

Hillsboro ISD Wellness Plan 25-28

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. Posting SHAC agendas prior to discussion and review of the HISD Wellness Plan.
2. Consider input from the SHAC members and member of the DEIC meetings where the HISD 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 Curriculum 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.

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. All food items for sale to students during the school day will meet all federal, state and local standards for all nutrition and competitive food guidelines. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or fundraisers. For purposes of this plan, these requirements will be referred to as “Smart Snacks” standards or requirements. For the Smart Snack standards please visit: <https://www.fns.usda.gov/tn/guide-smart-snacks-school>.

How do the Smart Snacks Standards affect school fundraisers?

1. Sales of foods and beverages that meet the Smart Snacks Standards and sales of non-food items (e.g., wrapping paper and apparel) are not limited under the Federal policy.
2. Fundraising activities that occur during non-school hours, on weekends, or at off-campus events are not limited under the Federal policy.

3. Fundraisers selling foods that are intended to be consumed outside the school day are not limited under the Federal policy.

4. The Texas Department of Agriculture (TDA) allows an exemption to the Smart Snacks requirements for up to six days per year per campus. See details in next section.

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 NSLP or SBP may sell food and beverages that do not meet nutritional standards 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.

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. The campus principal will send a list of their exempt days to the child nutrition director at the beginning of each school year. If any changes are made to those dates during the school year, the child nutrition director will be notified.

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)]

Although a parent or grandparent may provide food to share for a school-designated function or for a student’s birthday, please be aware that children in the school may have severe allergies to certain food products. Therefore, all food should be store-bought with ingredient and nutrition fact labels.

Occasionally, the school or a class may host functions or celebrations tied to the curriculum that involve food. The school or teacher will notify students and parents of any known food allergies when soliciting potential volunteers to provide food.

SHAC recommends that foods and beverages that are provided by district staff to students meet “Smart Snacks” standards.

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.

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:

All food and beverages marketed or promoted to students on the school campus during the school day must meet or exceed the USDA Smart Snacks standards. This may include

- Advertisements in school publications or school mailings
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product
- Food and beverage marketing often includes oral, written or graphic statements

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: Bring awareness of the nutrition components of school breakfast and lunch.

Action Steps: Participate in the National School Breakfast and School lunch weeks annually.

School and Community Stakeholders: Child Nutrition Staff, campus staff, students and parents

Resources Needed: Social Media posts about the events, TDA/SNA resource tool kits

Measures of Success: Increased participation for the targeted weeks and student involvement in activities.

Objective 2: The District will maintain the participation in federal child nutrition program-“Breakfast in the Classroom” will be served at the Elementary and Intermediate Campuses.

Action Steps: Deliver communications regarding school food programs within the first two weeks of the school year.

School and Community Stakeholders: Child Nutrition Staff, campus staff, students and parents

Resources Needed: Development and distribution of materials

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

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: Educational information related to nutrition will be shared with families and the general public on the district’s website and through a monthly menu calendar.

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

School and Community Stakeholders: Child Nutrition Staff, campus staff, students and parents

Resources Needed: Staff to create menus, website that tracks number of views

Measures of Success: Number of views and increase of students eating in cafeteria vs. bringing their lunch.

Objective 2: The school cafeterias will display posters to promote healthy eating and will display other nutrition education materials.

Action Steps: Create or order posters for cafeteria

School and Community Stakeholders: Child Nutrition Staff, campus staff, students and parents

Resources Needed: Literature for posters

Measures of Success: Growth in number of website visits and menu downloads.

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: The district will phase out the marketing of items that do not meet the competitive food guidelines.

Action Steps: Removal of marketing materials.

School and Community Stakeholders: Child Nutrition Staff, campus staff

Resources Needed: Federal guidelines

Measures of Success: Evidence of materials being removed.

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: Deliver nutrition education through coordinated services and activities.

Action Steps: Classroom teachers, including but not limited to Science, Biology, Health, and PE will utilize opportunities to incorporate instruction/enrichment related to good nutrition.

School and Community Stakeholders: Campus staff, students and parents

Resources Needed: Instructional Materials

Measures of Success: Increased number of activities, student- reported behavior changes.

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: The District will provide assemblies and special programs to promote health of students and good decision-making when it comes to nutrition.

Action Steps: Invite health professional, dieticians to speak at campuses or school events.

School and Community Stakeholders: Campus staff, students and parents

Resources Needed: Information regarding speakers, necessary budget, presentation material

Measures of Success: Schedule of events, participation rates, feedback surveys

Objective 2: Students will be encouraged to start each day with a healthy breakfast.

Action Steps: Breakfast in the Classroom served at HES and HIS, Tasty breakfast options at all campuses.

School and Community Stakeholders: Child Nutrition Staff, campus staff, students and parents

Resources Needed: Breakfast menus

Measures of Success: Breakfast numbers

Objective 3: ALL students will have access to drinking water at all times during the school day.

Action Steps: Students will have easy access to water fountains and/or bottle filling stations. Notation in Student Handbook allowing for water bottles during the school day.

School and Community Stakeholders: Students, Campus Staff

Resources Needed: Water Fountains and Filling Stations

Measures of Success: Documentation of students taking water breaks.

GOAL 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.*

Objective 1: As available, the District will provide staff development opportunities for employees to gain a deeper understanding of wellness and nutrition.

Action Steps: Campus administrators or other professional development representatives will provide staff training regarding student wellness.

School and Community Stakeholders: Child Nutrition Staff, campus staff

Resources Needed: Professional Development materials

Measures of Success: Sign-in Sheets, PD agendas, and schedules

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: Deliver physical education through required physical education courses, recess, field days, bike-hikes, fun runs, etc...

Action Steps: Physical Education Department and teachers will provide lessons and activities that are age and developmentally appropriate.

Elementary students will receive at least 120 minutes of moderate or vigorous physical activity each week; Middle school students will receive 45 minutes of moderate or vigorous daily physical activity.

School and Community Stakeholders: Students, Campus Staff

Resources Needed: Master Schedules, lesson plans

Measures of Success: Annual reports, sports records

Objective 2: Physical education curriculum and instruction will focus on empowering students to enjoy physical activity and make healthy choices about making it part of life.

Action Steps: Instruction will be focused on ensuring that students enjoy physical activity and have the skills and knowledge to make healthy choices.

School and Community Stakeholders: Students, Campus Staff

Resources Needed: Annual School Health Reports

Measures of Success: Participation rates in physical activities, knowledge of exercise and physical literacy

Objective 3: Conduct health-related fitness assessments and utilize data to improve students' physical fitness. (FitnessGram)

Action Steps: Physical education teachers will provide students an opportunity to practice health related assessments before data is collected.

School and Community Stakeholders: Students, Campus Staff

Resources Needed: Access to fitness assessment software

Measures of Success: FitnessGram results for each campus showing improvement

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 resources and strategies for integrating physical activity into the classroom.

Action Steps: Create staff development content for teachers and staff on instructional strategies used to incorporate physical activity.

School and Community Stakeholders: Students, Campus Staff

Resources Needed: Instructional Strategies to integrate physical activity

Measures of Success: Lesson Plans, Walkthrough data

GOAL 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.*

Objective 1: Provide resources and strategies for integrating physical activity into the classroom, provide afterschool activities that promote a healthy lifestyle.

Action Steps: Make available resources that support physical activity and wellness.

School and Community Stakeholders: Campus Staff and Students

Resources Needed: Access to school gyms and workout equipment during scheduled times.

Measures of Success: Increased number of teachers participating in afterschool activities; teacher noted lifestyle changes.

GOAL 4: *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: The District will communicate with families on topics that include student wellness.

Action Steps: Include wellness information on website, parent newsletters

School and Community Stakeholders: campus staff, students and parents

Resources Needed: Letters home, Pamphlets

Measures of Success: Communication channel effectiveness

GOAL 5: *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.*

Objective 1: Provide resources and information to families and the community on use of recreational facilities.

Action Steps: Allow the Hillsboro Sports Association (HAS) to use district facilities for games and practices; Facility use information will be available on district website.

School and Community Stakeholders: Campus staff, students and parents

Resources Needed: Website, info about HSA sports

Measures of Success: Building usage reports

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: Allow students an appropriate amount of time to eat meals in a comfortable environment.

Action Steps: Adequate time will be allotted in the dally cafeteria schedule to allow student to be served and eat their meals.

School and Community Stakeholders: Child Nutrition Staff, campus staff, students

Resources Needed: Master Schedule

Measures of Success: Data of student's service time and completion of meals

Objective 2: Provide a clean and hazard free lunchroom environment.

Action Steps: District cafeterias will be maintained and supervised so as to present a clean, safe and pleasant environment for eating meals.

School and Community Stakeholders: Child Nutrition Staff, Custodial Staff, campus staff, students.

Resources Needed: Master Schedule, cleaning supplies, staff to monitor

Measures of Success: Health inspection scores, staff and student observation, minimal food safety incidents

Objective 3: All students will have access to the school nutrition program

Action Steps: The District will ensure that all children who receive cafeteria services will be able to obtain them in a non-stigmatizing manner.

School and Community Stakeholders: Child Nutrition Staff, campus staff, students

Resources Needed: meals, staff coordination

Measures of Success: Number of meals being served during lunch and breakfast

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

Objective 1: Communicate and promote opportunities to parents that support their child's participation in physical activity outside the school day.

Action Steps: Inform parents of opportunities for their children to participate in physical activity outside the school day- athletics, FFA, Band, Cheer, HSA sports, dance.

School and Community Stakeholders: Campus staff, students and parents

Resources Needed: ParentSquare, flyers

Measures of Success: Participation results

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.

The District will allow the sale of complete foods at all campuses if they choose to do so as long as the foods are compliant with “Smart Snack” nutritional guidelines according to TAC 26.11.

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/Intermediate School: Campus principals will designate specific dates for up to **three** 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 or beverage for their own child, but may not provide restricted foods or beverages to other students. Other 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.

Junior High School: Parents/guardians may provide any food or beverage for their own child, but may not provide restricted foods or beverages to other students. Other 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 or beverage for their own child, but may not provide restricted foods or beverages to other students. Other 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.

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:

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