West Rusk CCISD

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. Inviting all to meetings
2. Conducting a survey

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 Food Service Director 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:

3. Observe the campus posting
4. Review the West Rusk website's internet postings

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 make recommendations when replacements or new contracts are considered.

Implementing Goals 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: Use the West Rusk webpages and technology postings to promote healthy nutrition and habits.

Objective 2: Post information in the cafeteria, classrooms, nurses' office, locker rooms, and other settings about healthy nutrition throughout the year

Objective 3: Science and health classes, as well as math, social studies, language arts, and electives, shall include a healthy nutritional curriculum and messages

Objective 4: Professional development in nutrition education programs will ensure that teachers and staff are adequately prepared to effectively deliver the message and expand collaboration between nutrition services staff and classroom teachers.

Objective 5: Classroom/campus snacks are required to conform to SMART snacks guidelines.

Objective 6: Culinary students (FCCLA) learn to prepare healthy meals for school credit and career.

Objective 7: Post menus online and in the cafeteria.

Objective 8: All West Rusk students are provided with FREE breakfast and lunch due to the Community Eligibility Provision.

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GOAL 2: The District shall share educational nutrition information with families and the public to promote healthy nutrition choices and positively influence the health of students.

Objective 1: Community agencies and their programs will be promoted by the district at the annual Fall Fest and other public activities.

Objective 2: West Rusk will participate in the East Texas Food Bank backpack program to provide students in need of nutritional snacks on weekends and holidays.

Objective 3: The Food Services Director will post information on the West Rusk web page concerning nutritional information.

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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: West Rusk staff will monitor what is posted on district buildings and at events to ensure that all products being promoted meet the federal guidelines

Objective 2: Vending machines located in district facilities are not accessible to students during the school day.

Goals for 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 component addressing nutrition services and health education at the elementary and middle school levels. [See EHAA]

Implementing Goals for Nutrition Education

GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: Teachers will deliver lessons on healthy eating in science and health classes.

Objective 2: The food service, health department, and physical education classes will work together to promote healthy eating.

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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: Students in Elementary and Intermediate begin each day by eating breakfast and getting their minds ready to learn. They cover the health TEKS in science classes, including healthy behaviors, social relationships, and habits, as well as body systems and how to prevent disease.

Objective 2: Students in Junior High and 9th grade will participate in the ESTEEM curriculum. This program introduces discussions about making healthy choices.

Objective 3: High school students can be active by participating in band, athletics, or physical education classes. They learn healthy behaviors and knowledge through sports medicine, health and wellness, anatomy, and physiology

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GOAL 3: 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: Teachers who use the ESTEEM curriculum are trained.

Objective 2: Faculty and staff are certified in the curriculum that they instruct.

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GOAL 4: The District shall establish and maintain school gardens and farm-to-school programs.

Objective 1: The Food Service Department provides fresh fruits and vegetables from local markets as available.

Objective 2: Students will be encouraged to raise their own vegetables in science and agriculture classes.

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: Encourage classroom teachers to use physically engaging activities during lessons to get students' bodies and minds ready to learn.

Objective 2: Participate in FitnessGram to access the five components of health-related fitness: aerobic capacity, muscular strength, endurance, and body composition.

Objective 3: Offer physical education classes that receive moderate physical activity daily and include the instruction of individual activities as well as competitive and non-competitive team sports that encourage life-long physical activity.

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GOAL 2: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective 1: Elementary and Intermediate students participate in a yearly Field Day that encourages activities, competition, and camaraderie between students.

Objective 2: Music and movement are a regular part of the campus routine.

Objective 3: Younger students are offered additional recess as an incentive to do their best.

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GOAL 3: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Objective 1: The Intermediate ACE (Afterschool Centers on Education) will provide activities that include movement and physical activity.

Objective 2: Offer marching band classes that provide activities to prepare for weekly halftime shows and competitive marching contests.

Objective 3: Offer athletics to Junior High and High School boys and girls who receive rigorous routine or weight training and cardio daily.

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GOAL 4: 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: The district facilities will be available for district employees to use before and after school for physical activities.

Objective 2: The district weight room is available for employees' use when not used by student groups.

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GOAL 5: 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: West Rusk will promote participation in the annual PTO Fall Fest/Health Fair that involves physical activities for participants.

Objective 2: District outdoor facilities are available for use by students and their parents when not in use by school groups.

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GOAL 6: 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: The district facilities will be available for community use before and after school for physical activities, as permission is requested and granted.

Objective 2: Notices promoting Little Dribblers, Little League Baseball, and softball are distributed to parents.

Goals for 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, create an environment that encourages healthy eating and physical activity, and promote a consistent wellness message.

Implementing Goals for Other School-Based Activities

GOAL 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Objective 1: All students are given sufficient time on the master schedule to eat breakfast and lunch.

Objective 2: West Rusk staff are present in the cafeteria to ensure that the environment is safe, clean, and comfortable.

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

Objective 1: Community, parents, and students are encouraged to be healthy, both physically and mentally, at all District and campus activities.

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GOAL 3: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Objective 1: West Rusk will provide opportunities for employees to receive vaccinations for flu, whooping cough, and pneumonia annually.

Objective 2: The West Rusk Health Department will host a Raider Wellness Day annually.

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.

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. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements.

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

West Rusk does not allow the sale of diet sodas or the preparation of food by deep fat frying.

The District will not allow exempted fundraisers. All fundraisers will include non-food items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

Exceptions for 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:

Campus or organization: Elementary, Intermediate, Junior High, High

Food or beverage: Those to celebrate planned events

Number of days: up to six

Foods and Beverages Provided

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 with Nutrition Guidelines

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to TDA, reviewing foods and beverages that are sold in competition with 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.

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. 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:

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.