

Pittsburg ISD Wellness Plan

2025-2026

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]

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 a variety of sources, such as parents, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and/or members of the public, by:

1. Utilizing the District’s website to post meeting dates and locations and to solicit participation from interested parties.
2. Utilizing the District’s social media accounts to post the District wellness plan and invite public comments/suggestions
3. Posting on the District’s website the name, position, and contact information of the person responsible for oversight of the District’s wellness policy and plan.

Responsibility for Implementation

Each campus principal is responsible for implementing FFA(LOCAL) and this wellness plan at their campus, including submitting the necessary information to the SHAC for evaluation.

The Superintendent or Superintendent’s *designee* 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, and a description of the progress made in attaining the goals of the wellness policy. This will be referred to as the “triennial assessment.”

Public Notification

Annually, the District will notify the public about the content and implementation of the wellness policy and plan, as well as any updates to these materials. To comply with the legal requirement to 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

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

A copy of this wellness plan, with dated revisions;

Notice of any Board revisions to policy FFA (LOCAL)

The SHAC's annual report on the District's wellness policy and plan; and

Any other relevant information.

The District will also publish the above information in appropriate District or campus publications.

Records

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 Deputy Superintendent, the District's designated records management officer.

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.

This will be monitored by:

1. Campus Principals will monitor their campuses for the purpose of allowing only nutritious food advertisements.
2. The Food Service Director will complete a triennial assessment of the compliance of the wellness policy, how it compares to model wellness policies and the progress made in attaining the goals of the wellness policy to be made available to the Texas Department of Agriculture upon request.

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: Healthy nutrition messages are clearly present in the appropriate areas of each campus.

Action Steps: School staff will post healthful food messages in the dining areas.

School and Community Stakeholders: *Principals, nutrition staff, and Food Service Director*

Resources Needed: *USDA publications and posters and other nutrition flyers/posters.*

Measures of Success: Healthy nutrition messages are evident in campus dining areas.

Objective 2: Encourage positive nutritional habits with a variety of methods that create a healthy school environment.

Action Steps: Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning, and will provide clean, safe, and pleasant settings and adequate time for students to eat.

School and Community Stakeholders: *Food Service Director, cafeteria, teachers, principals*

Resources Needed: *Wellness Policy, HHFKA 2010 Guidelines, USDA publications and posters*

Measures of Success: Student surveys; HHFKA 2001 Guidelines

Objective 3:

Action Steps: Students will receive positive, motivating messages, both verbal and nonverbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.

School and Community Stakeholders: *Food Service Director, Principals, Teachers*

Resources Needed: *USDA policies, Healthy Hungry-Free Kids Act 2010, Child Nutrition Act, National School Lunch Act, Smart Snacks Policy*

Measures of Success: Observation; Students' surveys

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: Consistently post the breakfast and lunch menus with nutrition information in an easily accessible location on the district's website.

Action Steps: PISD will provide nutritional information to parents and will post menu information on the website.

School and Community Stakeholders: Food Service Director, Technology staff, Counselors, Teachers, Coaches, Principals

Resources Needed: *TEKS, daily schedules, District website, Teachers*

Measures of Success: PISD will maintain a web page on the PISD Website.

Objective 2: Provide district nutrition resources for students, parents, and the general public.

Action Steps: The child nutrition department will ensure nutrition messaging is consistent with the school health programs; the child nutrition department will post nutrition resources on the district's website.

School and Community Stakeholders: Food Services Director

Resources Needed: *Child nutrition websites*

Measures of Success: Posting on the district website regularly updated with nutrition resources.

Objective 3: The Food Services Director will consider student needs in planning for a healthy school nutrition environment.

Action Steps: Students will be asked for input and feedback through student surveys, and attention will be given to their comments.

School and Community Stakeholders: *Counselors, Food Service Director, Cafeteria Staff, Teachers, and Principals.*

Resources Needed: Student surveys

Measures of Success: Students' survey results reflected on menu development.

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 adopting and maintaining healthy eating behaviors.

Objective 1: Students in grades K-8 will receive nutrition education as part of a sequential program that is coordinated within a comprehensive school health program.

Action Steps: PISD will coordinate efforts to promote healthy lifestyles for all students and staff, including nutritional foods, health services, drug and violence prevention, and suicide prevention.

School and Community Stakeholders: *Principals, campus personnel, Food Service Director*

Resources Needed: CATCH curriculum as recommended by the SHAC

Measures of Success: Each year, the Campus and District committees will review and document the effectiveness of our efforts to promote healthy lifestyles for all students and staff.

Objective 2: Each campus will provide nutrition education through the curriculum's physical and health education areas.

Action Steps: The District will follow health education curriculum standards and guidelines as stated by the Texas Education Agency.

School and Community Stakeholders: *Principals, Food Service Director, Coaches*

Resources Needed: *TEKS, CATCH Curriculum*

Measures of Success: CIP; DIP

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: Establish integration of nutrition education into other areas of the curriculum at each campus.

Action Steps: Campuses will collaborate to develop a plan to provide nutrition education within other areas of the curriculum.

School and Community Stakeholders: *Curriculum Director, Principal, Teachers, Food Service Director*

Resources Needed: *TEKS, CIP, DIP, Master Schedule*

Measures of Success: Student schedules will demonstrate the participation of our students in nutrition education.

GOAL 3: The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to deliver the program effectively.

Objective 1: The District will provide appropriate resources and training for campus staff responsible for nutrition education.

Action Steps: PISD joins the Region VIII Education Service Center’s Professional Development Cooperative each year. Teachers and Child Nutrition staff receive professional development in the areas of nutrition and in adequately preparing and delivering students’ safe and nutritious meals.

School and Community Stakeholders: *Curriculum Director, Food Service Director, cafeteria staff, Teachers, Principals*

Resources Needed: *Staff Development*

Measures of Success: Participation records of teacher and child nutrition staff will demonstrate the professional development training provided to staff.

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:

- The District will ensure that students in prekindergarten-grade 5 engage in moderate to vigorous physical activity for at least 30 minutes per day or 135 minutes per week.
- The District will ensure that students in junior high school will engage in at least 30 minutes of moderate to vigorous physical activity per day.

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 not participating in physical education classes or competitive sports.

Objective 1: The District shall support and promote an active lifestyle for students.

Action Steps: PISD delivers a physical education program for all grades that provides appropriate fitness activities for all students. We also provide opportunities for all students to participate in various extracurricular athletic programs beginning in grade 6 and continuing until grade 12.

School and Community Stakeholders: *Principals, Curriculum Director, Coaches, Teachers*

Resources Needed: *TEKS*

Measures of Success: PISD school master and student schedules.

Objective 2: The District will ensure students have scheduled developmentally appropriate opportunities for physical activity and unstructured play breaks.

Action Steps: In grade levels PK-6, recess is provided for students daily.

School and Community Stakeholders: *Principal, Teachers*

Resources Needed: *TEKS*

Measures of Success: School schedules

Objective 3: The District will ensure that its grounds are safe and that equipment is available to students to be active.

Action Steps: Per the Consumer Safety Commission (CPSC) recommendations, playground equipment shall be part of a regular maintenance & operations program that involves inspections with maintenance & repairs conducted as needed to prevent accidents or minimize injuries.

School and Community Stakeholders: *Principals, Maintenance Director*

Resources Needed: CPSC recommendations; Maintenance logs

Measures of Success: Injury reports; inspection reports

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

Objective 1: Students will be given opportunities to take short breaks during long periods of instructional time to stretch and move.

Action Steps: PISD is a member of the Region VIII Education Service Center professional development cooperative. As a member, our teachers can attend staff development in their content areas. Brain-based learning has been a component of staff development, encouraging teachers to get students up and moving as a learning strategy.

School and Community Stakeholders: *Curriculum Director, Principals, Teachers*

Resources Needed: *TEKS*

Measures of Success: Staff development records; lesson plans

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

Objective 1: Students will have the opportunity to participate in UIL activities.

Action Steps: PISD offers students the opportunity to participate in extra-curricular athletic activities, including sports, marching band, and cheer.

School and Community Stakeholders: *Coaches, Sponsors*

Resources Needed: UIL guidelines

Measures of Success: School master and student schedules will demonstrate the level of participation.

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 healthful 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: Allow students an appropriate amount of time to eat meals in a comfortable environment.

Action Steps: The District shall provide students with a 30-minute lunch period each day and ensure they have at least 20 minutes to consume their lunch while seated after purchasing. The District shall also provide students with a 15-minute breakfast before school and shall ensure that students who purchase a school breakfast have at least 10 minutes to consume their breakfast while seated after purchasing.

School and Community Stakeholders: *Food Service Director, Principal, Staff*

Resources Needed: The Amount of time it takes to go through the breakfast/lunch line and be seated. Professional development for Nutrition staff.

Measures of Success: School schedules

Objective 2: Provide a clean and hazard-free lunchroom environment.

Action Steps: PISD will provide all students access to handwashing or hand sanitizing before they eat meals or snacks. The campus will ensure that cleaning supplies or broken/unused equipment are not visible during meal services. The campus will ensure trash cans are emptied when full and the surrounding areas are cleaned should spillage or overflow occur.

School and Community Stakeholders: *Custodial staff, Food Service Director, Principal*

Resources Needed: Hand hygiene supplies; custodial personnel and appropriate signage

Measures of Success: Hand sanitizers in all feeding areas. Clean and hazard-free cafeteria.

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

Objective 1: Provide wellness education and information to students and their families.

Action Steps: The campus principal will ensure that classrooms are provided with lessons to students on emotional and physical wellness. The campus counselor or district designee will promote wellness topics.

School and Community Stakeholders: Principal, Counselors

Resources Needed: **CATCH Curriculum**, Wellness lesson plans and approved resources.

Measures of Success: Classroom lesson plans

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

Objective 1: Provide wellness education and information to staff.

Action Steps: District-designated staff will promote wellness topics in the campus newsletter/communication sent to all staff.

School and Community Stakeholders: Director of Health Services

Resources Needed: National observance calendar. Approved resources.

Measures of Success: Health newsletter

Objective 2: Promote opportunities for participation in wellness activities to staff.

Action Steps: Post and communicate information regarding upcoming wellness activities through announcements, flyers, posters, and the District website

School and Community Stakeholders: Director of Health Services

Resources Needed: **District Event Calendar.** Flyers and posters to promote events

Measures of Success: Health-promoting events scheduled throughout the school year.

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

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 for the 20025-2026 school year:

Campus or organization: High School

Food or beverage: Snacks and Drinks

Number of days: 6

11/21, 12/19, 3/13, 4/02, 5/13, 5/15

Campus or organization: Junior High

Food or beverage: Snacks and Drinks

Number of days: 6

10/17, 12/19, 01/12, 03/13, 04/16, 05/08

Campus or organization: Pittsburg Intermediate

Food or beverage: Snacks and Drinks

Number of days: 6

10/31, 11/7, 1/9, 2/13, 5/1, 5/7

Campus or organization: Pittsburg Elementary

Food or beverage: Snacks and Drinks

Number of days: 6

11/21, 12/16, 1/30, 3/13, 5/1, 5/14

Campus or organization: Pittsburg Primary

Food or beverage: Snacks and Drinks

Number of days: 6

10/24, 12/18, 1/30, 2/13, 3/6, 5/8

Foods and Beverages Provided

The District will comply with state law, which allows a parent or grandparent to provide a food product of their 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)]

Local Requirements: *In addition, the District has established the following local guidelines on foods and beverages made available to students:*

- School celebrations and foods and beverages provided, but not sold, will occur after the campuses' normally scheduled meal periods so as not to interfere with allowing all students an opportunity to participate in the National School Lunch and Breakfast Programs (Seamless Summer Program for the school year 2021-2022) before participating in any school celebration or activity. FFA (LOCAL)
- Due to the consideration of students with food allergies, parents and grandparents who come to have breakfast or lunch with their child/grandchild may only provide food to their child/grandchild.

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.