

## Wink-Loving ISD Wellness Plan

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES 2022-2023  
Updated 01/12/2023

FFA  
(REGULATION)

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| WELLNESS PLAN                     | <p>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]</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| STRATEGIES TO SOLICIT INVOLVEMENT | <p>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 local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following persons to work with the SHAC 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 SHAC will solicit involvement and input of these other interested persons by:</p> <ol style="list-style-type: none"><li>1. The use of electronic mechanisms such as email or displaying notices on the district’s website</li><li>2. The use of non-electronic mechanisms such as newsletters, presentation to parents, or sending information home to parents to ensure that all families are actively notified of the content , implementation of, and updates to the wellness policy</li></ol> |
| IMPLEMENTATION                    | <p>Each campus principal is responsible for the implementation of FFA (LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.</p> <p>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.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| EVALUATION                        | <p>In accordance with law, the District will periodically measure and make available to the public 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 designated model wellness policies. Absent federal regulations to the contrary, the District commits to the evaluation activities described below.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

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At least annually, the SHAC will prepare a report on the wellness policy and this plan by gathering information from each principal and appropriate District administrators. The SHAC will assess the District's and each campus's progress toward meeting the goals of the policy and plan by reviewing District- and campus-level activities and events tied to the wellness program.

The SHAC may use any of the following tools for that analysis:

- The written wellness policy
- Documentation demonstrating compliance with community involvement requirements
- Documentation of annual policy progress reports for each school under its jurisdiction, as well as, assessments

### PUBLIC NOTIFICATION

To comply with the legal requirement to 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 [FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's annual report on the District's wellness policy and plan; 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 Superintendent, the District's designated records management officer.

### GUIDELINES AND GOALS

The following provisions describe the District's nutrition guidelines and 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 United States Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast

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Program (SBP). Federal law requires that the District establish nutrition guidelines for foods made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, 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 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>

### 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)]

The District will not allow exempted fundraisers; all fundraisers will include non-food items, foods that meet the Smart Snacks standards or foods that are not intended to be consumed at school.

### FOODS MADE AVAILABLE

There are currently no federal requirements for foods or beverages made available to students during the school day. 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)]

### 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 the regular school meals, reviewing items sold as part of approved District fundraisers, and monitoring

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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 offered by the District.

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

**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                                                                                                                                                                                                                                                          |
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| Students and staff will receive consistent nutrition messages throughout school, classrooms, gymnasiums, and cafeteria.<br><br>Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students. | <ul style="list-style-type: none"><li>• Evidence-based techniques and nutrition messages</li><li>• Use of nutrition posters and materials throughout school, classrooms, gymnasium, and cafeteria.</li><li>• Percent of students eating nutritious foods and beverages on campuses.</li></ul> |

#### Objective 2:

| Action Steps                                                                                 | Methods for Measuring Implementation                                                                                                                                                                                             |
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| Promoting foods and beverages that meet the USDA Smart Snacks in school nutrition standards. | <ul style="list-style-type: none"><li>• The number of Smart Snacks provided throughout the campuses and cafeteria.</li><li>• The number of programs that emphasize the USDA Smart Snacks in school nutrition standards</li></ul> |

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**GOAL:** 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:**

| Action Steps                                                                                                                   | Methods for Measuring Implementation                                                                                                                                                                                                                                                                        |
|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| The District will inform parents of the improvements that have been to school meals and compliance with school meal standards. | <ul style="list-style-type: none"><li>• Use of electronic and non-electronic measures to display the improvements and compliance standards and the numbers who use or request the information.</li><li>• District, parent and student annual surveys used for district needs assessment purposes.</li></ul> |

**Objective 2:**

| Action Steps                                                                                                                                                                                      | Methods for Measuring Implementation                                                                                                                                                                                   |
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| Participation in the federal and state child nutrition programs will be promoted among students and families to ensure that families know what programs are available in their children's school. | <ul style="list-style-type: none"><li>• Number of child nutritional programs promoted throughout the school year.</li><li>• Number of local and regional products incorporated into the school meal program.</li></ul> |

**GOAL:** The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.

**Objective 1:**

| Action Steps                                                                                                                                                                         | Methods for Measuring Implementation                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Implementing evidence-based healthy food promotion techniques through the school meal program and foods and beverages that meet the USDA Smart Snacks in School nutrition standards. | <ul style="list-style-type: none"><li>• Number of healthy promotion techniques used throughout the school year.</li><li>• Comparisons will be made each school year.</li></ul> |

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| Objective 2:                                                                                                          |                                                                                                                                                                                                     |
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| Action Steps                                                                                                          | Methods for Measuring Implementation                                                                                                                                                                |
| The District will provide access to parents a list of foods and beverages that meet Smart Snacks nutrition standards. | <ul style="list-style-type: none"><li>List will be on the District website and available at campuses and cafeteria.</li><li>District, community, student, parent and staff annual surveys</li></ul> |

### 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 nutrition services and health education component 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.

| <b>GOAL:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.                                                                                                                                                |                                                                                                                                                                                                                               |
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| Objective 1:                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                               |
| Action Steps                                                                                                                                                                                                                                                                      | Methods for Measuring Implementation                                                                                                                                                                                          |
| School will provide nutrition education and engage in nutrition promotion that is part of not only health education classes, but also integrated into other classroom instruction through subjects such as: math, science, language arts, social sciences, and elective subjects. | <ul style="list-style-type: none"><li>Master Schedule and lesson plans</li><li>District, community, staff, student, and parent surveys</li></ul>                                                                              |
| Objective 2:                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                               |
| Action Steps                                                                                                                                                                                                                                                                      | Methods for Measuring Implementation                                                                                                                                                                                          |
| Prompt fruits, vegetables, whole-grain products, and low-fat and fat-free dairy products and healthy food preparation methods.                                                                                                                                                    | <ul style="list-style-type: none"><li>Classroom presentations, cooking demonstrations or lessons provided by teachers, school nurse and staff.</li><li>Percent of students who have taken health education classes.</li></ul> |

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| <b>GOAL:</b> The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.                |                                                                                                                                                                                                   |
| <b>Objective 1:</b>                                                                                                                                                                          |                                                                                                                                                                                                   |
| <b>Action Steps</b>                                                                                                                                                                          | <b>Methods for Measuring Implementation</b>                                                                                                                                                       |
| Nutrition education will be through science classes in the elementary campus and in the 9 <sup>th</sup> grade through the Foods And Nutrition class that meets state and national standards. | <ul style="list-style-type: none"> <li>• Master Schedule and teacher lesson plans</li> <li>• Number of opportunities for students to practice the skills taught through the curricula.</li> </ul> |
| <b>Objective 2:</b>                                                                                                                                                                          |                                                                                                                                                                                                   |
| <b>Action Steps</b>                                                                                                                                                                          | <b>Methods for Measuring Implementation</b>                                                                                                                                                       |
| Use of USDA's Team Nutrition which provides free nutrition education and promotion materials.                                                                                                | <ul style="list-style-type: none"> <li>• Master schedule and teacher lesson plans</li> <li>• District, community, staff, student and parent surveys</li> </ul>                                    |

|                                                                                                                                                                                                               |                                                                                                                                                                    |
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| <b>GOAL:</b> 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. |                                                                                                                                                                    |
| <b>Objective 1:</b>                                                                                                                                                                                           |                                                                                                                                                                    |
| <b>Action Steps</b>                                                                                                                                                                                           | <b>Methods for Measuring Implementation</b>                                                                                                                        |
| All nutrition staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals                                     | <ul style="list-style-type: none"> <li>• Annual professional certificates of completion</li> <li>• 100% of all staff meeting the professional standards</li> </ul> |
| <b>Objective 2:</b>                                                                                                                                                                                           |                                                                                                                                                                    |
| <b>Action Steps</b>                                                                                                                                                                                           | <b>Methods for Measuring Implementation</b>                                                                                                                        |
| Science and Food and Nutrition teachers will be provided professional development opportunities to enhance their knowledge                                                                                    | <ul style="list-style-type: none"> <li>• Professional completion certificates</li> </ul>                                                                           |

### 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]

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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.

| <b>GOAL:</b> 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. |                                                                                                                                                 |
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| <b>Objective 1:</b>                                                                                                                                                                                                                                      |                                                                                                                                                 |
| Action Steps                                                                                                                                                                                                                                             | Methods for Measuring Implementation                                                                                                            |
| All elementary students in each grade will receive physical education for at least 30 minutes per day throughout the school year.                                                                                                                        | <ul style="list-style-type: none"><li>• Elementary master schedule</li><li>• District, community, student, parent and teacher surveys</li></ul> |
| <b>Objective 2:</b>                                                                                                                                                                                                                                      |                                                                                                                                                 |
| Action Steps                                                                                                                                                                                                                                             | Methods for Measuring Implementation                                                                                                            |
| All secondary students are required to take the equivalent of one academic year of physical education/athletics.                                                                                                                                         | <ul style="list-style-type: none"><li>• Secondary master schedule</li><li>• District, community, student, parent and teacher surveys</li></ul>  |

| <b>GOAL:</b> The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.                                          |                                                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <b>Objective 1:</b>                                                                                                                                                                                                  |                                                                                                                             |
| Action Steps                                                                                                                                                                                                         | Methods for Measuring Implementation                                                                                        |
| Students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days.                                                                                                   | <ul style="list-style-type: none"><li>• Student schedules</li><li>• Student surveys</li></ul>                               |
| <b>Objective 2:</b>                                                                                                                                                                                                  |                                                                                                                             |
| Action Steps                                                                                                                                                                                                         | Methods for Measuring Implementation                                                                                        |
| The district will provide resources and links to resources, tools and technology with ideas for physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation | <ul style="list-style-type: none"><li>• Teachers lesson plans.</li><li>• Principal observations and walk-throughs</li></ul> |

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**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 encourage students to be physically active before and after school by being involved in physical activity, school athletic sports/programs, and use of the WLISD Fitness Center. | <ul style="list-style-type: none"><li>• Number of students participating in school athletic programs</li><li>• Number of students using the facilities at the WLISD Fitness Center.</li></ul> |

**Objective 2:**

| Action Steps                                                                                                                                           | Methods for Measuring Implementation                                                                                              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| The District will support and promote activities on the district website which support active transport to and from school, such as walking or biking. | <ul style="list-style-type: none"><li>• Number of promotional activities such as National Walk and Bike to School Week.</li></ul> |

**GOAL:** The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for District employees and students.

**Objective 1:**

| Action Steps                                                                                                                               | Methods for Measuring Implementation                                                                                                                                                                                                              |
|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| The District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. | <ul style="list-style-type: none"><li>• District website, calendar and email reminders of the WLISD Fitness Center events and hours of operation.</li><li>• Sign in sheets of participants entering and using the WLISD Fitness Center.</li></ul> |

**Objective 2:**

| Action Steps                                                                       | Methods for Measuring Implementation                                                                                                                                                                                |
|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| The District disseminates wellness resources monthly to all WLISD employees/staff. | <ul style="list-style-type: none"><li>• Documentation of the wellness flyers placed in each employee's paycheck envelope.</li><li>• Documentation of the Staff wellness activities sponsored by District.</li></ul> |

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**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                                                                                                                                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| District will promote parents/caregivers, families and the general community the benefits of and approaches for healthy eating and physical activity through the use of the WLISD Fitness Center. | <ul style="list-style-type: none"><li>• Sign in sheets of participants entering and using the WLISD Fitness Center</li><li>• The number of families receiving information about the benefits of a healthy fitness activity through the use of the WLISD Fitness Center.</li></ul> |

**Objective 2:**

| Action Steps                                                                                                                                                           | Methods for Measuring Implementation                                                                                                                                                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Families and community members will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. | <ul style="list-style-type: none"><li>• Number of participants at school-sponsored activities</li><li>• Documentation of the health promotion efforts information sent to families.</li></ul> |

**GOAL:** 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 for use outside of the school day.

**Objective 1:**

| Action Steps                                                                                                                       | Methods for Measuring Implementation                                                                                                                                                                                      |
|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| The District promotes the use of the WLISD Fitness Center and all other recreational facilities for use outside of the school day. | <ul style="list-style-type: none"><li>• Number of participants who use all the District's facilities outside the school day.</li><li>• The easy accessibility, free and no cost use of the District facilities.</li></ul> |

**Objective 2:**

| Action Steps                                                                        | Methods for Measuring Implementation                                                                      |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| The District displays notices on the district website of the use of the facilities. | <ul style="list-style-type: none"><li>• District website</li><li>• Documentation of the notices</li></ul> |

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### SCHOOL-BASED ACTIVITIES

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

| <b>GOAL:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.              |                                                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Objective 1:</b>                                                                                                                                         |                                                                                                                                               |
| Action Steps                                                                                                                                                | Methods for Measuring Implementation                                                                                                          |
| Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch.                                                         | <ul style="list-style-type: none"><li>• Master campus schedules</li><li>• Lunchroom monitoring by staff</li></ul>                             |
| <b>Objective 2:</b>                                                                                                                                         |                                                                                                                                               |
| Action Steps                                                                                                                                                | Methods for Measuring Implementation                                                                                                          |
| School meals are served in a cafeteria that meets and/or exceeds current local, state, federal statutes and regulations on cleanliness, safety and comfort. | <ul style="list-style-type: none"><li>• Safety checks and inspection reports</li><li>• District, staff, community, student surveys.</li></ul> |

| <b>GOAL:</b> The District shall promote wellness for students and their families at suitable District and campus activities. |                                                                                                                                                                                                              |
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| <b>Objective 1:</b>                                                                                                          |                                                                                                                                                                                                              |
| Action Steps                                                                                                                 | Methods for Measuring Implementation                                                                                                                                                                         |
| Families and community members will be informed and invited to participate in all district and school-sponsored activities.  | <ul style="list-style-type: none"><li>• Number of participants at all district and school-sponsored activities</li><li>• District website containing all district and campus sponsored activities.</li></ul> |
| <b>Objective 2:</b>                                                                                                          |                                                                                                                                                                                                              |
| Action Steps                                                                                                                 | Methods for Measuring Implementation                                                                                                                                                                         |
| All District and school sponsored events will adhere to the wellness policy.                                                 | <ul style="list-style-type: none"><li>• Wellness policy</li><li>• List of all district and school sponsored events.</li></ul>                                                                                |

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| <b>GOAL:</b> The District shall promote employee wellness activities and involvement at suitable District and campus activities.                                                    |                                                                                                                                                                                                                                           |
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| <b>Objective 1:</b>                                                                                                                                                                 |                                                                                                                                                                                                                                           |
| Action Steps                                                                                                                                                                        | Methods for Measuring Implementation                                                                                                                                                                                                      |
| The District promotes and focuses on staff wellness activities and identifies and disseminates wellness resources and encourages involvement at all District and campus activities. | <ul style="list-style-type: none"><li>• District website displays all District and campus events and activities.</li><li>• Campus weekly updates from principals' which lists the District and campus activities for that week.</li></ul> |
| <b>Objective 2:</b>                                                                                                                                                                 |                                                                                                                                                                                                                                           |
| Action Steps                                                                                                                                                                        | Methods for Measuring Implementation                                                                                                                                                                                                      |
| All school-sponsored events will adhere to the wellness policy and include physical activity opportunities.                                                                         | <ul style="list-style-type: none"><li>• District website which list of all school sponsored events</li><li>• Participation numbers of employees at district-wide wellness activities.</li></ul>                                           |