

Crosby ISD Wellness Policy and Plan and Requirements

2023-2024

STUDENT WELFARE

FFA(LOCAL)-X

WELLNESS AND HEALTH SERVICES

CISD 101906

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The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity.

[See EHAA for information regarding the District's coordinated school health program.]

Development, Implementation, and Review of Guidelines and Goals

The local school health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public.

[See BDF for required membership of the SHAC.]

Wellness Plan

The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals;
4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
5. The manner of communicating to the public applicable information about the District's wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

Nutrition Guidelines

Foods and Beverages Sold

The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows for six exemptions per campus per year for fundraising activities as authorized by state and federal rules. [See CO and FJ]

Foods and Beverages Provided

The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the District's wellness plan.

Wellness Goals

Nutrition Promotion and Education

The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. [See EHAA] The District's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, the Child Adult Care Food Program (CACFP), and any other supplemental food and nutrition programs offered by the District.

The District establishes the following goals for nutrition promotion:

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.
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.

The District establishes the following goals for nutrition education:

1. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.
3. The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

Physical Activity

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]

The District establishes the following goals for physical activity:

1. The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.
2. The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.
3. The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.
4. 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 of the school day. [See GKD]

Other School-Based Activities

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities:

1. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
2. The District shall promote wellness for students and their families at suitable District and campus activities.
3. The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Implementation

The Director of Student Services shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

Evaluation

The District shall comply with federal requirements for evaluating this policy and the wellness plan.

Public Notification

The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.

Records Retention

The District shall retain all the required records associated with the wellness policy, in accordance with law and the District's records management program. [See CPC and FFA(LEGAL)]

CISD 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.

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 and interested persons by publicizing SHAC meeting dates and times, SHAC meeting minutes, and other SHAC notices on the district website.

IMPLEMENTATION

Each campus principal is responsible for the implementation of local policy and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.

The Director of Student Services is the District official responsible for the overall implementation of local policy, including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.

POLICY AND PLAN EVALUATION

At least every three years, in accordance with law, the District will periodically measure and make available to the public 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. Absent federal regulations to the contrary, the District commits to the evaluation activities described below.

At least annually, the SHAC will prepare a report on the wellness policy and this plan by gathering information from each principal and appropriate District administrators. The SHAC will assess the District’s and each campus’s progress toward meeting the goals of the policy and plan by reviewing District- and campus-level activities and events tied to the wellness program. 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 that analysis:

- Relevant portions of the WellSAT 2.0 (www.wellsat.org)

- Relevant portions of the Center for Disease Control’s School Health Index (<http://www.cdc.gov/healthyschools/shi/index.htm>)
- A District-developed self-assessment

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 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:

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

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

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 Viviana Killion, 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

All District campuses participate in the United States 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 made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity.

FOODS SOLD

The District's nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, 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.

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-standardsschool-meals>
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>

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)]

The District will allow each campus six days per school year in which they may sell foods 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, 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.

Campuses that intend to utilize an exempt day must notify the Director of School Nutrition at least one week in advance of the intended fundraiser. The Director of Student Nutrition will maintain records of the district's use of exempt fundraisers.

FOODS MADE AVAILABLE

There are currently no federal requirements for foods or beverages made available to students during the school day. 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)]

MEASURING COMPLIANCE

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the Student 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.

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) Annually review all vending contracts to ensure marketing materials provided meet district compliance requirements.
- (2) Annually review all vending machines, scoreboard messages, and advertisements on-campus meet district requirements to promote Smart Snack standards.

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition promotion.

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:

Action Steps: Promote positive nutrition messages through posters and ads for healthy foods in the cafeteria.

Resources Needed: Nutrition related vendors

Obstacles: availability of new poster materials

Measures of Success: All school cafeterias display nutrition related posters

Objective 2:

Action Steps: Increase access to healthy options for foods made available to students

Resources Needed: vendors

Obstacles: Cost, availability, student preference

Measures of Success: Dollar amount spent on campus purchases through nutrition department

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:

Action Steps: Increase prevalence of positive nutrition messages on printed menus

Obstacles: Space on menu, cost, formatting

Resources Needed: Menu design vendor

Measures of Success: Number of positive nutrition messages on printed menus

Objective 2:

Action Steps: Make nutrition information available online in a more accessible format

Obstacles: Time, cost

Resources Needed: website developer

Measures of Success: Amount of items information available online

GOAL 3: The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.

Objective 1:

Action Steps: Perform “Alliance for a Healthier Generation” calculation on all items sold to students a la carte in cafeteria

Obstacles: Product label accuracy

Resources Needed: Alliance for a Healthier Generation calculator

Measures of Success: Number of items meeting federal rules

Objective 2:

Action Steps: Obtain documentation from all vending machine companies regarding product compliance with Smart Snack regulations

Obstacles: vendor compliance, tracking

Resources Needed: Vending machine vendor assistance

Measures of Success: Number of vended products with Smart Snack compliance on file

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.

In accordance with local policy the District has established the following goal(s) for nutrition education

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

Objective 1:

Action Steps: Increase the presence of nutrition-themed booths and tables at student events

Obstacles: Space, number of student events

Resources Needed: Tables, education materials, personnel

Measures of Success: Number of nutrition related exhibits at student events

Objective 2:

Action Steps: Educate students on non-traditional recipes, exotic fruits and vegetables

Obstacles: Item availability, cost

Resources Needed: Fruits and vegetables

Measures of Success: Number of times new recipes, fruits, and vegetables are showcased

GOAL 2: 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:

Action Steps: Establish a standardized nutrition education model for use during physical education classes

Obstacles: Cost, time

Resources Needed: Education resources and vendors

Measures of Success: Presence of education model

Objective 2:

Action Steps: Foster partnerships between teachers and district nutrition administrators

Obstacles: Class time

Resources Needed: Time, materials

Measures of Success: Coordinated events

GOALS FOR 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. Federal law requires that the District establish goals for physical activity in its wellness policy. In accordance with local policy, the District has established the following goal(s) for physical activity.

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:

Action Steps: Ensure each campus has non-PE and non-sports opportunities available for student physical activity

Obstacles: Time, student participation

Resources Needed: Instructors, suitable activities

Measures of Success: Number of opportunities available

Objective 2:

Action Steps: Ensure each elementary campus provides at least 30 minutes of recess per student per day.

Obstacles: Classwork, discipline

Resources Needed: Instructors, supervisors

Measures of Success: Number of classes providing recess

GOAL 2: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective 1:

Action Steps: Incorporate kinetic classroom training techniques into professional development

Obstacles: Time, student participation

Resources Needed: Instruction

Measures of Success: Teachers using kinetic classrooms

Objective 2:

Action Steps: Incorporate physical activity elements into academic-focused special events such as math nights.

Obstacles: Student participation, time

Resources Needed: Materials, events

Measures of Success: Number of physical activity themed educational events

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 local policy, 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.

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:

Action Steps: Schedule no campus lunch periods less than 20 minutes during regular school day

Obstacle: Special events, unforeseen circumstances

Resources Needed: Campus lunch schedules

Measures of Success: Campus lunch period schedules

Objective 2:

Action Steps: Increase the availability of grab and go options in the cafeteria

Obstacles: Student preferences

Resources Needed: School food resources

Measures of Success: Number of grab and go meals

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

Objective 1:

Action Steps: Increase prevalence of student/parent fitness events

Obstacles: Participation, vendor availability

Resources Needed: Booths, vendors, participants, time

Measures of Success: Number of family fitness events occurring

Objective 2:

Action Steps: Increase prevalence of Smart Snack eligible treats and prizes at campus events.

Obstacles: Student preference

Resources Needed: Smart snack eligible foods

Measures of Success: Smart snacks items offered at events

STUDENT WELFARE

WELLNESS AND HEALTH SERVICES

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UPDATE 107

FFA(LEGAL)-P

Each district must establish a local school wellness policy for all schools participating in the National School Lunch Program and/or School Breakfast program under the jurisdiction of the district. The local school wellness policy is a written plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum federal standards. *7 C.F.R. 210.31(a)*

- School Day “School day” means the period from the midnight before, to 30 minutes after the end of the official school day. *7 C.F.R. 210.11(a)(5)*
- School Campus “School campus” means all areas of the property under the jurisdiction of the school that are accessible to students during the school day. *7 C.F.R. 210.11(a)(4)*
- Contents At a minimum, a local school wellness policy must contain:
1. Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing these goals, a district must review and consider evidence-based strategies and techniques;
 2. Standards for all foods and beverages provided, but not sold, to students during the school day on each participating school campus under the jurisdiction of the district;
 3. Standards and nutrition guidelines for all foods and beverages sold to students during the school day on each participating school campus under the jurisdiction of the district that
 - a. Are consistent with applicable requirements set forth in 7 C.F.R. 210.10 (meal requirements for lunches and afterschool snacks) and 220.8 (meal requirements for breakfasts);
 - b. Are consistent with the nutrition standards set forth under 7 C.F.R. 210.11 (competitive food service and standards);
 - c. Permit marketing on the school campus during the school day of only those foods and beverages that meet the nutrition standards under 7 C.F.R. 210.11; and
 - d. Promote student health and reduce childhood obesity;
 4. Identification of the position of the district or school official(s) responsible for the implementation and oversight of the local school wellness policy to ensure each school’s compliance with the policy;

5. A description of the manner in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review and update of the local school wellness policy; and
6. A description of the plan for measuring the implementation of the local school wellness policy, and for reporting local school wellness policy content and implementation issues to the public as required below.

Public Involvement and Notification

A district must:

1. Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy.
2. Inform the public about the content and implementation of the local school wellness policy, and make the policy and any updates available to the public annually.
3. Inform the public about progress toward meeting the goals of the local school wellness policy and compliance with the local school wellness policy by making the triennial assessment, as required at item 2 under Implementation Assessments and Updates below, available to the public in an accessible and easily understood manner.

Implementation Assessments and Updates

A district must:

1. Designate one or more district or school officials to ensure that each participating school complies with the local school wellness policy.
2. At least once every three years, assess schools' compliance with the local school wellness policy, and make assessment results available to the public. The assessment must measure the implementation of the local school wellness policy, and include:
 - a. The extent to which schools under the jurisdiction of the district are in compliance with the local school wellness policy;
 - b. The extent to which the district's local school wellness policy compares to model local school wellness policies; and
 - c. A description of the progress made in attaining the goals of the local school wellness policy.
3. Make appropriate updates or modifications to the local school wellness policy, based on the triennial assessment.

Recordkeeping

A district must retain records to document compliance with the requirements of this policy. These records include, but are not limited to:

1. The written local school wellness policy;
2. Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as required at Implementation Assessments and Updates above; and
3. Documentation of the triennial assessment of the local school wellness policy for each school under its jurisdiction.

Healthy, Hunger-Free Kids Act of 2010, Pub. L. No. 111-296, sec. 204, 124 Stat. 3183 (2010) [42 U.S.C. 1758b]; 7 C.F.R. 210.31(c)–(f)

[See CO for requirements relating to food services management, EHAA for state law requirements relating to health education, and FJ for requirements relating to food and beverage fundraisers.]

Change in Health Services

Before a district or a school may expand or change the health-care services available at a school in the district from those that were available on January 1, 1999, the board must:

1. Hold a public hearing at which the board provides an opportunity for public comment and discloses all information on the proposed health-care services, including:
 - a. All health-care services to be provided;
 - b. Whether federal law permits or requires any health-care service provided to be kept confidential from parents;
 - c. Whether a child's medical records will be accessible to the parent;
 - d. Information concerning grant funds to be used;
 - e. The titles of persons who will have access to the medical records of a student; and
 - f. The security measures that will be used to protect the privacy of students' medical records.
2. Approve the expansion or change by a record vote.

Education Code 38.012