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 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. *Soliciting input at scheduled meetings.*
2. *Providing draft plans to SHAC members for review and comment.*

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 District Nurse 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

In accordance with law, the District will periodically measure and make available to the public 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:

- Smarter Lunchrooms' website (https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms)
- Principal oral or written reports at SHAC meetings.

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)];;
1. Notice of any Board revisions to policy FFA(LOCAL);
2. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
3. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;

4. The SHAC's triennial assessment; and

5. 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 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 United States 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, otherwise made available, 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 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-foc using-smart-snacks
- http://www.squaremeals.org/Publications/Handbooks.aspx

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 the 2019-20 school year:

Campus or organization	Food / Beverage	Number of days
EL/JH UIL	Concession stand items	2

Elem. Field Day	Concession stand items	1
HS UIL meet	Concession stand items	1

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 guidelines on foods and beverages made available to students during the school day: Any foods and beverages given away or otherwise made available to the students must meet the Smart Snacks standards, with the exception of celebrations that may occur on campuses up to six days each school year. These celebrations must be approved by the principal.

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

- Elementary school: Celebration foods and snacks cannot be provided by the parent/guardian for an entire grade/class during the scheduled lunch time. *(See Food Services Director)*
- Middle/junior high school: Celebration foods and snacks cannot be provided by the parent/guardian for an entire grade/class during the scheduled lunch time. (*See Food Services Director)*
- High school: Celebration foods and snacks cannot be provided by the parent/guardian for an entire grade/class during the scheduled lunch time. *(See Food Services Director)*

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:

1. Reviewing food and beverage advertisement proposals and making recommendations to the SISD School Board for long term agreements.

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.

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.	
Objective 1: Consistently post nutrition information in dining areas including the monthly school breakfast and lunch menus, nutrition posters, intercom announcement of menu and reminder to "make good choices".	
Action Steps	**Methods for Measuring Implementation**
Work with the District nutrition director to promote menus that are in compliance with the district's nutrition guidelines and encourage healthy eating habits. Display healthy message posters in prominent areas throughout the campus	Baseline or benchmark data points: • Posters displayed in prominent locations Resources: • Posters • Hanging supplies • Staff

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.	
Objective 1: Consistently post nutrition information on the district and campus websites and in dining areas including the monthly school breakfast and lunch menus.	
Action Steps	**Methods for Measuring Implementation**
Work with the district nutrition director to develop menus that are in compliance with the district's nutrition guidelines and are designed at least one month in advance.	Baseline or benchmark data points: • The manner in which the menus and nutrition information are communicated to parents currently – paper and website Resources: • Appropriate training for the district nutrition director • Region 3 Service Center

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	
Objective 1: Offer health as a required elective at high school.	
Action Steps	**Methods for Measuring Implementation**
Inform incoming students that health is a required elective credit for High School credit.	Baseline or Benchmark data points: • Percentage of each class who successfully completes Health as an elective Resources Needed: • Certified staff to teach the course • Four-year plan to accommodate Health as an elective • Health curriculum

GOAL: 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: Promote the healthy benefits of drinking water throughout the day.	
Action Steps	**Methods for Measuring Implementation**
SISD will allow students to carry water bottles and clear containers. Staff will encourage them to hydrate throughout the day.	Baseline or Benchmark data points: • Percentage of students carrying water bottles and clear containers Resources Needed: • Water stations for refilling bottles and containers

Objective 2: Promote nutrition education by giving students the opportunity to create healthy nutrition messages.	
Action Steps	**Methods for Measuring Implementation**
Students in Health and PE classes will develop posters aligned with the District Wellness Plan. The posters will be displayed in common areas of the campus.	Baseline or Benchmark data points: • Posters on walls in prominent locations Resources Needed: • Poster board & art supplies

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: All PE and Health teachers will receive annual professional development that aligns with the approved coordinated school health program.	
Action Steps	**Methods for Measuring Implementation**
Campus principals will require a minimum of 3 hours of professional development for all PE and Health instructors.	Baseline or benchmark data points: • Certificate of Completion for professional development training Resources: • District funding • Transportation

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:

- Elem: 135 minutes per week
- Grades 7-8: 135 minutes per week
- HS: 1-year credit required for graduation

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.

<table>
<tr><td colspan="2">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.</td></tr>
<tr><td colspan="2">Objective 1: Offer physical education and physical activity components to the daily schedule.</td></tr>
<tr><td>Action Steps</td><td>Methods for Measuring Implementation</td></tr>
<tr><td>In addition to Health and PE, provide electives to students that provide opportunities for physical activity during and after school including recess period.</td><td>Baseline or Benchmark data points:
Enrollment in electives that provide opportunities for physical activity such as Band and the FFA Garden
Students grades PK-8 have recess time scheduled in each day.
Resources:
Safe playground
Staff supervision
Obstacles:
Inclement weather</td></tr>
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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: Principals will encourage all staff to connect the aspects of the coordinated school health program to classroom learning.	
Action Steps	**Methods for Measuring Implementation**
Schedule onsite staff development for all PE and Athletics staff to align practices with the coordinated school health program.	Baseline or Benchmark Data Points. • Annual beginning of the year training outlining expectations for physical fitness throughout the school year. Resources: • District Funding

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 present wellness opportunities to employees and students at least once per year.	
Action Steps	**Methods for Measuring Implementation**
Seek out providers and opportunities for the activities. Allow the use of district facilities for all staff members.	Baseline or Benchmark Data Points: • The number of employees and students who participate in health related activities compared to the previous year. Resources: • Survey data determining the number of employees who participated in some type of health program the previous year

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.	
Objective 1: The elementary campus will host events to encourage physical activity and promote parent involvement and support.	
Action Steps	**Methods for Measuring Implementation**
Parents will be asked to attend to support their children's participation. The elementary campus will host the Little Braves Field Day. The elementary PE classes will compete in the Turkey Trot.	Baseline or Benchmark Data Points. • Number of parents in attendance • Number of students in attendance Resources: • Track • Awards • Staff supervision • Healthy snack alternatives

GOAL: The District shall encourage students, parents, staff, and community members to use the district recreational facilities, such as tracks, that are available outside of the school day.	
Objective 1: Inform the community of the facilities that are available for use outside of the school day by including a statement on the district's website, or through the use of appropriate signage.	
Action Steps	**Methods for Measuring Implementation**
Create statements or website posts or signage for district facility use. Allow facilities for community sports, practices, and games.	Baseline or Benchmark Data Points. • Documentation of publication Resources: • List of facility options

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 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 30 minutes to eat breakfast and lunch.	
Action Steps	**Methods for Measuring Implementation**
Encourage campus administrators to adjust schedules to accommodate current meal time allowances.	Baseline or Benchmark Data Points. • The number of campuses that meet the standard • Average time it takes a student to receive a meal and be seated Resources: • Clean, safe, and comfortable cafeteria with adequate seating

GOAL: The District shall promote wellness for students and their families at suitable district and campus facilities.	
Objective 1: Create an environment that promotes overall wellness for students and their families.	
Action Steps	**Methods for Measuring Implementation**
Post health and wellness information in common areas of the campus. Promote community health and wellness events.	Baseline or Benchmark Data Points. • Number of students and families participating in school or community events. • Health and wellness information visible on campus and on social media. Resources: • Posting area for information • Knowledge of community events

GOAL: The District shall promote employee wellness activities and involvement at suitable district and campus activities.	
Objective 1: Provide employees opportunities to foster health and wellness.	
Action Steps	**Methods for Measuring Implementation**
Involve employees in district wide events to include: Step Challenge, Water Drinking challenge, and Biggest Loser contest.	Baseline or Benchmark Data Points. • Number of participants in events Resources: • Prizes