



ALEDO ISD ADMINISTRATIVE REGULATION

Board Policy: FFA

Administrative Approval Date: June 13, 2022

Effective Start Date: June 14, 2022

TOPIC: Aleido ISD Wellness Plan

Aleido ISD 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]

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 AISD School Health Advisory Council (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 SHAC agendas prior to discussion and review of the AISD Wellness Plan
2. Considering input from SHAC members and members of the public during posted SHAC meetings where the AISD Wellness Plan will be discussed

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 *Executive Director of Student Services* 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.

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. Permitting only SmartSnack compliant snacks in all district vending machines

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: The District will maintain the participation in federal child nutrition program in proportion to the increase in the student population at each campus

Action Steps: Deliver communications regarding school food programs within first two weeks of school year; send follow-up within first two weeks of second semester

Resources Needed: Development and distribution of communications

Measures of Success: Participation rates in federal nutrition programs at beginning, middle, and end of year

Objective 2: Each month, the Child Nutrition staff will provide all AISD campuses with the selected theme to be used to promote health and nutrition.

Action Steps: Distribute themes to campuses principals by end of July; campus staff use site-based teams to develop activities around monthly themes

Resources Needed: Access to themes for campus staff; staff planning time to develop and implement activities

Measures of Success: Documentation of completed activities related to monthly themes

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 seek opportunities to offer supplemental programs and will regularly inform families and community regarding programs offered by the District

Action Steps: Research programs available in the community with which District could partner

Resources Needed: Literature or links to share with families

Measures of Success: The number of supplemental programs available; the number of families utilizing such programs (if available)

Objective 2: Regularly post, in an easily accessible location on the District or campus web pages, the monthly breakfast and lunch menus, including nutritional information for each meal

Action Steps: Director of Communications and Child Nutrition Director collaborate to obtain information and post online at appropriate locations

Resources Needed: Staff to create menus; web location, to include meter to tabulate number of views

Measures of Success: The number of views of the school lunch menus during a school year

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]

Implementing Goals for Nutrition Education

GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: Maintain one hundred percent of high school students in each four-year cohort will complete one-half credit of health education as a required elective. In grades K-12 nutrition education will be embedded within the health curriculum and physical education curriculum where appropriate

Action Steps: Executive Director of Student Services will collaborate with health and PE teachers to regularly review and evaluate delivery of health standards and nutrition education

Resources Needed: TEKS for course being reviewed and evaluated

Measures of Success: Agendas/sign-ins sheets from planning and PL meetings

Objective 2: One hundred percent of students will have access to drinking water at all times during the school day

Action Steps: Notation in campus student handbook supplements related to availability of water during the day

Resources Needed: Easily accessible water fountains and/or bottle filling stations

Measures of Success: Documentation from CN department regarding availability of water during meal periods

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:

GRADES Pre-K – 5TH : 30 MINUTES/ DAY OF MODERATE TO VIGOROUS PHYSICAL ACTIVITY, COMPLETED THROUGH DAILY PE CLASSES AND DAILY RECESS;

GRADES 6TH – 8TH : 30 MINUTES/ DAY OF MODERATE TO VIGOROUS PHYSICAL ACTIVITY, COMPLETED IN EACH OF 4 SEMESTERS IN GRADES 6 – 8

GRADES 9TH – 12TH : 30 MINUTES/ DAY OF MODERATE TO VIGOROUS PHYSICAL ACTIVITY, COMPLETED FOR AT LEAST ONE FULL SCHOOL YEAR AND EARNING CREDIT IN GRADES 9 – 12

Implementing Goals for Physical Activity

GOAL 1: 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 programs that foster fitness activities outside of the normal school schedule

Action Steps: Site-based committees evaluate fitness offerings to students and staff and establish reasonable and appropriate goals

Resources Needed: Structured activities; equipment for activities

Measures of Success: Campus documentation fitness options and participation data provided to site-based committee

Objective 2: Provide programs that support physical activity in family events

Action Steps: Campus site-based committees establish goals to provide appropriate physical fitness activities that allow parents to support, role model, and/or participate in family events

Resources Needed: Staff planning and communication, facilities and/or equipment for activities

Measures of Success: Campus documentation of available activities and participation in them provided to site-based committee

GOAL 2: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Objective 1: Provide programs that foster fitness activities outside the normal school schedule

Action Steps: Site-based committees evaluate fitness offerings to students and staff and establish reasonable and appropriate goals

Resources Needed: Available activities, equipment for participation

Measures of Success: Campus documentation on fitness options available, provided by campus admin

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 healthful 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 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; support campus admin in development of appropriate master schedules

Resources Needed: Known average of time for students to receive meal and be seated

Measures of Success: Number of students meeting the standard, compared year-over-year

Objective 2: All campuses will abide by AISD CN department policies

Action Steps: Annually, campus admin will designate specific dates for up to 4 campus-wide parties; during meal times, parents/guardians/staff may provide their own child restricted foods, but may NOT provide restricted foods to other children; students cannot have food delivered from off-campus vendors; food fundraisers and snacks for testing days are subject to policy compliance at all levels and must be approved by the campus principal; food may only be provided if it is connected with an instructionally supported lesson or other activity approved by the principal

Resources Needed: copies of lesson plans

Measures of Success: Documented designated dates of campus-wide parties; documented fundraisers per campus

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)]

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(LEGAL)]

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

Elementary school: *Campus principals will designate specific dates for up to four campus-wide parties, to which food and beverages may be provided – no peanut, tree-nut, or other specifically known allergens may be brought to any designated class parties; Parents/guardians may provide any food/beverage for their own child, but may not provide restricted foods or beverages to other students; Food in classrooms may only be provided if it is connected to an instructionally-supported lesson or other activity with the approval of the campus principal*

Middle school: *Parents/guardians may provide any food/beverage for their own child, but may not provide restricted foods or beverages to other students; Students may not have food delivered from off-campus vendors; Food in classrooms may only be provided if it is connected to an instructionally-supported lesson or other activity with the approval of the campus principal*

High school: *Parents/guardians may provide any food/beverage for their own child, but may not provide restricted foods or beverages to other students; Students may not have food delivered from off-campus vendors; Food in classrooms may only be provided if it is connected to an instructionally-supported lesson or other activity with the approval of the campus principal*

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:

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-adopted revisions to FFA(LOCAL);
4. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
5. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
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 publication.