

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. SHAC & DEIC meet annually

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 **Superintendent** 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

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, 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>)
- ***Fitnessgram for grades K-8***

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 [see FFA(LOCAL)];
1. A copy of this wellness plan, with dated revisions;
2. Notice of any Board revisions to policy FFA(LOCAL);
3. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's triennial assessment; and

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 U.S. 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 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 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. 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-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>
(see the Complete *Administrator Reference Manual [ARM]*, Section 20, Competitive Foods)

The District has also incorporated the following stricter standards that are not prohibited by federal or state law:

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 school year:

Campus or Organization	Food / Beverage	Number of Days
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All campuses/organizations	Any	6 days/year/campus

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)]

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. Physical Activity & Fitness planning subcommittee & Director of Child Nutrition will make inspections of vending machines and report their findings to the SHAC.**

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: 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:	
Action Steps	Methods for Measuring Implementation
Develop campus CATCH champion teams	Baseline or benchmark data points: <ul style="list-style-type: none"> • K-8 campuses will have active CATCH champion teams. Resources needed: <ul style="list-style-type: none"> • CATCH trained staff Obstacles: <ul style="list-style-type: none"> • None

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:	
Action Steps	Methods for Measuring Implementation
Develop campus CATCH champion teams	Baseline or benchmark data points: <ul style="list-style-type: none"> • K-8 campuses will have active CATCH champion teams. Resources needed: <ul style="list-style-type: none"> • CATCH trained staff Obstacles: <ul style="list-style-type: none"> • None
Objective 2:	
Action Steps	Methods for Measuring Implementation
Child nutrition department will post resources that provide healthy nutrition information on their website.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Healthy nutrition resources posted on Child Nutrition website. Resources needed: <ul style="list-style-type: none"> • Healthy eating sources on the internet

	Obstacles: <ul style="list-style-type: none"> •
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GOAL: 3 The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
District will ensure that food advertisements on district property are in compliance with federal guidelines.	Baseline or benchmark data points: <ul style="list-style-type: none"> • No non-compliant food advertisements on district property. Resources needed: <ul style="list-style-type: none"> • Staff trained on federal guidelines. Obstacles: <ul style="list-style-type: none"> •

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]

The district has adopted CATCH as our coordinated School Health Program for grades K -8.

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition education.

GOAL: 4 The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Website that offers healthy eating recipes (i.e. Dinner Tonight)	Baseline or benchmark data points: <ul style="list-style-type: none"> • Healthy Eating recipes, or links to, posted on Child Nutrition web site. Resources needed: <ul style="list-style-type: none"> •

	Obstacles: <ul style="list-style-type: none"> •
Objective 2:	
Action Steps	Methods for Measuring Implementation
Carb counts for menus	Baseline or benchmark data points: <ul style="list-style-type: none"> • Carb counts posted for all menus. Resources needed: <ul style="list-style-type: none"> • Nutrient analysis app Obstacles: <ul style="list-style-type: none"> • Data entry personnel

GOAL: 5 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:	
Action Steps	Methods for Measuring Implementation
Develop campus CATCH champion teams	Baseline or benchmark data points: <ul style="list-style-type: none"> • K-8 campuses have active CATCH champion teams. Resources needed: <ul style="list-style-type: none"> • Catch trained staff. Obstacles: <ul style="list-style-type: none"> • None

GOAL: 6 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:	
Action Steps	Methods for Measuring Implementation
Develop campus CATCH champion teams	Baseline or benchmark data points: <ul style="list-style-type: none"> • K-8 campuses have active CATCH champion teams. Resources needed: <ul style="list-style-type: none"> • Catch trained staff. Obstacles:

	<ul style="list-style-type: none"> • None
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GOAL: 7 The District shall establish and maintain school gardens and farm-to-school programs.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Continue gardens at HES & HHS Establish gardens at FRE & HMS	Baseline or benchmark data points: <ul style="list-style-type: none"> • Gardens established and maintained on all campuses. Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •
Objective 2:	
Action Steps	Methods for Measuring Implementation
Huffman ISD will continue to participate in the "Farm to School" program for dairy & produce.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Participation in "Farm to School" program. Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •

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:

- **All elementary campuses will schedule the required number of minutes (135) of PE each week for each student.**
- **All secondary campuses will schedule students into the required number of credits of PE.**

- **All elementary campuses schedule 30 minutes of recess per day for each student.**

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.

GOAL: 8 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:	
Action Steps	Methods for Measuring Implementation
HMS & HHS will develop plans to ensure that the 15% of students who are not participating in PE or competitive sports have an opportunity to participate in fitness activities.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Plans developed to give all students opportunities to participate in physical activities. (i.e. Dodgeball tournaments, field day) Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •

GOAL: 9 The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
The SHAC & campuses will research programs to fulfill this requirement.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Programs found and staff trained. Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •

GOAL: 10 The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
The district will continue to offer before and after school physical activity programs at the secondary level.	Baseline or benchmark data points: <ul style="list-style-type: none"> ● Before and after school programs continued. Resources needed: <ul style="list-style-type: none"> ● Obstacles: <ul style="list-style-type: none"> ●
Objective 2:	
Action Steps	Methods for Measuring Implementation
The district will continue to support local youth athletic programs by promoting the programs and by making district facilities available for these programs.	Baseline or benchmark data points: <ul style="list-style-type: none"> ● Continued support of local youth athletic programs. Resources needed: <ul style="list-style-type: none"> ● Obstacles: <ul style="list-style-type: none"> ●

GOAL: 11 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:	
Action Steps	Methods for Measuring Implementation
The district will explore opportunities to participate in programs such as; Walk Across Texas, district wide walking contests, yoga classes, afterschool exercise classes for staff & staff athletic leagues.	Baseline or benchmark data points: <ul style="list-style-type: none"> ● Participation in physical activity programs. ● Establishment of contests, classes & leagues. ● Continued partnership with Anytime Fitness. Resources needed: <ul style="list-style-type: none"> ● Budget for district wellness program (incentives, yoga instructors etc.)

	Obstacles: <ul style="list-style-type: none"> •
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GOAL: 12 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:

Action Steps	Methods for Measuring Implementation
The district will explore the possibility of hosting family physical activity events such as; fun runs, walks, Bridge Fests.	Baseline or benchmark data points: <ul style="list-style-type: none"> • District or campuses hosting family physical activity events. (Maybe a fun run in conjunction with Fun Festival. JROTC obstacle course.) Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •

Objective 2:

Action Steps	Methods for Measuring Implementation
The district will advertise active things families can do.	Baseline or benchmark data points: <ul style="list-style-type: none"> • District & campus web pages updated with physical activities for families. Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •

GOAL: 13 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 the school day.

Objective 1:

Action Steps	Methods for Measuring Implementation
We will continue to make district facilities available to the community.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Continued community access to district recreational facilities. Resources needed:

	<ul style="list-style-type: none"> • <p>Obstacles:</p> <ul style="list-style-type: none"> •
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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.

<p>GOAL: 14 The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p> <p><i>[Two studies regarding recommended seat time for children to eat meals are available at http://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/bergman2.asp and http://www.andjrnl.org/article/S2212-2672(15)01248-4/fulltext.]</i></p>	
<p>Objective 1:</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>We will continue to provide 30 minute lunches in a clean, safe & comfortable cafeteria.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • 30 minute lunches provided. <p>Resources needed:</p> <ul style="list-style-type: none"> • <p>Obstacles:</p> <ul style="list-style-type: none"> •

<p>GOAL: 15 The District shall promote wellness for students and their families at suitable District and campus activities.</p>	
<p>Objective 1:</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>The district will explore opportunities to promote wellness for students & their families at suitable district & campus activities.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Wellness promotion opportunities for families at district and campus events explored.

	Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •
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GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
The district wellness coordinator will continue to send “Wellness Wednesday” emails to all staff every Wednesday.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •