li>• Current length of time students have to sit and eat</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Time</li> <li>• Cafeteria monitors to assist with timing of students</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Scheduling conflicts</li> <li>• Ensuring meal times don't interfere with the master schedule</li> </ul>

<b>GOAL:</b> The District shall promote wellness for students and their families at suitable District and campus activities.	
<b>Objective 1: All district campuses will promote wellness (mental, social, physical, environmental, nutrition, family engagement, etc.) at two or more campus activities each school year.</b>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>• Incentivize participation</li> <li>• Establish partnerships with outside entities</li> <li>• Secure funding, if necessary</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Tracking participation</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Sites</li> <li>• Volunteers</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Time</li> <li>• Space</li> <li>• Participation</li> <li>• Motivation</li> </ul>

<b>GOAL:</b> The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
<b>Objective 1: The District will prioritize employee wellness by providing annual flu and other immunizations to employees</b>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>• Annual immunization clinic will take place each fall to provide access to all employees.</li> <li>• Email district employees of dates, locations, and times.</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• The number of employees who utilized this benefit.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Cooperation of principals</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Time Conflicts</li> <li>• Finding the ideal location</li> </ul>

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(REGULATION)