

Midlothian ISD Health and Wellness Plan

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 schools 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 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.

IMPLEMENTATION

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

The curriculum coordinator 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 compares with any state-or federally designated model wellness policies. This will be referred to as the "triennial assessment."

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

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:

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- Nutrition Standards for School Meals' website
(<https://www.fns.usda.gov/school-meals/nutrition-standards>)

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.

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 Curriculum Coordinator, 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 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.

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. In addition to legal requirements, the District shall:

- Provide teachers with education and guidelines on the use of food as a reward in the classroom.
- Discourage students from sharing their food or beverages with one another during meals or snack times due to concerns about allergies and other dietary restrictions.
- The Child Nutrition Department will solicit ongoing input from an at-large advisory committee regarding the selection and presentation of foods in the campus cafeterias.
- Every three years the District will gather wellness information from each campus and appropriate District administrators to assess the Triennial Progress Assessments.

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. The following websites have information regarding meal and Smart Snacks requirements:

- <https://www.fns.usda.gov/school-meals/nutrition-standards>
- <https://www.fns.usda.gov/school-meals/nutrition-standards/smartsnacks>
- <https://foodplanner.healthiergeneration.org/>
- <https://squaremeals.org/Programs/Child-and-Adult-Care-Food-Program/Policy-Handbook> (see the Complete Administrator Reference Manual [ARM], Section 20, Competitive Foods)

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 the following exempted fundraisers for each school year:

Campus or Organization	Food / Beverage	Number of Days
All elementary campuses	As determined by campus principal	Six (6)
All middle school campuses	As determined by campus principal	Six (6)
All high school campuses	As determined by campus principal	Six (6)

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 encourages that foods and beverages provided to students at no charge meet the Smart Snack standards. Foods and beverages provided should also comply with the District's *Food & Severe Allergy Management Plan* to limit risk of allergen exposure to students with food allergies. [CO (LEGAL); FFAF (LEGAL/LOCAL)]

1. **Celebrations and parties:** Each school may designate three (3) days each school year for celebrating holidays or other events. The campus will encourage healthy celebration ideas to parents and teachers, including non-food celebration ideas.
2. **Rewards and incentives:** The District will provide teachers and other relevant school staff list of alternative ways to reward students. Use of non-food rewards are encouraged, such as stickers, pencils, special privileges (i.e. line leader, outdoor lunch, homework pass), etc.
3. **Classroom Activities:** The District will permit foods and beverages for instructional, classroom activities. Use of non-food items or foods and beverages that meet the Smart Snack standards are encouraged for instructional activities and projects.
4. **Birthday celebration:** The District will comply with state law ("Lauren's law"), which allows a parent or grandparent to provide a food product of their choice to classmates of their child or grandchild on the student's birthday. Foods and beverages provided must comply with the District's *Food & Severe Allergy Management Plan* to assure safety to students with life-threatening food allergies. [See CO(LEGAL)]

5. **Water:** The District will promote hydration by making free, unflavored drinking water available to all students throughout the school day at every campus. Drinking water will be available at no charge during meal times where school meals are served.

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.

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 doing a yearly presentation with Nutrition Services.

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 for 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.

GOAL: The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	
Action Steps	Methods for Measuring Implementation

Display posters of healthy nutrition messages in cafeterias, campus hallways, and in classrooms.	Baseline or benchmark data points: ●Are posters displaying healthy nutrition messages posted, and where are they displayed?
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GOAL: 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.	
Action Steps	Methods for Measuring Implementation
Family members are invited to join students to eat in cafeterias during National School Lunch Week and for special cafeteria events.	Baseline or benchmark data points: ●Posts on social media ●Flyers sent home with elementary students ●Number of reservations received by campus offices

GOAL: 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.	
Action Steps	Methods for Measuring Implementation
Superintendent, principals, and the Child Nutrition staff will monitor advertising.	Baseline or benchmark data points: ●Observe if advertising is compliant.

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.

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Action Steps	Methods for Measuring Implementation
Display healthy nutrition education posters.	Baseline or benchmark data points: <ul style="list-style-type: none"> •Are posters displaying healthy nutrition messages posted, and where are they displayed?

GOAL: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
Action Steps	Methods for Measuring Implementation
The District will encourage all classroom teachers to integrate physical activity into the academic curriculum (e.g., brain breaks, energizers, etc.) where appropriate.	Baseline or benchmark data points: <ul style="list-style-type: none"> •Principals will gather information from teachers as to how often they integrate physical activity into academic times.

GOAL: 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.	
Action Steps	Methods for Measuring Implementation
Training will be offered to campus CATCH committee members.	Baseline or benchmark data points: <ul style="list-style-type: none"> •Sign-in sheets

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. [SeeBDF,EHAA,EHAB,and EHAC.]

The following addresses how the District meets the required amount of physical activity:

- *Time allotted for physical activity will be consistent with state standards; K-5 students will have 135 minutes a week of moderate to vigorous physical activity; Grades 6-8 will*

have 135 minutes a week, or 225 minutes every two weeks for at least four semesters of moderate to vigorous physical activity.

Federal law requires that the District establish goals for physical activity in its wellness policy.

Parents can request in writing their child's physical fitness assessment (FitnessGram) results at the end of the school year by contacting the Physical Education Teacher or Campus Principal.

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

GOAL: 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.	
Action Steps	Methods for Measuring Implementation
Students can enroll in PE, band, athletics, and dance class, per TEA standards.	<ul style="list-style-type: none"> ● Enrollment records and FitnessGram data

GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
Action Steps	Methods for Measuring Implementation
Training will be offered to campus CATCH committee members. CATCH committee members will share curriculum ideas with their peers and serve as a resource for teachers.	Baseline or benchmark data points <ul style="list-style-type: none"> ● Sign-in sheets

GOAL: The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.	
Action Steps	Methods for Measuring Implementation

Campuses will advertise community events, promote secondary camps and events, elementary run clubs, and campus family nights.	Baseline or benchmark data points: ●Number of participants
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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. [See GKD]	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Available recreational facilities will be posted on campus newsletters and social media posts, as applicable.	●Analytics documenting the number of hits on the website

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 healthy eating and physical activity and to promote and express a consistent wellness message.

GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Action Steps	Methods for Measuring Implementation
Schedules will reflect sufficient time to eat meals in the school cafeteria.	Baseline or benchmark data points: ●Master schedules

GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.
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Action Steps	Methods for Measuring Implementation
Publicity for applicable district wellness events, such as the Rowdy Run, will be available at district and campus activities.	<ul style="list-style-type: none"> •Number of participants in district and campus events 7