

Student Wellness Plan

This document, referred to as the “Wellness 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. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the district’s food service provider, physical education teachers, school health professionals, members of the board, school administrators, and members of the public. [See BDF for required membership of the SHAC]

The SHAC shall develop a wellness plan to implement the district’s nutrition and wellness goals. The wellness plan shall, at the minimum address:

Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy.

1. Objectives, benchmarks, and activities for implementing the wellness goals;
2. Methods for measuring implementation of the wellness goals;
3. The districts’ standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
4. The manner of communicating to the public applicable information about the district’s wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

NUTRITION GUIDELINES: FOODS AND BEVERAGES SOLD

The district shall ensure the nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to the students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance. All items sold will meet smart snack guidelines per USDA rules and regulations.

FUNDRAISING AND VENDING MACHINES

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A fundraiser is an event that includes any activity during which currency, tokens, tickets, donation for, or other forms of payment are exchanged for the sale or purchase of a product. Giving away food but suggesting a donation would be considered a fundraiser since funds will be raised as a result. A vending machine for which profits are used to support a school-sponsored club or activity such as the school band or football team is a fundraiser. Purchasing tickets or tokens to be exchanged later during the school day for food items would also be considered to be a sale of food for a fundraiser. There is no limit on fundraisers that meet the Competitive Food Nutrition Standards. Any food and/or beverage item that meets the standards may be sold on the school campus during the school day.

The district will comply with all state and federal rules and regulations involving fundraising.
[See CO FJ]

1. **Exempt Fundraisers** Texas public, charter, and private schools that participate in NSLP or SBP may sell food and/or beverages as part a fundraiser that does not meet the Competitive Food Nutrition Standards during the school day for up to six (6) days per school year on each school campus. Food and/or beverages sold during an exempt fundraiser must not be sold in competition with school meals in the food service area during the school meal service.
2. **Concession Stands or Other Events** Where Food and/or beverages Are Sold During the School Day Foods and/or beverages sold to students at concession stands or other events must meet the Competitive Food Nutrition Standards if the sale occurs during the school day on the school campus as defined in this section.
3. **All food and/or beverage items sold** during the school day on the school campus that are not part of the reimbursable meal must meet the Beverage Standards, General Food Nutrition Standards, and the Nutrient Standards for Competitive Foods. This includes all **vending machine** sales.

In addition to legal requirements, the district shall encourage healthy foods and beverage options be included at concession stands at school-related events outside of the school day. For more information on fundraisers refer to the Child Nutrition Department.

The district shall regulate all foods and beverages served during classroom activities.

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NUTRITION GUIDELINES: FOODS AND BEVERAGES BEING PROVIDED

The district shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the district's Wellness Plan.

Water shall be provided at no cost for all students during all reimbursable mealtimes stated in GISD NSLP/BSB application. Water fountains and or water filling stations shall be available through out all campuses.

ALLERGIES

The district shall ensure a designated nut free table/area be provided in all campus cafeterias for those students and/or staff with a nut allergy.

Accommodations Specific to Severe Allergies Classified as a Medical Disability When a student has a severe allergy that is classified as a medical disability, the CE has the responsibility to provide a safe, non-allergic meal to the student. To do so, CE must make sure that all food items offered to the student meet prescribed guidelines included in the medical statement and are free of foods or ingredients associated with the allergic reaction. While there is no best method for doing this, the resources described in Texas Arm section 25 page 12.

The district shall not be responsible for any outside foods being brought on Campuses.

WELLNESS GOALS: NUTRITION EDUCATION/PROMOTION

The district shall implement, in accordance with law, a coordinated health program with nutrition education component [See EHAA]. The district's nutrition program activities shall encourage participation in the National School Lunch Program, the School Breakfast program and any other supplemental food and nutrition programs offered by the district. The district shall also use a health course curriculum that emphasizes the importance of proper nutrition [See EHAA]

The district establishes the following goals for the nutrition program.

1. The districts food service staff, teachers, and other district personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms and other appropriate settings.
2. The district shall share educational nutritional information with families and general public to promote healthy nutrition choices and positively influence the health of students and staff.

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3. The district shall ensure that food and beverage advertisements are accessible to students outside of school hours on district property contain only products that meet the federal guidelines for competitive foods.
4. The district shall maintain the confidentiality of all students and families applying for or receiving free or reduced-priced meals (or free milk) in accordance with the National School Lunch Act.
5. Students are given a covert code depending on eligibility that can only be seen by the cashier and management.
6. All district families shall be notified of all programs offered by the district and encourage families to apply for free-reduced price meals.
7. It is prohibited for students with unpaid balances to be shamed in any way, including announcing their names, using stamps to identify them, making them use a different serving line.
8. The district shall reach out to the family of a child with an unpaid meal balance to assess whether the child is eligible for free or reduced-priced meals.
9. Foods shall not be used as an award. The district will encourage non-food alternatives.

The district establishes the following goals for nutritional education.

1. Students will receive nutritional education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education will be a district wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.
3. Professional development will be provided so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.
4. The food service staff, teachers (health and physical education), and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
5. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members

MENTAL HEALTH & INTRAPERSONAL DEVELOPMENT

The district shall provide mental health resources to all students across all campuses as follows:

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1. All students in grades PK-12 will have access to a Character Education curriculum, routinely delivered by a classroom teacher.
2. Students in grades PK-12 will have access to a Professional School Counselor.
3. Students in grades PK-12 will have access to a Guidance Curriculum delivered and managed by Professional School Counselors with support from community partners.
4. A Licensed Professional Counselor or equivalent mental health professional will be employed by the district to provide direct services to students and consultation services for families and school staff.
5. Counselors and administrators will prioritize referring students and families to appropriate mental health care and coordinate services for a comprehensive continuum of care.

PHYSICAL ACTIVITY

The district shall implement, in accordance with law, a coordinated health program with physical education and psychical activity components and shall offer at least the required amount of physical activity for all grades [See EHAB and EHAC].

The district establishes the following goals for physical activity.

1. The district will 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.
2. The district shall make appropriate before and after school physical activity programs available and shall encourage students to participate.
3. The district shall make appropriate training and other activities available to district employees in order to promote enjoyable, lifelong psychical activity for district employees and students.
4. The district shall encourage parents to support their children's participation, to be active roll models, and to include physical activity in family events.
5. Physical education classes will regularly emphasize moderate vigorous activity.
6. Elementary schools shall provide the required recess time in their schools master schedule.
7. All schools will have a joint-use agreement with the community partner to provide expanded physical activity opportunities for all students and community members. i.e.- Lil-Leopards.
8. Teachers should provide students with physical activity breaks.
9. Physical activity shall not be assigned to a student for poor behavior or punishment.
10. Physical activity shall not be taken away for a student as a form of punishment.
11. The district shall provide active transport to and from school during instructional days.

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12. The district shall partner with local government agencies to ensure students have a safe route if walking or biking to school.

SCHOOL BASED ACTIVITIES

The district establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express consistent wellness message through school-based activities.

1. Students will be allowed sufficient time to eat meals in the cafeteria facilities and/or classroom environment that are clean, safe, and comfortable.
2. Wellness for students and their families are suitable district campus and activities.
3. Employee wellness activities and involvement are provided at suitable district and campus activities.
4. The district shall recommend not using food as a reward. Instead of using other reward options that are available.

IMPLEMENTATION

The lead school nurses shall oversee the implementation of this policy and development and implementation of the wellness plan and the appropriate administrative procedures.

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:

1. A copy of the wellness policy [see FFA(LOCAL)];

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2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board-adopted revisions to FFA(LOCAL);
4. The name, position, and contact information of the district official responsible for oversight and implementation of the wellness policy and wellness plan;
5. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion.
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.

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 Health Services, the District's designated records management officer. [See CPC(LOCAL)]