

Waco ISD Wellness Plan

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:

- **Parents, community members, students and district employees are invited to participate in the SHAC and development of the wellness plan. Campus leaders are asked to invite parents and students to participate in SHAC yearly.**
- **All SHAC and wellness policy/plan information is publicly posted and all input is welcome and considered.**

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 *Director of Health 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:

- **Requesting information regarding any food/beverage advertisements on campuses.**
- **Ensuring all campuses know the definition of the "school day" and "school campus".**

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 breakfast and lunch meals served.

Action Steps:

- Gather meal participation from previous years (taking COVID into consideration)
- Ask for student input on menu items
- Promote menus to students and families

School and Community Stakeholders:

- Students
- Families
- Campus staff

Resources Needed:

- Yearly participation statistics
- Communication with students, families and staff regarding menus

Measures of Success:

- Monitor participation on each campus; show increase

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: Collaborate with community partners to provide educational opportunities on campus throughout the year.

Action Steps:

- Obtain a baseline in participation for these events
- Promote events/programs to families via letters home, social media, word of mouth

School and Community Stakeholders:

- Campus leadership
- Community partners
- Pack of Hope
- Summer Feeding Sites

Resources Needed:

- Communication with students, families, staff and community partners regarding events
- Promotion of summer feeding sites
- Previous years participation numbers in events and summer feeding program

Measures of Success:

- Increase in participation in these events/programs from previous years.
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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]

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: Encourage teachers at a variety of levels to incorporate healthy eating behaviors in lessons.

Action Steps:

- Provide educational opportunities to staff to gain the skills needed to deliver information on healthy eating at all grade levels and settings.
- All staff should encourage healthy food choices, but cannot make choices for students in the serving line.

School and Community Stakeholders:

- Campus staff
- Community partners with an expertise in nutrition, cooking, and healthy behaviors.

Resources Needed:

- Partnerships with community groups/organizations to help provide the education to campus staff.

Measures of Success:

- Gather feedback from teachers and students regarding perceptions of healthy eating habits.
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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 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 students with a variety of options to participate in physical activity; athletics, PE, recess, marching band, JROTC, cheer, dance, before/after school groups and clubs.

Action Steps:

- Evaluate courses offered on each campus
- Encourage student input on activities interested in.
- Ensure all elementary campuses are providing both PE and recess time
- Ensure removing PE time is not used as a disciplinary action.

School and Community Stakeholders:

- Campus leadership
- Campus staff with expertise in a variety of activities
- Community partners who can offer before/after school opportunities

Resources Needed:

- Campus schedule, space and staff available to meet required minutes for physical activity

Measures of Success:

- Consistent or increase in variety of activities offered.
- Meeting state required minutes for PE and unstructured recess time

GOAL 2: The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

Objective 1: Provide opportunities for parents and families to participate in their student's extracurricular activities.

Action Steps:

- Partnering with Ascension to provide free UIL PPE to ensure all students have an opportunity to participate in extracurriculars.
- Publish athletics/fine arts schedules in a timely manner so that parents can plan to attend events.

School and Community Stakeholders:

- Students
- Families
- Community Partners - Ascension

Resources Needed:

- Campus and district calendars updated regularly
- Ongoing partnership with Ascension

Measures of Success:

- Increase in parent participation at student centered events.
 - Consistent or increased number of students participating in extracurricular activities.
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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: Campuses should build master schedules to allow sufficient time for students to obtain and consume their meals.

Action Steps:

- Streamline the cafeteria line process
- Ensure adequate cafeteria and campus staff to assist students.
- Define what is considered sufficient time for both elementary and secondary.
- Review serving times to ensure that the students receive an appropriate amount of time for lunch, but also to ensure that the serving times do not exceed a reasonable time frame for the number of students being served.

Schools should allow for the students to have a minimum of 20 minutes once their meal is received in the cafeteria. Access to meals should not be limited for students that arrive late to school, including a delayed start to the school day.

School and Community Stakeholders:

- District and campus leadership
- CNS staff

Resources Needed:

- Staff and space to facilitate adequate cafeteria procedures

Measures of Success:

- All students have an appropriate amount of time to eat breakfast and lunch, while not overwhelming cafeteria or campus staff or losing educational time.

GOAL 2: The District shall promote wellness for students and their families at suitable District and campus activities.

Objective 1: Provide wellness events and/or wellness activities at campus/district events.

Action Steps:

- District wide calendar for wellness events
- Social Emotional Learning curriculum offered at all grade levels

School and Community Stakeholders:

- District and campus leadership
- Families
- Community partners

Resources Needed:

- Campus calendars for events - updated regularly
- District calendar for events - updated regularly
- SEL curriculum

Measures of Success:

- Yearly events held for or at which student/family wellness is promoted
- Students receiving SEL throughout the school year

GOAL 3: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Objective 1: District provides frequent activities for employees to focus on their personal wellness.

Action Steps:

- District employees plan and promote opportunities to campus staff.
- Campus staff have adequate time to attend and or utilize these opportunities.
- District-wide committees

School and Community Stakeholders:

- District and campus leadership
- District employees
- Community partners

Resources Needed:

- Staff and space to plan and host events/opportunities throughout the year

Measures of Success:

- Yearly events held specifically for staff wellness.
 - Frequent opportunities offered throughout the district.
 - Panorama survey results
 - Increased use of provided resources
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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)]

Schools that participate in the National School Lunch Program under 42 U.S.C. Section 1751, et seq., or the School Breakfast Program under 42 U.S.C. Section 1773, may sell food and beverages that do not meet nutritional standards outlined in 7 C.F.R. Parts 210 and 220 as part of a fundraiser, during the school day, for up to six days per school year on each school campus, provided that no specially exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area where meals are served or consumed during the meal service. 4 TAC 26.2 [See CO and FFA]

Exempt Fundraisers

Schools that participate in the NSLP or SBP may sell food and beverages that do not meet nutritional standards outlined in 7 C.F.R. Parts 210 and 220 as part of a fundraiser, during the school day, for up to six days per school year on each school campus, provided that no specially exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service. 4 TAC 26.2

Special note: USDA/TDA regulations regarding Exemption Day Sales are:

- a) Fundraiser items cannot be sold in the cafeteria where meals are prepared, served, or consumed.
- b) Fundraisers and exemption day sales cannot be held during regular meal times or offered in lieu of student meals to take the place of reimbursable breakfasts and lunches.
- c) Fundraiser sales must not be held at times that would prevent all students from having access to reimbursable breakfasts and lunches.

Definitions:

"School day" means the midnight before, to 30 minutes after the end of the official school day.

"School campus" means all areas of the property under the jurisdiction of the school that are accessible to students during the school day; including athletic facilities, performing arts centers, or any district owned property.

4 TAC 26.1

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)]

This should not be done in lieu of access to breakfast or lunch or as a meal for the classroom during breakfast and lunch serving times.

Students should be encouraged to only eat the food provided to them by CNS staff or brought from home. Due to the risk of allergic reactions, students should not share food. Campus nurses should notify the campus cafeteria manager of all food allergies. The two individuals should review the lists of students with allergies monthly. Need to know personnel should also be notified of all food allergies; teachers, coaches, principals, etc.

Foods of Minimal Nutritional Value (that do not meet Competitive Food Nutrition Standards) provided to students as a reward should be done only on an occasional basis, at the discretion of campus leadership. Food provided to students for instructional or enrichment purposes are not subject to Competitive Food Nutrition Standards, but cannot be sold to other students or classes. The food and/or beverages may not be served during meal periods **and/or** in areas where school reimbursable meals are served or consumed or in lieu of student access to nutritional reimbursable meals.

Foods of Minimal Nutritional Value (FMNV) include:

- Energy Drinks
- Sweetened Coffee (that does not meet Competitive Food and Nutrition Standards)
- Soda
- Sweetened Water/Popsicles
- Chewing Gum
- Candies

Access to food of any kind or water may not be used as punishment for academics or behavior. This includes:

- Restricting Access of Snacks or Snack Lines due to behavior.
- Restricting menu items due to custodial services required.
- Limiting milk options based on behavior in class.

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:

- A copy of the wellness policy [see FFA(LOCAL)];
- A copy of this wellness plan, with dated revisions;
- Notice of any Board-adopted revisions to FFA(LOCAL);
- The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
- Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
- The SHAC's triennial assessment; and
- 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 Records Management Specialist, the District's designated records management officer.