

Willis ISD

Child Nutrition Department

District Wellness Plan (Implementation Guide)

Aligned to Board Policy FFA (LOCAL) – Wellness and Health Services

I. Purpose

This Wellness Plan serves as the **implementation document** for Willis ISD’s board-approved Local Wellness Policy (FFA LOCAL). It defines the **specific strategies, responsible parties, timelines, benchmarks, and evaluation methods** used to promote student health, nutrition education, and physical activity across all campuses.

Oversight: Assistant Superintendent of Human and Student Resources
Lead Department: Child Nutrition Department

II. Nutrition Promotion

Goal 1: Promote participation in Child Nutrition Programs

(NSLP, SBP, and other supplemental programs)

Implementation Strategies

- Promote school meals through:
 - Monthly menus posted on district website and social media
 - Campus signage promoting reimbursable meals
 - Student taste tests and promotional events (e.g., Farm Fresh Challenge, National School Breakfast Week)
- Ensure compliant competitive foods are monitored and approved.
- Provide point-of-sale signage identifying reimbursable meal components.
- Conduct student engagement activities to increase meal participation.

Responsible Parties

- Director of Child Nutrition
- Campus Child Nutrition Managers
- School Principals
- Communications Department

Benchmarks

- Increase or maintain student participation rates annually.
- 100% compliance with Smart Snacks standards for competitive foods.
- Minimum of 2 nutrition promotion events per campus annually.

Timeline

- Ongoing, reviewed quarterly.

Evaluation Metrics

- Participation data reports (monthly and annual).
- Competitive food compliance documentation.
- Event tracking logs.

Goal 2: Consistent Healthy Nutrition Messaging

Implementation Strategies

- Display MyPlate and healthy choice signage in cafeterias.
- Promote fruits, vegetables, and local foods through marketing campaigns.
- Train staff annually on positive nutrition messaging.
- Ensure food and beverage advertisements on District property meet federal guidelines.

Responsible Parties

- Child Nutrition Department
- SHAC (School Health Advisory Committee)
- Campus Administrators

Benchmarks

- 100% of campuses display approved nutrition signage.
- Annual staff training completion rate of 100%.
- Annual review of advertising compliance.

Timeline

- Staff training: Beginning of each school year
- Signage audits: Fall and Spring

Evaluation Metrics

- Campus walkthrough documentation
 - Staff sign-in sheets
 - Advertising compliance checklist
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Goal 3: Share Nutrition Information with Families

Implementation Strategies

- Post wellness information on district website.
- Share nutrition education through newsletters and social media.
- Host family engagement events promoting healthy eating.

Responsible Parties

- Child Nutrition Department
- Communications Department
- Campus Administrators

Benchmarks

- Minimum quarterly nutrition communication to families.
- At least one family-focused wellness event per year.

Evaluation Metrics

- Website updates documentation
 - Social media analytics
 - Event participation records
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III. Nutrition Education

Goal 1: Deliver Nutrition Education that Supports Healthy Behaviors

Implementation Strategies

- Integrate nutrition education into science and health curriculum.
- Support classroom lessons with cafeteria connections (Harvest of the Month, Farm Fresh promotions).
- Provide nutrition education materials aligned with TEKS.

Responsible Parties

- Curriculum & Instruction Department
- Child Nutrition Department
- Teachers

Benchmarks

- Nutrition education integrated at all grade levels.
- Minimum of 3 cafeteria-classroom connection activities annually.

Timeline

- Reviewed annually during curriculum planning.

Evaluation Metrics

- Curriculum documentation
 - Teacher lesson plans
 - Event tracking forms
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IV. Physical Activity

Goal 1: Provide Safe and Developmentally Appropriate Fitness Opportunities

Implementation Strategies

- Meet or exceed required PE minutes per grade level.
- Provide structured recess for elementary students.
- Offer inclusive activities for non-athletic students.

Responsible Parties

- PE Teachers
- Campus Principals
- Athletic Department

Benchmarks

- 100% compliance with state PE requirements.
- Structured recess provided daily at elementary campuses.

Evaluation Metrics

- PE schedules
 - Master schedules
 - Campus observation reports
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Goal 2: Before and After School Physical Activity

Implementation Strategies

- Offer extracurricular athletics and activity clubs.
- Encourage participation in community-based sports.
- Promote use of district facilities outside school hours (per GKD policy).

Responsible Parties

- Campus Administration
- Athletic Department
- Community Relations

Benchmarks

- Each campus offers at least one extracurricular physical activity opportunity.

Evaluation Metrics

- Participation rosters
 - Facility usage logs
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Goal 3: Promote Employee Wellness

Implementation Strategies

- Offer employee wellness challenges.
- Provide professional development focused on physical activity and stress management.
- Encourage participation in district wellness initiatives.

Responsible Parties

- Human Resources
- SHAC
- Campus Administrators

Benchmarks

- Minimum of 2 district-wide wellness initiatives annually.

Evaluation Metrics

- Participation records
 - Employee feedback surveys
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V. Wellness Environment

Goal 1: Provide Adequate Time and Clean Eating Spaces

Implementation Strategies

- Schedule sufficient lunch periods.
- Ensure cafeterias are clean, safe, and comfortable.
- Monitor meal service efficiency.

Responsible Parties

- Campus Principals
- Child Nutrition Managers
- Custodial Services

Benchmarks

- Students receive at least 20 minutes seated eating time after receiving meal.
- Annual cafeteria inspection documentation.

Evaluation Metrics

- Campus schedules
 - Service time audits
 - Inspection reports
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VI. Documentation & Recordkeeping

The District shall retain:

- Wellness Policy
- Wellness Plan
- Annual public notification documentation
- Triennial Assessment
- Competitive food compliance documentation
- SHAC meeting minutes

Records maintained by:

- Assistant Superintendent
- Director of Child Nutrition

Retention follows state and federal requirements.

VII. Public Notification

The District will:

- Post the Wellness Policy, Wellness Plan, and Triennial Assessment on the district website annually.
- Provide annual notification to families of policy content and updates.

Responsible Party: Communications Department

VIII. Triennial Assessment

Conducted at least every three years and includes:

- Compliance with the Wellness Policy
- Comparison to model wellness policies
- Progress toward established goals

Assessment Team:

- Assistant Superintendent
- Director of Child Nutrition
- SHAC Members
- Campus Representatives

Findings will be reported to the Board and posted publicly.

IX. Plan Review & Continuous Improvement

The Wellness Plan shall be reviewed annually by:

- Assistant Superintendent
- Child Nutrition Director
- SHAC

Revisions will be recommended based on:

- Participation data
 - Compliance findings
 - Stakeholder feedback
 - Triennial Assessment outcomes
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Conclusion

This Wellness Plan ensures Willis ISD's Local Wellness Policy is actively implemented, measured, and continuously improved. The Child Nutrition Department serves as the operational lead in ensuring compliance with federal, state, and local standards while promoting lifelong healthy habits for students, families, and staff.