

Sanger ISD
Policy Code: FFA Student Welfare
Wellness and Health Services

Wellness Plan written by the District Education Improvement Committee (DEIC)

STUDENT WELFARE

WELLNESS AND HEALTH SERVICES

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 Education Improvement Committee (DEIC) 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.

STRATEGIES TO SOLICIT 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 District has chosen to use the District’s Education Improvement Committee (DEIC) to work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals as required by federal law. The DEIC will permit the following persons to work 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 DEIC will solicit the involvement and input of these other interested persons by:

1. *Post meeting notices, agendas, and minutes on the district website.*
2. *List information on DEIC in the student handbook, including the name and position of the person responsible for the oversight of the District’s wellness plan, along with an invitation to contact that person if the reader is interested in participating in the development, implementation, and evaluation of the wellness plan.*
3. *Notice to all PTO Presidents, telling them about DEIC and to solicit participation.*

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 DEIC 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 DEIC 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 designed model wellness policies. This will be referred to as the "triennial assessment."

The District will notify the public annually about the content and implementation of the wellness policy and plan, and any updates to these materials.

The DEIC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. The DEIC may use any of the following tools for this analysis:

- Texas Department of Agriculture-www.squaremeals.org
- *Smart Snacks in School Nutrition Standards*

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 DEIC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The DEIC's triennial assessment and
6. Any other relevant information.

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 District's designated records management officer.

GUIDELINES AND GOALS

The following provisions describe the District's nutrition guidelines, 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:

- *No additional standards adopted.*

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)]

Campus Principals plan exemption fundraisers during the school day, midnight - 30 minutes past the end of school. These dates are communicated each year to the Director of Child Nutrition.

FOOD 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 foods and beverages made available to students:

For any school, Elementary, Middle, or High School:

Sanger ISD allows special treats for celebrations that don’t interfere with scheduled meal times, and with the principal’s permission. Party foods must be purchased from a grocery store or bakery where ingredients are listed.

Any foods sold to students during the school day must meet the Smart Snack guidelines.

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 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 the District offers.

The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

The DEIC will monitor this by:

GOAL: 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
Offer new menu items throughout the year to promote variety and encourage participation in the NSLP and SBP	Baseline or benchmark data points: 100% compliance Resources needed: - New food products Obstacles: - Availability; Cost; Food Allergies

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

Objective 1:

Action Steps	Methods for Measuring Implementation
The Child Nutrition Department will post the nutritional content of all items offered at breakfast and lunch on web-based menus.	Baseline or benchmark data points: - Menus are updated monthly and monitored for accuracy Resources Needed: - Website: Nutrition from manufacturers Obstacles: - Lack of access to technology

GOAL: The District shall ensure that food and beverage advertisements accessible to students during school hours on District property contain only products that meet federal guidelines for competitive foods.

Objective 1:

Action Steps	Methods for Measuring Implementation
The district shall have authority and control over advertising on district property.	Baseline or benchmark data points: - Requests for approval of items to be offered on campuses Resources Needed: - Information with District approval - Vendors on the District approved list Obstacles: - Information not available

Objective 2:

Action Steps	Methods for Measuring Implementation
Monitor vending machines on time control to ensure times are set for after-school hours.	Baseline or benchmark data points: - Reports per principals on vending machine hours Resources Needed: - Definition of after-school hours: Midnight to 30 minutes after school - Times the vending machines are set Obstacles: - Oversight by varying entities - Lack of specific labor to monitor for compliance

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 nutrition services and health education components at the elementary and middle school levels. [See EHAA]

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

GOAL: The District shall deliver nutrition education that fosters adopting and maintaining healthy eating behaviors.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
- At the elementary level, K-5th-grade students will receive nutrition education through classroom teachers, PE, and athletics. - At the secondary level, health education classes will include a lesson on healthy eating behaviors.	Baseline or benchmark data points: - Lesson plans - Number of students enrolled in health classes Resources Needed: - Written lesson plans - Units of study Obstacles: - Students might not be present for all educational lessons

GOAL: The district shall make nutrition education a District-wide priority and integrate it into other areas of the curriculum, as appropriate.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Identify appropriate events at which nutrition education could be promoted.	Baseline or benchmark data points: - Number of events during the school year at which nutrition education was either communicated or distributed Resources Needed: - Smart snacks guidelines on nutrition and health services websites Obstacles: - DEIC may not be aware of all District-sponsored events

Objective 2:	
Action Steps	Methods for Measuring Implementation
Students will be encouraged to keep hydrated throughout the school day. This can be accomplished at the teacher's discretion by frequent trips to the water fountain or the use of personally owned water bottles.	Baseline or benchmark data points: - Notification from school nutrition that water is available during meal times, and students are informed of the water bottle policy Resources Needed: - Signs/education where water bottles are not permitted Obstacles: - Students may not have access to water containers

GOAL: The District shall maintain the existing school garden at Linda Tutt High School.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Support the initiative by eliciting help from master gardeners from the Denton County area.	Baseline or benchmark data points: - DEIC could request a summary from Linda Tutt High School Resources Needed: - Computer - DEIC member is to request information from campus - Personnel to manage information Obstacles: - No interest in participating

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:

*Required weekly Physical Education classes

*Fitnessgram

*Athletic opportunities (optional)

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: 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.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Each campus will allow opportunities for participation in voluntary physical activities during the school day, such as recess, breaks, and friendly competition.	Baseline or benchmark data points: - Number of voluntary physical activities currently available on each campus Resources Needed: - staff to monitor activities - Parent/community volunteers to create/monitor activities Obstacles: - Limited facilities - Limited staff to monitor

GOAL: The district shall provide appropriate staff development and encourage teachers to integrate physical activity into their academic curriculum when appropriate.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Teachers will incorporate physical activity into the classrooms by using brain breaks, which is a pause in instruction followed by movement or stretching by the students.	Baseline or benchmark data points: - Surveys Resources Needed: - NA Obstacles: - Time Constraints

Objective 2:	
Action Steps	Methods for Measuring Implementation
Time will be allowed throughout the school year for training on the importance of physical activity.	Baseline or benchmark data points: - Percentage of teachers who report integrating physical activity lessons compared to the previous school year Resources Needed: - Creation and dissemination of survey to district teachers - Time for training during in-service days Obstacles: - Validity of self-reports - Limited staff-development time

GOAL: 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 provide facilities for youth sports organizations to practice and compete.	Baseline or benchmark data points: - Surveys Resources Needed: - Creation and dissemination of survey to community organizations Obstacles: - Validity of self-reports
Objective 2:	
Action Steps	Methods for Measuring Implementation
Middle school and high school will offer interscholastic sports programs.	Baseline or benchmark data points: - The number of different programs offered at the schools Resources Needed: - Survey Obstacles: - Time constraints

GOAL: 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 provide fun runs, field days, and festivals throughout the year to encourage physical activity and family involvement.	Baseline or benchmark data points: - Self-reports by campus administration about the events Resources Needed: - Flyers to promote events Obstacles: - Lack of participation due to time and other obligations
Objective 2:	
- The District will encourage parents to be involved at the campus level by: - participating in PTO-sponsored events - encouraging parents to volunteer on their child's campus as their schedule allows - educating parents about opportunities on campus and outside of school where their children can be physically active	Baseline or benchmark data points: - Records from campuses and the number of participants Resources Needed: - Someone to track postings regarding opportunities for parents to volunteer on campus Obstacles: - Lack of participation due to time constraints from parents' jobs

GOAL: The District shall make appropriate training and other activities available to District employees to promote enjoyable, lifelong physical activity.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
The district will provide employees with information regarding health assessment opportunities within the district in which they can participate, such as weight loss challenges.	Baseline or benchmark data points: - Documentation of website postings Resources Needed: - Internet, Computer Obstacles: - Lack of participation due to time and other obligations

GOAL: The District shall encourage students, parents, staff, and the community to use the District’s recreational facilities, such as tracks and playgrounds, available outside of the school day.

Objective 1:

Action Steps	Methods for Measuring Implementation
The District will inform the community of the available facilities outside of the school day through appropriate signage and social media.	Baseline or benchmark data points: - Documentation verifying that signage is used Resources Needed: - A list of the types and locations of facilities that are available for use in the district Obstacles: - Recording how many people use the facilities

SCHOOL-BASED ACTIVITIES

Federal law requires that the District establish goals for other school-based activities in this 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 healthy eating and physical activity and to promote and express a consistent wellness message.

GOAL: The District shall allow sufficient time for students to eat meals in clean, safe, and comfortable cafeteria facilities.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Conduct a time study for breakfast at the high school, middle school, and all three elementary schools.	Baseline or benchmark data points: 100% of students have at least 10 minutes to eat Resources Needed: - Labor Obstacles: - None

GOAL: The District shall promote employee wellness activities and involvement in suitable District and campus activities.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
The District will encourage employees to take advantage of wellness activities like wellness testing with blood work assessments.	Baseline or benchmark data points: - Level of participation Resources Needed: - Advertisement - Person to coordinate the event - Organization to perform lab draws and send results to employees Obstacles: - Lack of employee participation - Lack of knowledge regarding benefits
Objective 2:	
The District will encourage employees to participate in the Flu shot clinics provided by the District.	Baseline or benchmark data points: Level of participation Resources Needed:

	• Advertisement • Person to coordinate the event • Organization to conduct the Flu shot clinic and provide the vaccine Obstacles: • Lack of employee participation • Lack of knowledge regarding benefits
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GOAL: The District shall promote wellness for students and their families through suitable District and campus activities.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
• The District will encourage parents and families to participate in district/campus activities such as fun runs, field day events, and festivals.	Baseline or benchmark data points: • Number of parents/families participating Resources Needed: • Flyers to promote events and committees to coordinate events Obstacles: • Parents do not see the advertisements • Lack of participation due to time and other obligations
Objective 2:	
• Schools will send home flyers with information regarding community events and activities promoting good health and active lifestyles.	Baseline or benchmark data points: • Individual reports of participation Resources Needed: • Flyers to promote events Obstacles: • Parents do not read flyers

