

Coldspring-Oakhurst CISD WELLNESS PLAN

Introduction

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 department, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. Broadcast invitation by way of each campus for participants
2. Disseminate by individual invitation to community members
3. Publicize on district website public meeting notices

Implementation

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

Development

The District shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council (SHAC) and with involvement from representatives of the student body, school food service, school administration, physical education teachers, school health professionals, members of the Board, parents, and the public. [See BDF and EHAA]

GOALS FOR WELLNESS

Nutrition Promotion

The District shall encourage healthy habits by use of healthy messages in the cafeteria and the classroom, dissemination of nutrition information to families and to the public, and the inclusion of food advertisements meeting federal guidelines.

Goal 1: Nutrition Promotion within the District	
Objective 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.	
Action Steps	Methods for Measuring Implementation

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<ul style="list-style-type: none"> • Healthful messages are posted in dining areas • Physical educators and classroom teachers will post healthful messages in their classrooms • Staff will incorporate healthy nutritional-messaging at applicable campus-based events • Cafeteria will implement line placement strategies that encourage healthy food selection • Campuses will utilize marketing materials that promote healthy nutrition messaging 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual School Health Board Report • Wellness Policy Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff access to media and other marketing materials that promote healthful messages <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff resistance • Staff attrition
<p>Objective 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.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> • Cafeteria staff will ensure a monthly menu is available on SchoolCafe to students and families • Campus administration will provide appropriate information to families about birthday celebration guidelines • Cafeteria staff will share nutrition messaging consistent with federal guidelines • Campus will promote and encourage families and community members to attend school-based health fairs or wellness events 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual school Health Board Report • Wellness Policy Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> • Food and Nutrition Services website • USDA guidelines <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition
<p>Objective 3: The District shall ensure that food and beverage advertisements accessible to students on District property contain only products that meet the federal guidelines for competitive foods.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> • Vending machines accessible by students will only display marketing messages for 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual School Health Board Report

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<p>foods and beverages identified by the USDA's Smart Snack guidelines.</p> <ul style="list-style-type: none"> • Campus administration will request that any advertisements that do not meet the federal guidelines be transitioned out as appropriate. • Campus staff will only display marketing messages for foods and beverages identified by the USDA's Smart Snack guidelines unless related to a lesson. 	<ul style="list-style-type: none"> • Wellness Policy Assessment • Campus Admin site reviews <p>Resources needed:</p> <ul style="list-style-type: none"> • USDA's Smart Snack guidelines <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff resistance • Staff attrition
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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]. The District will ensure education of healthy eating behaviors to all students and make curriculum including nutrition education a district-wide priority.

Goal 2: Nutrition Education within the District	
Objective 1: The District's shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Campus faculty and staff will utilize available resources and events to deliver nutrition education as appropriate • Cafeteria will ensure media and static displays in the serving lines provide appropriate nutrition education messages • District will coordinate celebration and focus on importance of healthy eating during National School Breakfast Week, School Lunch Week, and Fresh Fruit and Vegetables program 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual School Health Board Report • Wellness Policy Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> • Access to District materials regarding nutrition campaigns • Access to media and display materials for the cafeteria <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff training/education • Staff attrition

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Objective 2: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> The District will provide current evidence-based strategies for healthful eating practices District encourages staff development to support the coordination and delivery of nutrition education curriculum, as appropriate 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Annual School Health Board Report Wellness Policy Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> Access to training and curriculum materials <p>Obstacles:</p> <ul style="list-style-type: none"> Access to resources Staff attrition

GOALS FOR PHYSICAL ACTIVITY

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

Goal 3: Physical Activity within the District	
Objective 1: 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.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Campuses will be encouraged to reinforce and advocate the importance of physical activity through ongoing messages to teachers and posted signage in the classrooms The District will provide content to teachers and staff on the evidence-based benefits of incorporating physical activity into the classroom environment 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Annual School Health Board Report Wellness Policy Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> Staff access to online physical activity resources Access to information on the web <p>Obstacles:</p> <ul style="list-style-type: none"> Access to resources Staff resistance Staff attrition

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Objective 2: The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Campuses will post and communicate information about upcoming physical activity and sports programs through announcements, flyers, posters, and school and District websites • Campuses will inform parents of opportunities for their children to participate in physical activity both within and outside of the school 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual School Health Board Report • Wellness Policy Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> • Physical education equipment/areas • Information to physical activity events throughout local area • Access to marketing materials <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Access to physical activity facilities and equipment • Staff attrition
Objective 3: 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 of the school day. [See GKD]	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Campuses will make available recreational facilities outside of the school day. • Campuses will inform parents of opportunities to use recreational facilities/grounds for physical activity. • Utilize non-school use of school facilities [GKD] 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual School Health Board Report • Wellness Policy Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> • Physical education equipment/areas • Access to marketing materials <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Access to physical activity facilities and equipment • Staff attrition

GOALS FOR SCHOOL BASED ACTIVITIES

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

Goal 4: School-Based Activities within the District	
Objective 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Meal time schedules will be based on enrollment, cafeteria serving, and seating capacity to minimize wait time and allow sufficient time to eat • The minimum eating times after being served are 10 minutes for breakfast and 20 minutes for lunch • Maintain a positive and welcoming atmosphere in all dining areas. • Promote social interaction and good manners during mealtime. • Lunch will be scheduled as close to midday as possible with special consideration of time between meals for the elementary students • Dining room facilities are maintained for safety, cleanliness, and comfort, and provide adequate seating • Students are always provided an opportunity to eat, even if meetings or activities are scheduled during meal time • Water is available and not denied during meal service and encouraged throughout the day • All food safety regulations will be followed by food service staff 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual School Health Board Report • Wellness Policy Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> • Professional development for food services staff • Custodial personnel • Food Safety training <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition • Scheduling conflicts • Overcrowding in the schools

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Objective 2: The District shall promote wellness for students and their families at suitable District and campus activities.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Campus administration will make information available about the use of recreational facilities to campus community and encourage students and parents to use those facilities • The District will advocate the importance of healthy eating and physical activity to overall wellness through a variety of avenues to students, parents, and the overall community • Staff will provide educational resources on nutrition and physical activity during District events when appropriate • Families and community members will be invited to all School Health Advisory Council (SHAC) meetings 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual School Health Board Report • Wellness Policy Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> • Parent access to information on school and District websites • Staff access to marketing materials that is family-centered <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Ensuring safety of community on District property after school hours
Objective 3: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Employees will be invited to participate and serve on the board at all School Health Advisory Council (SHAC) meetings 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual School Health Board Report • Wellness Policy Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> • Access to District emails • Liaison for the employee benefits <p>Obstacles:</p> <ul style="list-style-type: none"> • Program awareness

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

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(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. Food brought from home for the student's own consumption is exempt from these regulations. [See CO]

Goal 1: Nutrition Guidelines within the District	
Objective 1: The District shall provide assurance that school meals promote safety, wellness, prevent and reduce childhood obesity.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none">• Campus is in compliance with age-appropriate guidelines and recommendations for healthy food and beverage choices• Campus is not dependent on revenue from high-fat, low-nutrient density foods to support school programs• Students may not share their food or beverages with other students as some students have physician-ordered dietary restrictions• School staff shall not restrict food as a punishment for students	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none">• Annual School Health Board Report• Wellness Policy Assessment• Fitnessgram• Administrative Review Data <p>Resources needed:</p> <ul style="list-style-type: none">• USDA Guidelines <p>Obstacles:</p> <ul style="list-style-type: none">• Lack of resources• Staff attrition

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.

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 and FJ (LEGAL)] Prior approval of any fundraiser must be complete and on file with the district.

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)]

In addition, the District has established the following local standards for other foods and beverages made available to students:

- An elementary school campus may not sell competitive foods to students anywhere on the school campus throughout the school day except for those food items made available by the school food and nutrition department.
- A middle or junior high school campus may not sell competitive foods to students anywhere on the school campus from 30 minutes before to 30 minutes after meal periods except for those food items made available by the school food and nutrition department.
- High schools may not sell competitive foods to students during meal periods in areas where reimbursable school meals are served except for those food items made available by the school food and nutrition department.
- Parents/school groups will not be allowed to give away or sell food items or beverages to students during the meal periods where reimbursable meals are being sold or consumed.

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 a part the 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.

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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 publish 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)];
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 publication.

Records Retention

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program.