

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 the SHAC meetings at which the Wellness Plan and policy are to be discussed.
2. Listing in the student handbook the name and position of the person responsible for oversight of the District’s Wellness Plan along with an invitation to contact said person if the reader is interested in participating in the development, implementation, and evaluation of the Wellness Plan.

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 director of health services is the District official responsible for overall implementation of FFA(LOCAL), including the development of this Wellness Plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

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.

- **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.
- **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.
- **GOAL 3:** The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property, only contain products that meet the federal guidelines for competitive foods.

Implementing Goals for Nutrition Promotion

Objective 1: Increase student participation in the child nutrition School Breakfast Program by one percent, relative to total student enrollment, annually.

- **Action Steps:**
 - Conduct student taste-testing events to introduce new or existing breakfast items at least twice per school year (fall and spring).
 - Implement monthly nutrition promotions highlighting breakfast items via district-wide communication.
- **Responsible Parties:** Child Nutrition Services, Campus Administration
- **Measures of Success:** Compare breakfast participation rates at the end of the first full week of school, the first full week of December, and the first full week of May each year.

Objective 2: Increase participation in the child nutrition School Lunch Program by one percent, relative to total student enrollment, annually.

- **Action Steps:**

- Conduct student taste-testing events at least twice per school year.
- Implement monthly nutrition promotions highlighting breakfast items via district-wide communication.

- **Responsible Parties:** Child Nutrition Services, Campus Administration

- **Measures of Success:** Compare lunch participation rates at the end of the first full week of school, the first full week of December, and the first full week of May each year.

Objective 3: Implement at least three (3) nutrition promotion activities per school year.

- **Action Steps:** Promote activities such as health snack challenges, encourage colorful plates with various fruit and vegetable offerings through nutrition education, heart health month, no soda month challenge.

- Conduct student taste-testing events to introduce new or existing breakfast items at least twice per school year (fall and spring).
- Implement monthly nutrition promotions highlighting breakfast items via district-wide communication.

- **Responsible Parties:** Child Nutrition Services, Campus Administration, and school nurses

- **Measures of Success:** Number of campuses participating; Number of campaigns completed.

Goals for Nutrition Education

Federal law requires that the District establish goals for nutrition education. State law also requires a coordinated health program for elementary and middle school levels. [See *EHAA*]

- **GOAL 1:** The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

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

Implementing Goals for Nutrition Education

Objective 1: The District will deliver education that fosters healthy eating behaviors.

- **Action Steps:** Teachers will use lessons embedded in the science curriculum. The curriculum writing team will update lessons upon feedback from teachers. The Curriculum and Instruction department will provide professional development each August.
- **Measures of Success:** Feedback from curriculum writing team; Attendance numbers for August professional development.

Objective 2: Display nutrition education signage on serving lines/cafeteria at all campuses at least once per semester.

- **Action Steps:** Create/select signage; Display signage at all campuses; Update signage at least once per semester.
- **Responsible Parties:** Child Nutrition Services, Campus Administration
- **Measures of Success:** Documentation of display; Verification of updates; Identification of the semester's nutrition theme.

Objective 3: Implement at least two (2) nutrition education or promotion activities annually at the elementary, middle, and high school level.

- **Action Steps:** Implement activities such as fruit/vegetable highlights, Heart Health Month, student food pop-ups, or high school wellness challenges.
- **Responsible Parties:** Child Nutrition Services, Campus Administration
- **Measures of Success:** Number of activities completed; Participation; Feedback.

Goals for Physical Activity

Federal law requires established goals for physical activity. The District will offer at least the required amount of physical activity for all grades [see *BDF, EHAA, EHAB, and EHAC*].

- **GOAL 1:** Provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those not in PE or competitive sports.
- **GOAL 2:** Encourage parents to support their children's participation and be active role models.
- **GOAL 3:** Physical Education classes shall regularly emphasize moderate to vigorous physical activity.

Implementing Goals for Physical Activity

Objective 1: The District's coordinated health program will offer at least the required amount of physical activity for all grades.

- **Action Steps:**
 - **Elementary/Intermediate:** 135 minutes of PE per week.
 - **Middle School:** 30 minutes a day for grades 6, 7, and 8.
 - **High School:** At least 2 semesters of PE.
 - **Note:** If an elementary campus exceeds 800 students, they will request a waiver from District leadership if required minutes cannot be met.
- **Responsible Parties:** PE Teachers, Campus Administration
- **Measures of Success:** Annual measurement of physical activity for all levels.

Objective 2: Encourage parents to include physical activity in family events.

- **Action Steps:** Provide opportunities such as Running/Walking Clubs and Family Fun Nights.
- **Responsible Parties:** Campus Administration, Teachers
- **Measures of Success:** Number of events; Number of participants; Feedback.

Objective 3: Encourage schools to have physically active fundraisers with parent involvement.

- **Action Steps:** Implement fundraisers like Fun Runs, Booster Thon, and APEX.
 - **Responsible Parties:** Campus Administration, PE Teachers
 - **Measures of Success:** Number of events; Number of participants; Feedback.
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Goals for Other School-Based Activities

- **GOAL 1:** The District shall promote wellness for students and their families at suitable District and campus activities.
- **GOAL 2:** The District shall promote employee wellness activities and involvement.

Implementing Goals for Other School-Based Activities

Objective 1: Promote wellness for students, families, and employees at suitable activities.

- **Action Steps:** Host events like Health Expos, Back to School Bash, and Snacking Challenges.
- **Responsible Parties:** District and Campus Administration
- **Measures of Success:** Number of events; Number of participants; Feedback.

Objective 2: Host at least one public mental health event per school year addressing community concerns.

- **Action Steps:** Host events such as Suicide Awareness or Drug Awareness.
 - **Responsible Parties:** District and Campus Administration
 - **Measures of Success:** Number of events; Number of participants; Feedback.
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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 will not allow exempt fundraisers. All fundraisers will include nonfood items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

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)]

Each campus will provide the Child Nutrition Department the planned calendar days that will be considered exempted from the Smart Snack rules.

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:

Only store bought food items with ingredients label can be provided without principal approval. Although Keller ISD allows treats to be brought to school according to established guidelines in grades PK-4 only, parents are encouraged to avoid food if possible, due to the high number of students with food allergies or health conditions.

In addition, the District’s local wellness guidelines on any food and beverages given away, or made available at no cost, to students during the school day are encouraged to meet the Smart Snacks standards, with the exception of celebrations.

Campus celebrations in grades PK - 6 will be limited to:

- **Allowance of three days of school-wide celebrations**
- **Two of the three days may be used for campus parties hosted by the PTA or Boosters**
- **The third day may be used at the discretion of the principal based on campus events and/or traditions**

Campus celebrations for grades 7-12 are encouraged to use their exemption days in a manner that recognizes students and/or encourages school spirit.

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

The Wellness Plan will be discussed at each regularly scheduled SHAC meeting during the school year. 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:

STUDENT WELFARE: WELLNESS PLAN

FFA(R1)

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 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 Director of Health Services or the District's designated records management officer. [See *CPC(LOCAL)*]