Coleman 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 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. Emails sent to previous SHAC members and to all parents inviting participation.
2. Posting on the District's website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to 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 Director of Special Programs and School Improvement 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. Working with campus/ district administrators and teachers on what is allowed; and,
2. Only allow advertisement for exempt fundraising days marked on a fundraiser calendar.

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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: Coleman ISD will publish, post, and/ or distribute student and parent communication that promotes healthy nutrition information and messages at least once every grading period through venues such as campus flyers/ bulletin boards, the student handbook, and district website.

Action Steps: Develop and plan messages for parent and student communication

School and Community Stakeholders: Cafeteria Managers; Campus Administration; Technology Department

Resources Needed: Access to bulletin boards to post flyers; Access to website to post informational items; Access to the student handbook before printing.

Measures of Success: Communication logs; Number of students and parents who receive student handbook.

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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: Coleman ISD will provide nutritional information regarding healthy eating behaviors to students and parents at least once every grading period by incorporating curricular and co-curricular lessons, extended-day learning activities, and healthy-tips newsletters.

Action Steps: Develop and plan lessons, activities, and newsletters for parent and student communication

School and Community Stakeholders: ACE Coordinators; Campus Administration

Resources Needed: Instructional planning to develop quality lessons, activities, and newsletters

Measures of Success: Communication logs; Number of students and parents who participate in lessons and activities; Number of students and parents who receive newsletters

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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: Educate the staff on requirements for advertising.

Action Steps: Coleman ISD staff will monitor what is posted on district buildings and at events to ensure that all products being promoted meet the federal guidelines

School and Community Stakeholders: Campus administrators and staff

Resources Needed: Personnel

Measures of Success: Successful implementation of district approved advertisements.

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: AgriLife Extension Agency will come in and teach 3rd and 4th grade nutrition courses.

Action Steps: Chanie Schaffner from Coleman Country AgriLife will out Coleman Elementary on out schedule**.**

School and Community Stakeholders: Teachers, AgriLife Extension Agency

Resources Needed: MyPlate Resources

Measures of Success: Student knowledge and participation

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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 2: Students will learn about nutrition and healthy eating in science and health classes, and the ACE afterschool program.

Action Steps: Teachers will create units on healthy eating and nutrition that goes along with their standards that they teach.

School and Community Stakeholders: teachers, ACE Coordinators

Resources Needed: TEKS

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Measures of Success: Lesson plans and student assessments

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: PK-8 45 minutes daily of physical education

Action Steps: The master schedule will reflect 45 minutes of daily physical fitness activity.

School and Community Stakeholders: PE Teachers, Coaches, Administration

Resources Needed: PE Classroom and equipment

Measures of Success: Mater Schedule

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

Objective 1: Provide staff development in integration of physical activity in the classroom.

Action Steps: List of available activities for use in the classroom will be posted in google classroom.

School and Community Stakeholders: teachers and administration

Resources Needed: resource page for teachers

Measures of Success: observation of physical activities being done in the classroom

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GOAL 3: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

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Objective 1: Before and After school activities

Action Steps: Ace will offer physical activities for students before and after school**.**

School and Community Stakeholders: ACE Coordinators, staff

Resources Needed: equipment and lesson plans

Measures of Success: The number of students participating from year to year.

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GOAL 4: 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.

Objective 1: Provide access to a to district facilities for physical fitness

Action Steps: Provide access to workout equipment and a safe track for after hours walking

School and Community Stakeholders: staff

Resources Needed: track and work out equipment

Measures of Success: Teacher participation

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 their master schedules to allow a minimum of 20 minutes to eat breakfast and a minimum of 20 minutes to eat lunch

Action Steps: Evaluate current meal time allowances by campus. Work with campus administrators to adjust master schedules as necessary.

School and Community Stakeholders: Administrators and Cafeteria Staff

Resources Needed: Master Schedules

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 2021–2022 school year:

Campus or organization: Coleman High School

Food or beverage: Both

Number of days: 6

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Campus or organization: Coleman Junior High

Food or beverage: Both

Number of days: 6

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Campus or organization: Coleman Elementary

Food or beverage: Both

Number of days: 6

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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(LEGAL)]

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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:

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.

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 Director of Special Programs and School Improvement, the District's designated records management officer. [See CPC(LOCAL)]

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