

PALACIOS ISD WELLNESS PLAN

Wellness Plan	<p>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.]</p>
Strategies to Solicit Involvement	<p>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:</p> <ol style="list-style-type: none">1. <i>Posting meetings on the Website</i>
Implementation	<p>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.</p> <p>The Director of Administrative Services 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.</p>
Evaluation	<p>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.</p> <p>This will be referred to as the “triennial assessment.”</p>

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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:

- CNSS Child Nutrition Sharing Site
<https://theicn.org/cnss/resources/>

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. 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.

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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 Administrative Services, 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.

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

- <https://www.fns.usda.gov/schoolmeals>
- <https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks>
- <https://squaremeals.org/FandNResources/Handbooks.aspx>
(see the Complete *Administrator Reference Manual* [ARM], Section 22, 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)]

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)] Snacks provided to students after the school day, including those in aftercare on school grounds, clubs, or after school programs, are served via the school nutrition program and meet the Smart Snacks standards.

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.

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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 District will consider advertising content in the selection of educational materials for the classroom and will make every effort to select materials free of brand names/logos and illustrations of unhealthy foods. The District also prohibits the marketing of brand names/logos or products that do not meet Smart Snacks standards in school publications and school media outlets and where food is purchased during the school day, such as, posters, fliers, menu boards, coolers, cups used for beverage dispensing, trash cans and other foodservice equipment.

The SHAC will monitor this by:

1. *Reports from the Food Service Coordinator*

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 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.

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<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 1: The District will increase participation in federal child nutrition programs by two percent by the end of each school year.</p>	
Action Steps	Methods for Measuring Implementation
<p>Advertise school food programs within first two weeks of the school year.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Participation rates in federal child nutrition programs at beginning, middle, and end of school year <p>Resources needed:</p> <ul style="list-style-type: none"> ● Posts on social media, including District website and Facebook <p>Obstacles:</p> <ul style="list-style-type: none"> ● Negative perceptions of school meals ● Parents choosing not to disclose information related to income or family information to determine eligibility for free or reduced-price meals

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<p>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.</p>	
<p>Objective 1: The District will research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community twice a year regarding any programs offered by the District.</p>	
Action Steps	Methods for Measuring Implementation
<p>Research food access programs available in the community with which the District could partner (food pantry programs supported by a local area food bank, backpack programs, summer meal programs, Share Table, etc.).</p> <p>Disseminate information on available programs to parents twice a year.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Number of supplemental programs the District currently offers or promotes ● The types of food access programs identified and ways the information was communicated to families and the community <p>Resources needed:</p> <ul style="list-style-type: none"> ● Partnerships with community organizations ● Literature to send to families/community or posts to social media <p>Obstacles:</p> <ul style="list-style-type: none"> ● Limited resources / organizations
<p>Objective 2: Consistently post in an easily accessible location on the District’s or each campus’s website the monthly school breakfast and lunch menus.</p>	
Action Steps	Methods for Measuring Implementation
<p>Work with the District and campus child nutrition directors to develop menus that are in compliance with this objective and are designed at least one month in advance.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● The manner in which the menus are communicated to parents currently <p>Resources needed:</p> <ul style="list-style-type: none"> ● Website location ● Staff to create and distribute the menus for posting to the website <p>Obstacles:</p> <ul style="list-style-type: none"> ● Not all families have Internet access

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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]

The District will implement the nutrition services and health education component through instruction of the essential knowledge and skills related to nutrition and health and the CATCH program, a program approved by the Texas Education Agency, in the District’s physical education, health education, and science courses.

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.	
Objective 1: District staff will provide nutrition education that provides the knowledge and skills necessary to promote health through physical education courses using the approved coordinated school health program.	
Action Steps	Methods for Measuring Implementation
Ensure nutrition education is provided in physical education classes.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Self-reports by teachers that nutrition education was provided in physical education classes. <p>Resources needed:</p> <ul style="list-style-type: none"> ● Nutrition education materials from approved coordinated school health program <p>Obstacles:</p> <ul style="list-style-type: none"> ● Time required in physical education classes for nutrition education

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<p>GOAL: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.</p>	
<p>Objective 1: District staff will promote and integrate nutrition education facts during at least one District-sponsored events in a school year.</p>	
Action Steps	Methods for Measuring Implementation
<p>Identify appropriate events at which nutrition education could be promoted.</p> <p>Provide nutrition education resources to staff organizing the event.</p> <p>Include nutrition education in marketing of events (e.g., fliers and announcements).</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The number of events during the school year at which nutrition education was either communicated or distributed <p>Resources needed:</p> <ul style="list-style-type: none"> • A flier to distribute to event attendees • Sample mini-lessons for staff to teach at an event <p>Obstacles:</p> <ul style="list-style-type: none"> • The SHAC may not be aware of all District-sponsored events
<p>Objective 2: The District will educate students on the importance of agriculture to nutrition and the food system.</p>	
Action Steps	Methods for Measuring Implementation
<p>Promote the importance of agriculture during events such as the Matagorda County Farm Bureau Ag Field Day and National Ag Week.</p> <p>Provide lessons on agriculture and nutrition through use of the greenhouse.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Reports of how agriculture was promoted • Reports that lessons on agriculture and nutrition were done through use of the greenhouse <p>Resources needed:</p> <ul style="list-style-type: none"> • Materials for promoting agriculture • Materials for greenhouse to provide lessons on agriculture and nutrition <p>Obstacles:</p> <ul style="list-style-type: none"> • Time to promote agriculture during Ag Week

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	<ul style="list-style-type: none"> • Time to provide lessons on agriculture and nutrition
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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.

Objective 1: The SHAC will work with campuses to determine appropriate annual professional development for staff responsible for nutrition education.

Action Steps	Methods for Measuring Implementation
<p>At the first SHAC meeting of the school year, the committee must determine the staff involved in the nutrition education program and the appropriate professional development opportunities for those staff to attend.</p> <p>Secure dates, programs, and materials for professional development.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Minutes of the SHAC meeting to determine compliance with the objective <p>Resources needed:</p> <ul style="list-style-type: none"> • Approved release-time for staff who need to attend professional development, if necessary <p>Obstacles:</p> <ul style="list-style-type: none"> • Nutrition education is one piece of a full array of required professional development

Objective 2: All child nutrition job descriptions will be updated to require at least the minimum qualifications as required by federal law.

Action Steps	Methods for Measuring Implementation
<p>Review and update current job descriptions for child nutrition positions.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The job description that was revised during the school year <p>Resources needed:</p> <ul style="list-style-type: none"> • The current minimum qualifications of child nutrition staff <p>Obstacles:</p> <ul style="list-style-type: none"> • Sharing of job descriptions

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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]

All schools will provide physical education that fosters lifelong habits of physical activity. Elementary schools should also provide students with opportunities for play by offering daily recess when weather permits. The following addresses how the District meets the required amount of physical activity.

Grades K-5: A district shall require students in kindergarten through grade 5 to participate in moderate or vigorous daily physical activity for at least 30 minutes throughout the school year, as part of the district's physical education program or through structured activity during a campus's daily recess.

Grades 6-8: A district shall require students in grades 6-8 to participate in moderate or vigorous daily physical activity for at least 30 minutes for at least four semesters during those grade levels as part of the district's physical education curriculum.

Grades 9-12: Physical education – at least two of the following Foundations of Personal Fitness, Adventure/Outdoor Education, Aerobic Activities, or Team or Individual Sports.

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

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

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<p>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.</p>	
<p>Objective 1: The District will encourage staff to use extra recess time at the Elementary in place of using food items as a reward to promote physical activity as an enjoyable, rewarding experience.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Principal will encourage the use of extra recess time as time allows rather than food items for rewards.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Self-report by the principal and teachers that extra recess time was used as rewards <p>Resources needed:</p> <ul style="list-style-type: none"> • Available time for extra recess <p>Obstacles:</p> <ul style="list-style-type: none"> • Not enough available time for extra recess
<p>Objective 2: All campuses will have secure storage facilities for bicycles to encourage biking to school.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Determine campuses that do not have such access and storage. Install necessary bike racks.</p> <p>Perform cost/impact assessment of needed improvements.</p> <p>Secure equipment, labor, and products that allow for secure storage.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The number of campuses meeting this objective compared to the previous school year <p>Resources needed:</p> <ul style="list-style-type: none"> • Equipment and products that allow for secure storage <p>Obstacles:</p> <ul style="list-style-type: none"> • May result in a substantial cost or facility renovations, which would trigger additional steps for approval

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GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
Objective 1: After receiving appropriate staff development, at least 60 percent of the Elementary teachers who respond to a survey will report that physical activity breaks were regularly incorporated into their lessons.	
Action Steps	Methods for Measuring Implementation
<p>Determine appropriate in-service days in which teachers will receive staff development related to the importance of physical activity breaks.</p> <p>Implement training related to physical activity breaks on identified in-service days.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Percentage of teachers who report integrating physical activity breaks on a regular basis compared to the previous school year <p>Resources needed:</p> <ul style="list-style-type: none"> • Creation and dissemination of a survey to District teachers • Time for training during in-service days <p>Obstacles:</p> <ul style="list-style-type: none"> • Rigorous content of class prevents time for physical activity breaks

GOAL: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for District employees and students.	
Objective 1: The District will disseminate health information to employees through a variety of methods.	
Action Steps	Methods for Measuring Implementation
<p>Seek out providers for this service on behalf of the District.</p> <p>Contract with an entity to provide the service.</p> <p>Advertise service to employees.</p> <p>Encourage employees to sign up for the TRS email subscription service for <i>The Pulse</i> (TRS health care news).</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The number of employees who participated compared to the previous school year <p>Resources needed:</p> <ul style="list-style-type: none"> • District publications and correspondence to advertise the service <p>Obstacles:</p>

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	<ul style="list-style-type: none"> • Participation rates may be minimal if the service is only provided at one location rather than at the worksite of an employee
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GOAL: The District shall encourage parents to support their children’s participation, be active role models, and include physical activity in family events.

Objective 1: The District will offer at least one event annually either during or outside of normal school hours that involves physical activity and includes both parents and students in the event

Action Steps	Methods for Measuring Implementation
<p>Develop a list of ideas to submit to campus administrators to meet this objective.</p> <p>Assign a campus administrator to organize the event.</p> <p>Advertise and carry out event.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Self-reports of campus administrators about the events • Participation rates from year to year <p>Resources needed:</p> <ul style="list-style-type: none"> • Dissemination of a list to send to campus administrators • Timeline and mechanism for the self-report about the events • Informational materials about the event to distribute to students and parents <p>Obstacles:</p> <ul style="list-style-type: none"> • Participation rates may be low

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 for use outside of the school day.

Objective 1: Inform the community of the facilities that are available for use outside of the school day by the use of appropriate signs and communication.

Action Steps	Methods for Measuring Implementation
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<p>Verify signs posted at recreational facilities.</p> <p>Post information to parents and community members.</p> <p>Evaluate appropriate lighting for evening use of facilities.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation verifying that the information was communicated <p>Resources needed:</p> <ul style="list-style-type: none"> • A list of the types and locations of facilities that are available for use in the District <p>Obstacles:</p> <ul style="list-style-type: none"> • Measuring how many people use the facilities
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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 healthful 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.	
Objective 1: All campuses will build their master schedules to allow for at least 10 minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.	
Action Steps	Methods for Measuring Implementation

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<p>Evaluate current mealtime allowances by campus.</p> <p>Work with campus administrators to adjust master schedules as necessary.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The number of campuses that currently meet the standard compared to the previous school year <p>Resources needed:</p> <ul style="list-style-type: none"> • Average time it takes for students to receive a meal and be seated <p>Obstacles:</p> <ul style="list-style-type: none"> • Master schedules take into account several issues, only one of which will be mealtimes
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<p>GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.</p>	
<p>Objective 1: All classroom or campus celebrations should include at least one item that is Smart Snacks compliant.</p>	
Action Steps	Methods for Measuring Implementation
<p>Create a list of Smart Snacks compliant foods and beverages to be distributed to parents who have agreed to bring foods and beverages for a classroom or campus celebration.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The number of celebrations approved on each campus and whether the celebrations met this objective • Self-report by the principal and teachers that parents were provided the list of approved foods and beverages and that at least one Smart Snacks compliant food or beverage was served at each celebration <p>Resources needed:</p> <ul style="list-style-type: none"> • A list of Smart Snacks compliant foods and beverages <p>Obstacles:</p> <ul style="list-style-type: none"> • Validity of self-reporting

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School staff members shall be encouraged to model healthy eating and physical activity behaviors in order to promote wellness to students. In accordance with FFA (LOCAL), the District has established the following goal to promote wellness activities for employees.

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1: The District will utilize its health insurance provider to encourage wellness by communicating the preventive services covered at 100 percent.	
Action Steps	Methods for Measuring Implementation
<p>Encourage employees to review insurance updates yearly, including the list of preventive services covered at 100 percent.</p> <p>Encourage employees to sign up for the TRS email subscription service for <i>The Pulse</i> (TRS health care news) and <i>Fresh Picks</i> (monthly highlight newsletter).</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation of when and how information was shared with employees <p>Resources needed:</p> <ul style="list-style-type: none"> • A list of preventive services covered at 100 percent <p>Obstacles:</p> <ul style="list-style-type: none"> • Coverage is subject to change • Participation rates of those who are willing to self-report may be low

The following addendum to the Wellness Plan is included to provide clarity, uniformity, and understanding for the goals and objectives within the plan.

The District establishes that at all times:

1. School meals will be administered by a team of qualified nutrition professionals who meet or exceed the hiring and annual continuing education/training requirements of the USDA Professional Standards for Child Nutrition Professionals.
2. The District will make water available to children at no charge where meals are served and throughout the day.

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3. Physical education will be delivered by fully qualified teachers who are endorsed to teach physical education. An appropriate and thorough curriculum that addresses all TEKS will be used by staff trained in the appropriate use of it.
4. The District will promote physical activity as an enjoyable, rewarding experience.
5. The District will promote employee wellness by providing appropriate training and other activities available to District employees in order to promote healthy eating, enjoyable, life-long physical activity, and recommended disease prevention steps for District employees.