

Pflugerville ISD Local Wellness Plan

History/Background/Rational

Childhood obesity has become a worldwide epidemic. According to the Center of Disease Control, in 2010 more than one third of children and adolescents were overweight or obese. It has more than doubled in children and tripled in adolescents in the past 30 years. It is important to stop the increasing prevalence due to the detrimental short- and long-term effects it can have on children.

Some short-term effects obesity can have are increased risk of cardiovascular disease, diabetes, social and psychological problems, and joint motility. Long term effects include type 2 diabetes, stroke, cancers, and heart disease. These are just a few of the many reasons why it is important to look at prevention measures.

There are many ways in which a school district can help prevent childhood obesity such as promoting nutrition education, physical activity, and adhering to school breakfast program and national school lunch program regulations. Nutrition education is a key part in informing students and their families what healthy food and beverage choices are and why it is important to consume them. Also, health fairs and signs in the cafeteria can help educate students what foods are considered to be healthy.

Incorporating physical activity in the school day is a pertinent part of decreasing the prevalence of childhood obesity. The US Department of Health and Human Services recommends children and adolescents to be physically active at least 60 minutes each day. School districts can help reach the 60 minute goal by providing safe and age appropriate activities such as competitive sports, hula hoop contests, and playgrounds. Another great way of promoting physical activity is by incorporating it into the curriculum such as math, science, language arts, and geography.

Lastly, school districts that follow the School Breakfast Program and National School Lunch Program help to ensure healthy foods offered in schools are rich in whole grains, low in fat, and sodium. These national program's regulations and guidelines are in place to decrease the prevalence of childhood obesity.

The Pflugerville ISD Local Wellness Policy and Plan encourages the district to take these positive, pro-active approaches to help prevent childhood obesity and begin the development of lifelong, healthy habits.

Mission Statement

Pflugerville ISD is committed to providing a school environment that enhances learning and development of lifelong, healthy habits.

Assurance Statement

Child Nutrition Programs will comply with federal, state, and local requirements. Child Nutrition Programs will be accessible to all children within the district.

Development, Implementation, and Review of Guidelines and Goals

Pflugerville ISD Wellness Committee will designate a sub-committee for continual review of the Wellness Plan and Policy FFA (Local)-X. The Wellness Committee will meet quarterly and will solicit involvement by and input from persons interested in the wellness plan and policy. Each year the Wellness Committee will set objectives, benchmarks, and activities for implementing the wellness goals and monitor implementation of the wellness goals.

The Wellness Plan and Policy will both be made available on Pflugerville ISD's Child Nutrition Website as well as presented to the School Board during the Annual Review of the DAAC in order to communicate to the public information about the district's Wellness Policy and Plan.

The department heads of Child Nutrition, Health & PE, and Health Services will monitor the implementation of the Wellness Policy and Plan within Lewisville ISD and have operational responsibility to ensure the campus/site meets the requirements.

Goal 1: Nutrition Education

Students in Pflugerville ISD will receive nutrition education messages throughout the school, classroom, cafeteria, community, and media.

Guidelines: Nutrition Education

Nutrition education will be integrated into areas of the curriculum such as math, science, language arts, social studies, and physical education when possible.

Nutrition education information will be reviewed by a qualified nutrition professional such as a School Food and Nutrition Specialist or Registered Dietitian.

Nutrition education will include sharing information with families and the community to positively impact students and the health of the community.

Students will be encouraged to start each day with a nutritious breakfast.

Menu Nutrition information will be readily available to the public in cafeterias as well as electronically on the Child Nutrition website throughout the school year at all campuses.

Goal 2: Physical Activity

Students will be given the opportunity for daily physical activity.

Guidelines: Physical Activity

PE classes will be developmentally appropriate for opportunities to learn and practice healthy lifestyle habits such as Fuel Up to Play 60 as well as 21 Day Snack Challenge.

Physical activity will be integrated across curricula and throughout the school day when appropriate. Movement can be made a part of science, math, social studies, and language arts through classroom brain breaks and the use of district approved resources.

Physical activity facilities on school grounds will be safe and regularly maintained.

Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity and teamwork.

Students will be encouraged to engage in physical activity such as walking or biking to school.

Classroom brain breaks and physical activity will be encouraged in the classroom across the district.

Elementary students will participate in 135 minutes per week of structured physical activity.

Recess will provide students with unstructured physical activities. Indoor recess will have a variety of activities for students to choose from (examples: board games, drawing, card games, exercise videos etc.)

6th-8th grade students participate in daily PE/Athletics classes.

Goal 3: Nutrition Standards

All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with the Healthy Hunger-Free Kids Act.

Guidelines: Nutrition Standards

The Child Nutrition Department will take every measure to ensure that student's access to food and beverages meet School Breakfast Program and National School Lunch Program regulations and standards.

The Child Nutrition Department will offer a variety of age appropriate nutritious food and beverage selections for all schools within the district.

It is encouraged that class snacks feature nutritious choices that are rich in whole grains, low in fat, and sodium that comply with Smart Snacks.

Parents are welcome to eat lunch with their student(s). Parents may purchase a cafeteria lunch or bring food for their student and themselves. Parents may only bring food for their student.

Marketing & Merchandising Guidelines:

The District's marketing guidelines will ensure that all food and beverages sold to students on school campus during the school day meet the competitive food nutrition standards and are Smart Snack compliant. Marketing information including products with logos and graphics that are not compliant with competitive Revised SY 2024-25 food nutrition standards will not be allowed to be sold to students during the school day. This includes vending machines,

posters, menu boards, tray liners, beverage cups, coolers, trash cans, digital marketing, food service supplies and equipment, or other items.

Promote healthy food and beverage choices using as many of the following marketing and merchandising techniques as possible:

- Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
- Fresh fruit is available daily.
- Daily fruit options are displayed in a location in the line of sight and reach of students.
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
- Student focal groups, surveys and/or taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
- Taste testing opportunities available for new menu items and new fruits and vegetables
- Daily announcements are used to promote and market menu options.
- Only Smart Snack compliant items are displayed in coolers/ freezers on serving lines
- Health and wellness messaging is displayed in cafeteria lines
- To encourage drinking water, water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
- Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Elementary, Middle Schools and High Schools will not advertise or market foods and beverages that do not meet Smart Snacks criteria to students.

Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Who Can Sell Competitive Foods

Competitive Foods are any food or beverage sold to students on the school campus, during the school day, outside of the federally reimbursable meal programs.*

*School Day is defined as beginning at midnight and ends 30 minutes after the official school day ends.

Elementary School- Food Service department only.

Middle School- Only the food service department may sell competitive foods/ beverages from 30 minutes prior to lunch period through 30 minutes after the lunch period. Any competitive beverage/food sold by any organization or individual outside of this time period during the school day, must adhere to the USDA nutritional requirements.

High School- Only the food service department may sell competitive foods/beverages during the lunch period and in the designated service areas. Any competitive food/ beverage sold by any individual or organization outside of this time period, during the school day, must adhere to the USDA nutritional requirements.

All items sold in vending machines will have a nutrition label and Smart Snack compliant confirmation page from the Healthy Hunger Free Kids Act held on campus. Smart Snack policies must be adhered to.

Fundraisers- All fundraisers that involve the sale of foods/beverages must be prepackaged and meet the USDA guidelines. Items not meant for consumption on the school campus during the school day are not subject to the USDA standards (i.e. frozen cookie dough). Any food item available for purchase or sold during the school day (midnight to 30 minutes after the end of official school day) must meet USDA guidelines.

All PfISD students have access to potable water in the cafeteria or available water stations.

Goal 4: Other School-Based Activities

Other school-based activities including fundraisers, field trips, and health fairs consider the local wellness policy in the planning process.

Guidelines: Other School-based Activities

Other school-based activities incorporate nutrition education, physical education, and nutritious food and beverages when possible.

Health fairs highlight the benefits of nutritious eating and engaging in daily physical activity.

If foods and beverages are sold to students on the school campus at events outside of the school day, then water, fruits, and/or vegetables are encouraged to be offered and promoted as options.

Campuses should notify the Child Nutrition department of any off-site field trips in advance to allow students the opportunity to choose a nutritious reimbursable meal.

Campuses must adhere to a maximum of six Smart Snack exemption fundraiser days per campus per school year, with advance notice of the exemption dates to the District's Child Nutrition and Health Services departments. Exemption dates are for fundraisers or other sales to students involving foods or beverages meant for immediate consumption during the school day* that are not Smart Snacks compliant.

*School Day is defined as beginning at midnight and ends 30 minutes after the official school day ends.

Measurement of Implementation

Student feedback from multiple campuses and levels will be attained through annual surveys and focus groups held throughout the district conducted through Child Nutrition. Results will be shared through the Wellness Committee as an annual update.

Annual Fuel Up to Play 60 School Wellness Investigations will be completed across every campus annually.

Pflugerville ISD students' BMI is tracked through Fitness Gram annual assessments in grades 3-12. Individual student reports are provided upon parent request. Overall reports will be shared through an annual Wellness Committee update.

The districts designated wellness policy members (PfISD Wellness Committee) will review the local wellness policy annually and identify areas for improvement, if needed.

The FN-105 Local Wellness Policy Checklist is to be completed and signed by the Child Nutrition Department Food Service Director and PfISD Wellness Committee Administrator annually. This will ensure the local wellness policy goals are being adhered to at a campus level.

There will be an annual update to principals, administrators, community members, and district stakeholders to increase awareness of the Wellness Policy and Plan.