



# Fredericksburg ISD

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

1. Posting on the District's website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.
2. Posting on the District's website the contact information of the person(s) responsible for the oversight of the District’s wellness policy and plan.
3. Completing stakeholder surveys annually

## 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 or the Superintendent’s designee 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.

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## 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. Locally developed criteria
2. Other as deemed appropriate

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: The District will involve district personnel to promote healthy nutrition messages.

Action Steps:

- Produce information for staff, parents, and students that provides healthy school nutrition messages to promote healthy nutrition.
- Disseminate information to all electronically and post select items on the FISD website.
- Review menu offerings annually.
- Post menus in student-friendly and age-appropriate language; use picture symbols when appropriate.
- Seek opportunities to promote healthy nutritional choices using social media platforms.

School and Community Stakeholders:

- SHAC
- Campus and District Leadership
- Teachers/Instructional Staff
- Child Nutrition and Cafeteria Managers

Resources Needed:

- Campus Menus
- Signage
- Surveys

Measures of Success:

All FISS campuses will promote healthy nutrition choices by having documented evidence of messaging through postings and campus communication.

Objective 2: The District will maintain participation in federal child nutrition programs throughout the school year.

Action Steps:

- Provide Free and Reduced Application online access to all students in the district in the first week of school to encourage participation.
- Provide in person assistance to those who ask or require it.

School and Community Stakeholders:

- SHAC
- Campus and District Leadership
- Teachers/Instructional Staff
- Child Nutrition and Cafeteria Managers
- Communications Department

Resources Needed:

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Measures of Success:

FISS's Child Nutrition department will have documented evidence of enrollment in the federal child nutrition programs.

**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: The District may inform families in the community regarding supplemental food and nutrition programs.

Action Steps:

- Update and share information regarding food access programs available in the community (food pantry, Food 4 Kids, The Needs Council, summer meal programs).

School and Community Stakeholders:

- SHAC
- Campus and District Leadership
- Teachers/Instructional Staff
- Child Nutrition and Cafeteria Managers
- Communications Department

Resources Needed:

- Online Communication Platforms
- Community Resources
- Newsletters

Measures of Success:

FISD will have documented evidence of the dissemination of supplemental food and nutrition programs.

Objective 2: Provide the monthly breakfast and lunch menus.

Action Steps:

- Ensure process is in place for menus to be distributed or mounted in classrooms
- Post menus on district website

School and Community Stakeholders:

- Campus and District Leadership
- Teachers/Instructional Staff
- Child Nutrition and Cafeteria Managers
- Communications Department

Resources Needed:

- Access to district website
- Print/copy materials provided at each campus

Measures of Success:

FISD will have documented evidence of menus posted to the district website.

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## 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: All 8<sup>th</sup> grade students in the middle school will complete one-half credit of health education as an elective.

Action Steps:

- The District has determined that health education is a required course in the development of a middle school student schedule
- The master schedule will incorporate health education as an elective course

School and Community Stakeholders:

- Campus and District Leadership
- Teachers/Instructional Staff

Resources Needed:

- Curriculum/TEKS
- Instructional Staff/Certified Teachers
- Curriculum and Instruction Department

Measures of Success:

At the end of eighth grade, student transcripts will reflect one-half credit (0.5) of health education.

Objective 2: All students in grades K – 8 will be enrolled in physical education or athletic courses where nutrition education is provided.

Action Steps:

- The District has determined that physical education is a required course in the development of elementary and middle school students.

School and Community Stakeholders:

- Campus and District Leadership
- Teachers/Instructional Staff

Resources Needed:

- Curriculum/TEKS
- Instructional Staff/Certified Teachers
- Curriculum and Instruction Department

Measures of Success:

Student transcripts and report cards will reflect credits/grades earned in physical education or athletic courses.

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: District staff will integrate nutrition education information when appropriate.

#### Action Steps:

- Identify appropriate events at which nutrition education could be promoted.
- Events may include Nutrition Week for primary school students. Balanced Food and Play for elementary school students. SPARK for K-5 students
- At Fredericksburg Middle School, students are taught how to grow and maintain a vegetable and plant garden in the Gardening/Landscaping & Outdoor World classes.
- Elementary (2<sup>nd</sup>-5<sup>th</sup>) students will have the opportunity to participate in the Garden Club
- Incorporate information on healthy food choices into physical education and athletic courses when appropriate
- Seek opportunities to integrate nutrition education into science classes when appropriate
- Use read aloud stories in elementary grades to teach healthy eating habits and nutrition when appropriate

#### School and Community Stakeholders:

- SHAC
- Campus and District Leadership
- Teachers/Instructional Staff
- Child Nutrition and Cafeteria Managers
- Communications Department

#### Resources Needed:

- TEKS
- Instructional Materials
- Picture books and texts

#### Measures of Success:

FISD campuses will have documented evidence that nutrition education was taught in a minimum of one course/educational setting.

Objective 2: All students will have access to drinking water during the school day.

#### Action Steps:

- Encourage students to carry personally owned water bottles at all times.
- Refillable water bottle stations at all campuses.
- Provide access to water in cafeterias and in hallways.

School and Community Stakeholders:

- SHAC
- Campus and District Leadership
- Teachers/Instructional Staff
- Child Nutrition and Cafeteria Managers
- Maintenance and Operations Department
- Communications Department

Resources Needed:

- Water fountains
- Refillable water stations

Measures of Success:

Using an end-of-year survey, 90% of students will report they had access to drinking water throughout the school day.

**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: Campus administrators in conjunction with their staff determine appropriate professional development for employees responsible for nutrition education.

Action Steps:

- Determine staff involved in the nutrition education program and the appropriate professional development necessary.
- Child nutrition will provide nutrition related training sessions such as meal prep, complete meal planning, nutrition guidelines, etc.
- Child nutrition department will update campus administration on training opportunities for instructional staff.
- Instructional staff will participate in learning opportunities to increase awareness of nutritional guidelines when appropriate.

School and Community Stakeholders:

- SHAC
- Campus and District Leadership
- Teachers/Instructional Staff
- Child Nutrition and Cafeteria Managers

#### Resources Needed:

- TEKS
- Nutrition Guidelines
- Budget for professional development/training

#### Measures of Success:

All employees assigned to teach the nutrition education program or serving in Child Nutrition will have learning opportunities. Documentation of participation and attendance will be provided when appropriate.

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## 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:

Fredericksburg ISD 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]

### 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: Provide crossing guards at schools where students are encouraged to safely walk or bike to school.

#### Action Steps:

- In conjunction with school administrators, evaluate if additional crossing guards are needed.
- Create schedules to ensure crosswalks are monitored by adults

#### School and Community Stakeholders:

- SHAC
- Campus and District Leadership
- Instructional Staff
- School Resource Officers
- Security Guards
- Volunteers

Resources Needed:

- Personnel
- Campus Schedules
- Reflective Attire
- Stop/Go Signs
- Safety Signs

Measures of Success:

There will be evidence of crossing guards at campuses.

Objective 2: FISD campuses will utilize physical education curriculum and instructional strategies that focus on empowering students to enjoy physical activity and to make healthy choices a part of daily life.

Action Steps:

- Review instructional resources to identify appropriate materials and equipment on campuses.
- Ensure a variety of sports and activities are included in the physical education program.
- Provide learning and collaboration across the physical education departments to ensure PE teachers understand the curriculum, have a variety of strategies, and incorporate best practices into their physical education classrooms.

School and Community Stakeholders:

- SHAC
- Campus and District Leadership
- Instructional Staff
- Curriculum and Instruction Department
- Athletics Department

Resources Needed:

- TEKS
- Curriculum Documents
- Sample Lesson Plans

Measures of Success:

When observed, all FISD physical education classes will demonstrate the utilization of curriculum and instructional strategies that encourage physical activity and healthy choices.

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

Objective 1: Provide appropriate information to staff regarding the benefits of physical activity breaks for students.

Action Steps:

- Gather information to provide to campus administrators and all staff.
- Go Noodle is used at FPS, SES, and FES to give students physical activity breaks during classes.
- Collaborate during professional learning communities (PLC) in order to share strategies for increased physical activity

School and Community Stakeholders:

- SHAC
- Campus and District Leadership
- Instructional Staff
- Curriculum and Instruction Department
- Athletics Department

Resources Needed:

- Go Noodle technology or similar
- Master schedule that incorporates PLC time

Measures of Success:

When observed, FSD classes will demonstrate the use of movement and physical activity strategies within a variety of content areas.

**GOAL 3: The District shall make appropriate physical activity programs available and shall encourage students to participate.**

Objective 1: The District will implement a before and after school physical activity program each year.

Action Steps:

- Identify campuses currently offering programs such as:
  - Walking Wednesday and other various programs at FPS
  - Morning walk at SES
  - Various extracurricular activities at FMS and FHS

School and Community Stakeholders:

- SHAC

- Campus and District Leadership
- Instructional Staff
- Curriculum and Instruction Department
- Athletics Department

Resources Needed:

- Personnel

Measures of Success:

Each year, FISD will offer opportunities for students to engage in physical activity before and/or after school when appropriate.

**GOAL 4: The District shall make appropriate training and other activities available to District employees to promote enjoyable, lifelong physical activity for District employees and students.**

Objective 1: The District offers health insurance which provides fully paid annual physicals, various health tests, and on-line health assessments.

Action Steps:

- Inform employees of available health screenings and wellness opportunities.

School and Community Stakeholders:

- SHAC
- Campus and District Leadership
- Instructional Staff
- Human Resources Department

Resources Needed:

- Employee Benefits

Measures of Success:

Each year, FISD employees will have the option to review and enroll in employee benefits that best suit their individual needs.

Objective 2: FISD employees will have the opportunity to participate in training or physical activities that promote a healthy lifestyle.

Action Steps:

- Create a resource list of community classes for fitness and wellness and promote through social media and email.
- Seek opportunities to engage in wellness activities around the district.

- Maintain partnership with the Wellness Center for discounted membership for FISD employees.
- Consider coordinating wellness groups to create campus-based activities.

School and Community Stakeholders:

- SHAC
- Campus and District Leadership
- Instructional Staff
- Curriculum and Instruction Department
- Athletics Department

Resources Needed:

- Community resources

Measures of Success:

Each year, FISD will offer opportunities for employees to learn about or participate in physical activity to promote a healthy lifestyle.

**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: At least one campus will offer daily, weekly, or annual events that involve physical activity which include both parents and students.

Action Steps:

- Gather information from campus administrators and identify events such as Walking Wednesdays at Fredericksburg Primary School, before school walking at Stonewall Elementary School, and the student/parent marching band night at Fredericksburg High School.
- Seek opportunities for campuses to host events such as walk-a-thons, fun runs, bike rodeos, etc.
- Create a brochure or flyer to share with families about being a positive, supportive role model during sporting events and activities.
- Engage families in sharing ideas and resources to promote fitness.

School and Community Stakeholders:

- SHAC
- Campus and District Leadership
- Athletics Department
- Community Organizations

Resources Needed:

- Activities Calendar

Measures of Success:

Each FISD campus will host at least one event to engage families and/or students in physical activity and to encourage parents to participate as positive role models.

**GOAL 6: The District, through Community Education, shall encourage students, parents, staff, and community members to reserve the District’s recreational facilities, such as tracks, playgrounds, and the like, that are available outside the school day.**

Objective 1: Inform the community of the facilities that are available for use outside of the school day.

Action Steps:

- Develop and share information regarding availability of District facilities for recreational use to include all school playgrounds, all school tracks, outside basketball venues, tennis courts, soccer fields, and other outside areas.

School and Community Stakeholders:

- SHAC
- Campus and District Leadership
- Athletics Department
- Community Organizations

Resources Needed:

- District Facilities Use Agreement
- District Facilities Calendar

Measures of Success:

FISD will inform the community of the facilities available for use.

Objective 2: The District’s Community Education Department will publish a flyer throughout the year listing various classes and opportunities involving physical activities available.

Action Steps:

- Create and disseminate to the community a brochure outlining various wellness and physical classes.

School and Community Stakeholders:

- SHAC
- Campus and District Leadership
- Athletics Department

- Community Education Department
- Communications Department
- Community Organizations

Resources Needed:

- District Events Calendar
- District Facilities Calendar and Reservation Tool

Measures of Success:

FISD will have evidence published flyers promoting classes and opportunities involving physical activities available.

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## 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 healthy 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: All campuses will build their master schedules that allow a minimum of 30 minutes for lunch. Breakfast will be provided before the morning bell.

Action Steps:

- Work with campus administrators to ensure timeframes meet this objective.
- Custodians are provided to clean the dining areas and school nutrition employees clean the kitchen facilities.
- Review food distribution procedures to maximize efficiency.
- Promote a transition period where tables and chairs can be cleaned and disinfected.
- Consider table arrangements that maximize space and comfort.
- When appropriate, allow students the choice to eat outdoors.

School and Community Stakeholders:

- SHAC
- Campus and District Leadership
- Child Nutrition

Resources Needed:

- Master schedule for all campuses

Measures of Success:

On end-of-year surveys, a minimum of 90% of students will report that they have a 30-minute lunch period and time to eat in a clean, safe, and comfortable environment.

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

Objective 1: The District will provide funding for Smart Snack compliance during the first administration of the state mandated assessments as well as the Bilingual Summer School program.

Action Steps:

- Provide a list of snacks and funding amounts to each campus administrator and the Director of Special Programs so they can order the compliant snacks for testing and the summer program.
- The District provides afternoon snacks to the students in the pre-K Head Start program and the Primary School.

School and Community Stakeholders:

- SHAC
- Campus and District Leadership
- Child Nutrition Department
- Instructional Staff

Resources Needed:

- Nutrition Guidelines
- Smart Snacking Guidelines
- STAAR Testing Calendar

Measures of Success:

FISD students will report they were offered a healthy snack option during the administration of the STAAR test as well as during the Bilingual Summer School program.

Objective 2: Campus and classroom celebrations are allowed but are encouraged to be held after designated lunchtimes.

Action Steps:

- Campus administrators should be cognizant of such celebrations and encourage afternoon celebrations so that students have already consumed a healthy meal.

School and Community Stakeholders:

- SHAC
- Campus and District Leadership
- Instructional Staff

Resources Needed:

Campus Celebration and Events Calendar

Measures of Success:

Campus administration will ensure that campus celebrations are scheduled after designated lunch times.

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

Objective 1: FISD will share resources and information with employees that promote wellness.

Action Steps:

- Provide contact information for the Employee Assistance Program.
- Encourage employees to strive for work-life balance.
- Provide employees with discounted membership to the Wellness Center

School and Community Stakeholders:

- SHAC
- Campus and District Leadership
- Communications Department
- Child Nutrition Department
- Humans Resources

Resources Needed:

- Nutrition Guidelines
- Smart Snacking Guidelines

Measures of Success:

Using an annual staff survey, at least 90% of all surveyed employees will report that they have received information or participated in activities that promote wellness.

## 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. 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(LEGAL)]

### 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:

Elementary school: Parents may send a birthday treat for their child's class with prior approval from the teacher (all food must be store bought).

School Events: Students may be given FMNV (Food of Minimum Nutritional Value), candy items or other restricted foods during the school day for up to three different events each school year to be determined by the campus. The exempted events must be approved by a school official.

### 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:

3. A copy of the wellness policy [see FFA(LOCAL)];
4. A copy of this wellness plan, with dated revisions;
5. Notice of any Board-adopted revisions to FFA(LOCAL);
6. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
7. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
8. The SHAC's triennial assessment; and
9. 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 Assistant Superintendent of Business and Finance, 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.*