

EFWMS Wellness Plan

The District's local school health advisory council (SHAC) will work on behalf of the EFWMA 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. Input from Room parents for homeroom classrooms
2. Input from parents through surveys and scheduled school events where Superintendent presents updates.
3. Meeting at the Beginning of the school year led by our Superintendent
4. Input from the EFWMA Board during meetings or special events
5. School Nutrition Director with updates from TDA guidelines for the NSLP/SBP programs and meal pattern and requirements guidance, including new restrictions.
6. Teacher and Staff input to the Child Nutrition Director, room parent and parents.
7. District Team meetings
8. Guidance from Physical Education Teacher and requirements

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. The Child Nutrition Director provides guidance on TDA guidelines or information for SHAC meetings.

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. The advertisement provided of Smart Snacks being offered for purchase at school.
2. Room Parents participation during breakfast and lunch to monitor the SBP/NSLP programs in our dining hall.
3. Request the food and beverages for smart snacks directly from the Child Nutrition Director (full transparency). At the moment, no beverages are sold as smart snacks.
4. Surveys for any changes and/or updates of smart snacks submitted and/or presented for input from the SHAC committee, and all available for input.

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:

Action Steps: Healthy Options for Brain Break Snacks Flyer

School and Community Stakeholders: Students, Parents & Staff

Resources Needed: Flyer provided by Child Nutrition Department requested by stakeholders at the beginning of the year.

Measures of Success: Snacks in the classroom monitored monthly.

Objective 2:

Action Steps: New School Breakfast Program Options

School and Community Stakeholders: Students

Resources Needed: Concentration of reduction of sugary cereals

Measures of Success: More student engagement in the classroom

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: New MOSAIC system introduced to provide nutritional information on menu items.

Action Steps: The implementation of the MOSAIC system using the nutritional label information for public access to all stakeholders.

School and Community Stakeholders: Students, Parents & Staff

Resources Needed: All food and/or beverage labels to be entered into MOSAIC system before the end of the school year.

Measures of Success: Stakeholder awareness and usage of such information.

Objective 2: Sponsored events to introduce healthy meal options

Action Steps: SHAC and events utilized to promote new recipes or taste testing for stakeholder input.

School and Community Stakeholders: Students, Parents & Staff

Resources Needed: Flyers, QR codes for survey input, and small food samplings.

Measures of Success: Raising the SBP/NSLP participation by 10%

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: Ice Cream is the only SMART snack available at EFWMA

Action Steps: Remain compliant with SMART snacks only offer Ice Cream

School and Community Stakeholders: Students, Parents & Staff

Resources Needed: Vendor SMART snack approved vendor through Region 10 Coop

Measures of Success: Purchases made with the program that increase the CNP non-program food revenue.

Objective 2: No Beverages are offered at the elementary level

Action Steps: No sugary drinks are sold to students at the elementary level due to TDA guidelines.

School and Community Stakeholders: Students, parents & Staff

Resources Needed: N/A

Measures of Success: SHAC and stakeholders input important for support of this initiative.

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: SBP/NSLP guidelines being adhered to for the School Nutrition Program

Action Steps: All CNP staff and director will adhere to the TDA guidelines for both the SBP and NSLP programs.

School and Community Stakeholders: Students, Parents & Staff

Resources Needed: Continued promotion and purchase of healthy options for student meals while following meal pattern guidelines.

Measures of Success: More participation in both the SBP/NSLP programs by 10%

Objective 2: Food Education Trainings for students

Action Steps: Trainings in conjunction with classroom teachers for students on healthy eating habits and choices.

School and Community Stakeholders: Students, Parents & Staff

Resources Needed: Educational flyers, School CNP Staff and Director participation for training, and classroom teacher coordination of time to present such materials.

Measures of Success:

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: Classroom Child Nutrition Education Training

Action Steps: Work with classroom teachers to provide a minimum of 2 trainings per year incorporating nutrition education part of the curriculum.

School and Community Stakeholders: Students, Parents & Staff

Resources Needed: Flyers, interactive materials, food samplings, and surveys.

Measures of Success: Additional participation in SBP/NSLP program by 10%

Objective 2: Nutritional Education information provided during SHAC, board meetings, or events for all of the community on different health topics.

Action Steps: Have information, flyers and/or QR codes available on nutritional education during such meetings.

School and Community Stakeholders: Students, Parents & Staff

Resources Needed: Educational Topics (work with SHAC committee) QR codes, flyers and/or surveys.

Measures of Success: Student & Parent Engagement with participation in SBP/NSLP programs.

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: ESC11 Child Nutrition Training

Action Steps: Attend all available ESC11 Child nutrition training to maintain professional development hours and proper delivery of the CNP program.

School and Community Stakeholders: CNP Kitchen Staff, Managers, and CNP Director

Resources Needed: On site and virtual training programs of the CNP programs.

Measures of Success: Required hours and training completed by all CNP staff and able to deliver the program effectively.

Objective 2: Institute of Child Nutrition (website)

Action Steps: Utilize to ensure offering of required professional developments, and training requirements not offered by regional service center.

School and Community Stakeholders: CNP Kitchen Staff, Managers, and CNP Director

Resources Needed: Virtual and Live training programs from the website to complete required PDs, or further training to effectively deliver CN program.

Measures of Success: CNP Director and Staff properly trained to deliver CN program for students, parents, staff and the community. Participation and support of the CNP from the SHAC, students, parents and staff.

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

Objective 1: School Gardens

Action Steps: Planting, upkeep, and harvesting of on site garden areas

School and Community Stakeholders: SHAC and school promotion of maintaining such areas, along with teachers and students integrating gardening into their curriculum.

Resources Needed: Seeds, garden tools, and water

Measures of Success: Garden food grown and sampled by students to see and taste their success.

Objective 2: Farm to School (Not an option due to minimums)

Action Steps: Provide the SBP/NSLP lines a fresh fruit option by utilizing commodity dollars to provide these at school level for both programs.

School and Community Stakeholders: Students and Staff

Resources Needed: Commodities

Measures of Success: SBP/NSLP 10% increase in participation

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:

[Describe here how the District will meet the requirements for physical activity mandated by Education Code 28.002(l)-(l-1).]

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: Physical Education Activity requirement for elementary public schools

Action Steps: Provide PE as per the education code and law (see description below)

School and Community Stakeholders: Students, Parents & Staff

Resources Needed: PE Gym Area, and equipment

Measures of Success: Gained Physical activity for student's health.

In Texas, elementary school students in kindergarten through grade 6 are required to participate in at least 135 minutes of physical activity per week. This can be achieved through a combination of physical education (PE) and structured recess.

Explanation

Physical activity

Students in grades K-6 must participate in at least 30 minutes of moderate to vigorous physical activity daily.

Structured recess

School districts can require students in grades below 6 to participate in at least 135 minutes of moderate to vigorous physical activity per week.

Block scheduling

School districts can require students in grades with block scheduling to participate in at least 225 minutes of moderate to vigorous physical activity every two weeks.

Senate Bill 19 (SB19) was passed in 2001 to increase physical activity in elementary schools in response to childhood obesity.

The Texas Essential Knowledge and Skills (TEKS) for Physical Education guide the activities that take place in PE classes.

Objective 2: 3rd to 5th Grade Fitness Gram

Action Steps: Fitness Gram Physical Activities during PE Classroom time

School and Community Stakeholders: Students and Parents

Resources Needed: PE Gym area and equipment

Measures of Success: By understanding fitness levels now, we can help students build a strong foundation for future well-being. This assessment gives us insight into how students are growing and developing, so we can support them in staying healthy.

What does the FITNESSGRAM include?

- The PACER (20 meter shuttle runs)
- Mile run
- Walk test
- Push-ups
- Curl-ups
- Back saver sit and reach or shoulder stretch
- Trunk lift
- Body mass index

How do schools submit results?

- School systems must submit the results of the physical fitness assessment to the Texas Education Agency (TEA) each school year.
- School systems can submit their data through the FITNESSGRAM, the Physical Fitness Assessment Initiative (PFAI) application, or another vendor collection tool.

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

Objective 1: Beginning of the Year – full week of Professional Development

Action Steps: PDs designed to incorporate physical activity into their curriculums, including work in the OLE (Outside Learning Environment)

School and Community Stakeholders: Teachers & Staff

Resources Needed: ESC11 and in-house PD training

Measures of Success: Development and Implementation of physical activity in the classrooms (excluding recess).

Objective 2: OLE (Outside Learning Environment) Usage

Action Steps: Utilizing the OLE to incorporate gardening, journaling, etc.) into the weekly academic curriculum therefore exposing more physical activity outdoors.

School and Community Stakeholders: Students, Parents & Staff

Resources Needed: OLE environment, tools, and classroom supplies.

Measures of Success: Student engagement and improvement in academics.

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

Objective 1: Before School Activities

Action Steps: Morning Meetings/Rally in the Gym with Leader in Me curriculum

School and Community Stakeholders: Students & Staff

Resources Needed: Gym Area for movement and LIM curriculum.

Measures of Success: Student engagement and attendance

Objective 2: After School Activities

Action Steps: Clubs designed for different physical levels

School and Community Stakeholders: Students & Staff

Resources Needed: Club leads (Robotics, Computer Science, Art, Cheer) and After School Snacks provided.

Measures of Success: Student engagement into the clubs which provide different levels of physical activity.

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: PD Training

Action Steps: Provide the principal and campus with appropriate training

School and Community Stakeholders: Students and Staff

Resources Needed: PD Training from ESC11 or in-house with CAO

Measures of Success: Documented and implementation of such training to benefit all stakeholders.

Objective 2: Events

Action Steps: Earth Day, Gardening Day, and volunteer days to promote physical activities on the campus.

School and Community Stakeholders: Students, Parents & Staff

Resources Needed: OLE, tools for gardening, and physical activities that promote fun and learning.

Measures of Success: Student, Parent and Staff engagement

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: Room Parents Engagement in Events

Action Steps: Staff communication with room classroom parents

School and Community Stakeholders: Students, Parents, and Staff

Resources Needed: Email, google Classroom, flyers, mass communications

Measures of Success: Parent Engagement and their student participation

Objective 2: Volunteer Engagement in Physical Activities

Action Steps: Classroom Activities from Teachers, Event activities from marketing coordinator.

School and Community Stakeholders: Students, Parents & Staff

Resources Needed: Will depend on the activities and events

Measures of Success: Activities and events see at least a 10% increase in engagement and/or participation.

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: Use our outdoor natural playground facilities for recess (secured)

Action Steps: Maintain and use playground facilities

School and Community Stakeholders: Students & Staff

Resources Needed: Cleaning and maintaining of playground facilities

Measures of Success: Continuous usage of facilities area.

Objective 2: Nature Trail across the school (safety & scheduled)

Action Steps: Use Quahna Park to facilitate nature walks from and to the school to promote physical activities for students and staff.

School and Community Stakeholders: Students, Parents & Staff

Resources Needed: Volunteers and Water bottles and/or meals based on time of day visiting the park

Measures of Success: Physical awareness and challenge for students, parents & staff.

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: Sufficient lunch time for 1st to 5th Grade students

Action Steps: Master schedule followed to allow for students to pick up and eat lunch in the dining hall (1st – 5th Grade)

School and Community Stakeholders: Students (1st-5th Grade), Parents visiting to eat with their students, and staff.

Resources Needed: Arrival to lunch room on time

Measures of Success: Students have appropriate times to eat lunch, and behaviors in the classroom after lunch periods.

Objective 2: Sufficient lunch time for PreK/K students (in the classroom)

Action Steps: Ensure pick up of classroom lunch for prek/k students is on time, students have been prepped for arrival of lunch, and have the allotted time to eat lunch.

School and Community Stakeholders: Prek/k students, parents & staff

Resources Needed: Lunch from the CNP on time

Measures of Success: Students eat lunch and are able to stay on their schedule.

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

Objective 1: SHAC meetings and gatherings

Action Steps: Superintendent heads all meetings or communicates needs from SHAC members and all stakeholders.

School and Community Stakeholders: Students, parents, and staff

Resources Needed: Communication tools, flyers, information, and postings

Measures of Success: An increase of at least 10% engagement, and at least 40% - 50% involvement.

Objective 2: Field Day Annual Event

Action Steps: Field Day Annual event organized with physical activities and engagement for students, parents, volunteers and staff to encourage movement that day.

School and Community Stakeholders: Students, parents, staff and volunteers.

Resources Needed: PE equipment, volunteers, snacks and beverages for the day's event, and stations set up throughout the outdoor, OLE and the campus in general.

Measures of Success: Attendance and full engagement by students, parents, volunteer and staff increased by 20%.

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

Objective 1: Mental Health Days for Staff

Action Steps: District has taken steps to assist staff if they have emotional needs to keep them on track with their classrooms.

School and Community Stakeholders: Students, Parents & Staff

Resources Needed: Plans to substitute times to allow staff the time needed. Good Team environment to help their colleagues.

Measures of Success: Staff that is willing to work above and beyond for student's success.

Objective 2: Work Life Balance – Eliminating the work from home

Action Steps: District Staff has instituted a work life balance for staff by providing them with PLCs, and planning times throughout the week greater than the required by law and the education code. This assists our teachers to be able to rest and prepare for the next day at school.

School and Community Stakeholders: Students and Parents

Resources Needed: Schedules for PLCS and planning times from District/CAO/Principal

Measures of Success: Staff that is content, happy and comes to work everyday with an eagerness to help students succeed.

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:

Local Restrictions: No beverages are sold due to the dietary restrictions at the elementary level, and only smart snack approved ice cream is sold a la carte and only after students have eaten their lunch meals from home or provided by the child nutrition program. At EFWMA, we do not deep fry any meals, all roasted or baked, to provide healthy standards for students and staff at our campus. As a campus, we do not serve Pork in observance of religious and dietary needs voiced by parents and in SHAC meetings. We observe a "No Peanuts or Nuts" local policy to assist with the amount of student population with allergies registered in our systems.

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 2025–2026 school year:

Campus or organization: EFWMA

Food or beverage: Popcorn, Chips, Nachos, Hot Dogs, Corn in a cup, Kool Aid and soda varieties.

Number of days: 6 (to be determined at the beginning of each school year)

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 celebration 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:

Elementary school: *Birthday celebrations once a month provided at the end of the school day.*

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:

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. Questions may be directed to the *Superintendent and/or the Director of District Operations & CNP*, the District's designated records management officer. [See CPC(LOCAL)]

Disclaimer: This information is provided for educational purposes only to facilitate a general understanding of the law or other regulatory matter. This information is neither an exhaustive treatment on the subject nor intended to substitute for the advice of an attorney or other professional adviser. Consult with your attorney or professional adviser to apply these principles to specific situations.

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]