



Wellness Plan
Updated October 14, 2024

Student Welfare
Wellness & Health Services

FFA Regulation

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]

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 interested persons by:

1. Posting on the District’s website the dates and time the Wellness policy and plan are scheduled to be discussed at SHAC meetings
2. Placing, in the student handbook and on the District Website, an invitation for parents and community members to participate in the development, implementation, and evaluation of the wellness policy and plan along with the name, position, and contact information of the person responsible for oversight of the District’s wellness policy and plan.

IMPLEMENTATION

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

The Superintendent of Era Independent school district 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. 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 policy and plan compare with any state- or federally designated model wellness policies.

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:

1. Comprehensive Needs Assessment (Every other year)
2. Relevant portions of the Center for Disease Control's SChool Health Index
3. District-developed self- assessment and/or survey.

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 [FFA (LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA (LOCAL);
4. Notice of any SHAC meeting at which the wellness policy is scheduled to be discussed;
5. The SHAC's annual report on the District's wellness policy and plan; and
6. Any other relevant information.

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, Superintendent, 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.

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:

<http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

<http://www.squaremeals.org/Publications/Handbooks.aspx> (see the Complete *Administrator Reference Manual* [ARM], Section 20, Competitive Foods)

The District has also incorporated the following stricter standards that are not prohibited by federal or state law:

- No diet or zero calorie drinks, other than water will be provided to students during the school day
- No food during the school day will be prepared by deep fat frying

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)]

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 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 foods and beverages made available to students:

Elementary school: Food may be supplied by others instead of cafeteria lunch on the following days: Texas Day, Field day, fourth grade day, and students at a school designated functions

Middle/junior high school: Students at a school designated function

High school: Food may be supplied by others for the following event: Buy, Barter, or Sell event, and students at a school designated function

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.

GOAL 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.

<p>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.</p>
<p>Objective: The District will increase participation in federal child nutrition programs.</p>
<p>Action Steps</p>
<ul style="list-style-type: none">● Distribute applications for Free and Reduced-Price School Meals● Provide breakfast and lunch menus on EISD website
<p>School and Community Stakeholders</p>

<ul style="list-style-type: none"> ● District's Food Service Department ● Campus Personnel
Resources Needed
<ul style="list-style-type: none"> ● Electronic and paper format of applications and menus
Measures of Success
<ul style="list-style-type: none"> ● Baseline or benchmark data points, participation rates in federal child nutrition programs at beginning, middle and end of school year. ● School Health Index

GOAL 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 nutrition services and health education component at the elementary and middle school levels. [See EHAA]

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
Objective: 100% of EISD students in grades PK-12 will receive nutrition instruction embedded within the health curriculum and physical education curriculum where appropriate.
Action Steps
<ul style="list-style-type: none"> ● All PK-12 grade students will receive nutrition instruction when enrolled in a health of PE class ● Nutrition education will be a focus of learning throughout the year.
School and Community Stakeholders
<ul style="list-style-type: none"> ● Physical Education Teacher ● Health Teacher ● Campus Principal ● Child Nutrition Director
Resources Needed
<ul style="list-style-type: none"> ● TEKS Nutrition Education
Measures of Success
<ul style="list-style-type: none"> ● EISD curriculum documents will reflect the learning plan ● Local assessments

- School Health Index

GOAL 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. [See BDF, EHAA, EHAB, and EHAC.]

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

Students in Pre-kindergarten through grade 5 are required to participate in moderate or vigorous daily physical activity for at least 30 minutes or if a district determines, for any particular grade level that requiring moderate to vigorous daily physical activity is impractical due to scheduling concerns or other factors, the district may require a student to participate in moderate or vigorous physical activity for at least 135 minutes during each school week.

Middle school students are required to enroll in physical education or athletics course for at least four semesters

High school students are required to have one credit in athletics or physical education for graduation

GOAL: The District shall implement 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.
Objective: 100% of students in Pre-Kindergarten through grade 8 will be enrolled in a physical education course daily
Action Steps
<ul style="list-style-type: none"> • Pre-Kindergarten through 5th grade students participate in a physical education class 30 minutes daily. • Students in grades 6-8 participate in a physical education class for 51 minutes daily.
School and Community Stakeholders
<ul style="list-style-type: none"> • Physical Education teachers • Campus Administration
Resources Needed
<ul style="list-style-type: none"> • Physical Education TEKS
Measures of Success

- School Health Index

GOAL 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.

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 the cafeteria that are clean, safe and comfortable.
Objective: The District will schedule at least 20 minutes for students to eat breakfast and 30 minutes to eat lunch daily.
Action Steps
<ul style="list-style-type: none"> • Evaluate current meal time allowances and work with administrators to make necessary adjustments.
School and Community Stakeholders
<ul style="list-style-type: none"> • Campus administration
Resources Needed
<ul style="list-style-type: none"> • Master schedules
Measures of Success
<ul style="list-style-type: none"> • Average time it takes for a student to receive a meal and be seated, time remaining to eat • School Health Index