# Health and Wellness Plan Administrative Regulation

Board Policy FFA

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 WISD Wellness Plan
2. Consider input from SHAC members and members of the public during posted SHAC meetings where the WISD 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 Director of Student Support Services and District Nurse *are* the District officials 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.

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## 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. Permitting only Smart Snack compliant snacks.

   Although the district is not required to immediately remove or replace food and beverage advertisements on items such as food service equipment or on scoreboards, the SHAC will make recommendations when replacements or new contracts are being 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:** The district will maintain the participation in the federal child nutrition program in proportion to the increase in the student population at each campus.

**Action Steps:** Deliver communications regarding the school food programs within the first two weeks of school year; send follow-up within the first two weeks of the second semester.

**School and Community Stakeholders:** Director of Child Nutrition, Cafeteria Managers

**Resources Needed:** Development and distribution of communication materials

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

**Objective 2:** By the beginning of each school year, WISD Food Service employees will utilize cafeterias, classrooms, the WISD website, and local news sources to publicize healthy nutrition choices for both staff and students.

**Action Steps:** Wimberley ISD cafeterias will display posters to promote healthy eating and display other nutrition education materials.

**School and Community Stakeholders:** Director of Child Nutrition, Cafeteria Managers, Cafeteria Staff

**Resources Needed:** TDA Posters and Flyers

**Measures of Success:** Students choose a healthy meal including a fruit and vegetable.

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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:** WISD will seek opportunities to offer supplemental programs and will regularly inform families and community regarding programs offered by the district.

**Action Steps:** Research programs available in the community with which the district could partner

**School and Community Stakeholders:** Director of Child Nutrition, Director of Student Support Services, District Nurse, Assistant Superintendent

**Resources Needed:** Literature or links to share with families

**Measures of Success:** The number of supplemental programs available; the number of families utilizing such programs

**Objective 2:** Regularly post, in an easily accessible location on the District or campus websites, the monthly breakfast and lunch menus, including nutritional information for each meal.

**Action Steps:** Collaboration of communication to maintain up to date information on menu.

**School and Community Stakeholders:** Director of Child Nutrition, Director of Communication

**Resources Needed:** Staff to create menus; dedicated space on the District website

**Measures of Success:** Number of views of the school lunch menus during school year

## 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:** Wimberley ISD will incorporate nutrition education into the curriculum of physical education classes, HS health classes, science classes and other applicable electives

**Action Steps:** Ensure curriculum aligns with goals of nutrition education while providing professional development opportunities for appropriate staff.

**School and Community Stakeholders:** Director of Student Support Services, Teachers, Principals

**Resources Needed:** Curriculum

**Measures of Success:** Student awareness of healthy eating practices

**Objective 2:** One hundred percent of students will have access to drinking water at all times during the school day.

**Action Steps:** Notation in campus student handbook supplements related to availability of water during the day.

**School and Community Stakeholders:** Campus Principals

**Resources Needed:** Easily accessible water fountains and/or bottle filling stations

**Measures of Success:** Available of free drinking water to students during lunches

## 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:

***Wimberley ISD will meet the requirements for physical activity mandated by Education Code 28.002(l)-(l-1)***

***Annual FitnessGram:*** *Physical Education class/ PE Credit courses annually completes a FitnessGram for each student, the results of which are submitted to the State. Results are available to parents. Elementary campuses participate in a minimum of 30 minutes per day (over 300 minutes per week total).*

***Physical Education Credit:*** *Danforth JH requires students to complete two full credits of PE. PE classes, athletics, and marching band can be used at Wimberley HS to earn their required credit in physical education. Students are encouraged to participate in physical activity and the promotion of lifetime sports.*

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## 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:** Provide programs that foster fitness activities inside and outside of the normal school schedule

**Action Steps:** Site-based committees evaluate fitness offerings to students and staff and establish reasonable and appropriate goals

**School and Community Stakeholders:** Campus Improvement Committee, Campus Principals, Director of Student Support Services

**Resources Needed:** Structured activities; equipment for activities

**Measures of Success:** Campus documentation fitness options and participation data provided to site-based committee

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**GOAL 2:** The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

**Objective 1:** Provide programs that foster fitness activities outside of the normal school schedule

**Action Steps:** Site-based committees evaluate fitness offerings to students and staff and establish reasonable and appropriate goals

**School and Community Stakeholders:** Campus Improvement Committee, Campus Principals, Director of Student Support Services

**Resources Needed:** Available activities, equipment for participation

**Measures of Success:** Campus documentation on fitness options available, provided by campus administrators

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**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:** WISD professional development plan will include the opportunity for cross-curricular implementation of physical activity for teachers.

**Action Steps:** Principal and teacher collaboration for inclusion of training

**School and Community Stakeholders:** Assistant Superintendent, Director of Student Support Services, Principals, Teachers

**Resources Needed:** Training materials and staff to lead the cross-curricular training

**Measures of Success:** Completion of the training by staff members

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**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 educate our community about the importance of physical education through various formats and encourage increased involvement.

**Action Steps:** Utilize communication platforms, flyers, and websites to support current physical activities; inquire about grant monies and/or entry passes to support scholarships for community youth athletic programs.

**School and Community Stakeholders:** Director of Communication, Principals, Director of Student Support Services, Assistant Superintendent

**Resources Needed:** Website and communication platforms

**Measures of Success:** Increased involvement in physical education and athletic participation

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**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 of the school day.

**Objective 1:** Make facilities available to community outside of the school day for promotion of healthy activities

**Action Steps:** Maintain an activity calendar on district website so community is aware of available facilities

**School and Community Stakeholders:** Facility Director, Director of Communication, Assistant Superintendent, Director of Student Support Services

**Resources Needed:** District maintained calendar and District website

**Measures of Success:** Use of facilities after school hours by school and community

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## 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 healthy 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:** Administration will develop a schedule that ensures a minimum of thirty minutes for all students to eat in a clean, safe, and comfortable environment

**Action Steps:** Bell schedule will be developed and followed

**School and Community Stakeholders:** Principals and Counselors

**Resources Needed:** N/A

**Measures of Success:** Implementation of Master Schedule

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**GOAL 2:** The District shall promote employee wellness activities and involvement at suitable District and campus activities.

**Objective 1:** Annually, Wimberley ISD will seek opportunities to provide employee wellness activities and involvement to inspire wellness across the district.

**Action Steps:** Plan opportunities for physical and mental wellness for all employees.

**School and Community Stakeholders:** Director of Student Support Services, Assistant Superintendent

**Resources Needed:** N/A

**Measures of Success:** Healthy, happy employees with many opportunities for healthy activities

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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 (not available in WISD). 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.

**Campus or organization:** Blue Hole Primary

**Food or beverage:** popcorn, drinks, baked goods, candy, pizza

**Number of days:** 6

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**Campus or organization:** Jacob's Well Elementary

**Food or beverage:** popcorn, drinks, baked goods, candy, pizza

**Number of days:** 6

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**Campus or organization:** Danforth JH

**Food or beverage:** popcorn, drinks, baked goods, candy, pizza

**Number of days:** 6

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**Campus or organization:** Wimberley HS

**Food or beverage:** popcorn, drinks, baked goods, candy, pizza

**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)]

In addition, the District has established the following local standards for other foods and beverages made available to students:

Elementary school: Campus principals will designate specific dates for up to four campus-wide parties, to which food and beverages may be provided - no known food allergens may be brought to designated class parties; Parents/guardians may provide any food/beverage for their own child, but may not provide restricted foods or beverages to other students; Food in classrooms may only be provide if it is connected to an instructionally-supportive lesson or other activity with the approval of the principal.

Middle/junior high school: Parents/guardians may provide any food/beverage for their own child, but may not provide restricted foods or beverages to other students; Student may not have food delivered from off-campus vendors; Food in classrooms may only be provided if it is connected to an instructionally-supportive lesson or other activity with the approval of the campus principal.

High school: Parents/guardians may provide any food/beverage for their own child, but may not provide restricted foods or beverages to other students; Student may not have food delivered from off-campus vendors; Food in classrooms may only be provided if it is connected to an instructionally-supportive lesson or other activity with the current approval process or expectation.

### 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 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 District's designated records management officer. [See CPC(LOCAL)]