1306 FM 43
Corpus Christi, Texas 78415
Phone: 361.855.0092 / Fax: 361.855.0198

2025-2026 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]

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 on the District's website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.
2. The wellness plan is made available on the district's website, as well as the administrative office.

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 superintendent is the District official 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.

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. Making sure all posters are only advertising foods served that meet Smart Snacks standards.
2. Monitor the website to ensure all posts only market allowable foods.

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GOAL 2: 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: The Food Service Department will partner with campuses so that one nutritional fact is shared about the food being served that day during announcements.

Action Steps: The Food service department will share one fun fact about the food being served at least one time per month.

School and Community Stakeholders: Students, staff.

Resources Needed: Food nutritional facts, school lunch menu.

Measures of Success: The completion of sharing fun facts over the announcements.

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:

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: The District shall promote school-sponsored physical activity events, such as fundraisers and family/community physical activities.

Action Steps: Identify and promote local and school sponsored events to students and staff

School and Community Stakeholders: Students, staff, community members

Resources Needed: Adequate number of staff necessary to monitor school sponsored events

Measures of Success: Amount of participation from stakeholders

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School and Community Stakeholders: Students and staff

Resources Needed: Average time it takes for students to receive a meal and be seated

Measures of Success: Administration walkthroughs

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GOAL 2: The District shall promote wellness for students and their families at suitable District and campus activities.

Objective 1: Concession vendors at school-sponsored events are encouraged to offer at least one food and beverage that is considered healthy.

Action Steps: Communicate to vendors the district would like to promote healthy food options during concession sales.

School and Community Stakeholders: Parents, Athletic Department, Booster Clubs.

Resources Needed: A list of possible healthy choices that vendors could offer.

Measures of Success: Healthy food choices being offered during concessions.

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GOAL 3: 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 during each open enrollment period.

Action Steps: Work with the District's health insurance provider to determine what services are covered at 100 percent.

School and Community Stakeholders: Staff

Resources Needed: A list of preventive services covered at 100 percent

Measures of Success: Staff absences go down

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.

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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:

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

6. A copy of this wellness plan, with dated revisions;

7. Notice of any Board-adopted revisions to FFA(LOCAL);

8. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;

9. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;

10. The SHAC's triennial assessment; and

11. 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.

Contact

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Date Revised: 05/09/2025