

Mansfield Independent School District Wellness Plan

This document, referred to as the “Wellness plan” (the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]

The District’s 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 Associate Superintendent David Wright 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 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.

The SHAC will monitor this by:

1. Utilizing these websites to verify snacks and other food items meet the Smart Snack criteria:

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- <https://foodplanner.healthiergeneration.org/>
- <https://www.fns.usda.gov/school-meals/healthierschoolday>
- <http://squaremeals.org/Programs/NationalSchoolLunchProgram/SmartSnacks.aspx>

2. Assisting Child Nutrition and campus administrators with monitoring for advertising during the school day.

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 shall provide an environment that supports students in making informed and healthy nutrition choices.

Action Steps: Advertise healthy menu choices via district and campus social media, newsletters, and various parent communications.

School and Community Stakeholders: Mansfield ISD Student Nutrition, Mansfield ISD Health Services, Campus Administration

Resources Needed: Social Media outlets, campus participation

Measures of Success: Measure participation rates of fresh fruit and vegetable meal choices in School Breakfast Program and School Lunch Program throughout the school year.

Objective 2: The District shall provide students with appealing food choices that meet state and federal guidelines in an effort for students to practice healthy eating while on campus.

Action Steps: Determine 3 new "Try Something New" items per school year at all grade levels to integrate into our school menus for students to be exposed to new and healthy meal choices and distribution of information to students and families.

School and Community Stakeholders: District parents, Mansfield ISD Student Nutrition, Mansfield ISD Health Services, Campus leadership

Resources Needed: Campus newsletters, flyers, social media outlets, district communication

Measures of Success: Completion of 3 new "Try Something New" items per school year, the number of students participating in the promotional items.

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.

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Objective 1: The District shall provide parents with nutrition information as it pertains to the campus menus.

Action Steps: Education for parents to access and utilize online menu systems that provide nutritional information for campus menus.

School and Community Stakeholders: Campus and District Nutrition staff, campus administration, Student parent/guardians

Resources Needed: Technology for staff, parents, community communication and awareness; posters and digital signage for advertising

Measures of Success: Monitor district participation and feedback via online menu system

Objective 2: The District shall provide students with nutrition information as it pertains to the campus menus

Action Steps: Education for students to access and utilize online menu systems that provide nutritional information for campus menus.

School and Community Stakeholders: Campus and District Nutrition staff, campus administration, student parent/guardians

Resources Needed: Technology for staff, students, communication, and awareness; posters and/or digital signage for advertising

Measures of Success: Monitor district participation and feedback via online menu systems.

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: District physical education teachers shall provide students with education pertaining to healthy eating choices.

Action Steps: Curriculum planning, research informative topics and lesson activities

School and Community Stakeholders: Physical Education Coordinator, Physical Education Teachers

Resources Needed: Website or textbook resources to assist with curriculum planning/integration

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Measures of Success: Check for understanding by evaluating student's knowledge prior to and after lessons. Watching students make good choices in their daily meal and snack choices.

Objective 2: District SEL instructors shall provide students with education pertaining to healthy eating choices and how they relate to Social Emotional health.

Action Steps: Curriculum planning, research informative topics and lesson activities

School and Community Stakeholders: SEL Coordinator, SEL Rotation Instructors

Resources Needed: Website and/or textbook resources to assist with curriculum planning/integration

Measures of Success: Check for understanding by evaluating students' knowledge prior to and after lessons. Watching students make healthful choices in their daily meal and snack choices.

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: The District shall provide at least one nutrition education activity to Mansfield ISD staff each year

Action Steps: Determine area of education the nutrition education shall be integrated into.

School and Community Stakeholders: Mansfield ISD staff, Health Services, Curriculum

Resources Needed: Education providers, resources determined as needed by area of education

Measures of Success: Measure student participation and monitor feedback for effectiveness

Objective 2: The District shall provide at least one nutrition education activity to Mansfield ISD employees and the community that align with PE/Health nutrition curriculum through district communication and social media outlets.

Action Steps: Plan nutrition education activities for employees and community members which align with student health activities

School and Community Stakeholders: District Employee Health, Health Services, PE/Health Education, Communications, Campus participation

Resources Needed: Social Media outlets, email, campus flyers

Measures of Success: Measure campus participation with each activity/event

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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:

The District's coordinated health program will also have physical education and physical activity components that will offer at least the required amount of physical activity for all grades.

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: The District will maintain the campus gym and or playground with safe equipment supporting physical activity.

Action Steps: Review and maintain equipment

School and Community Stakeholders: District Admin, Campus Admin, Physical education teachers, coordinators and coaches

Resources Needed: District budget, maintenance direct reporting

Measures of Success: Review number of work orders submitted and completed regarding playground equipment. Monitor student injuries in regards to equipment safety. Maintain functional, safe gym and playground equipment.

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

Objective 1: Invite community partners and trained professionals to offer staff development on physical activity.

Action Steps: Solicit volunteer and presenters

School and Community Stakeholders: MISD curriculum and instruction, Physical education directors, Athletics Dept, and community partners

Resources Needed: Location, MISD staff, Community resources/ volunteers

Measures of Success: Number of events, Staff participation, community feedback

Objective 2: Provide sessions at MISD curriculum conference on creative ways to incorporate physical activity into classroom learning.

Action Steps: Solicit volunteer and presenters

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School and Community Stakeholders: MISD curriculum and instruction, Physical education directors, Athletics Dept and community partners

Resources Needed: Location, MISD staff, Community resources/ volunteers

Measures of Success: Number of events, Staff participation, community feedback

GOAL 3: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Objective 1: Offer clubs and or activities before and or after school that encourage physical activity.

Action Steps: Organize and offer Clubs before and after school

School and Community Stakeholders: District Admin, Campus Admin, physical education teachers, teachers, and parent volunteers

Resources Needed: Location, time, club-specific supplies, staff volunteers, and parent volunteers

Measures of Success: Number of clubs offered, participation, community feedback

Objective 2: Invite trained professionals to do physical activities with students.

Action Steps: Solicit volunteer and presenters

School and Community Stakeholders: District Admin, Campus Admin, physical education teachers, teachers, and parent volunteers

Resources Needed: Location, MISD staff, Community resources/ volunteers, social media

Measures of Success: Number of events, participation, community feedback

GOAL 4: 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: The District will provide opportunities for family events that include physical activity, like a student/parent walk-a-thon, to promote physical activity at school and home.

Action Steps: Solicit volunteer and presenters

School and Community Stakeholders: District Admin, Campus Admin, physical education teachers, teachers, and parent volunteers

Resources Needed: Location, MISD staff, Community resources/ volunteers, social media

Measures of Success: Number of events, participation, community feedback

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Objective 2: A one-day fall and spring community event that includes physical activity.

Action Steps: Solicit volunteers and presenters, develop a planning committee, and organize events. Examples are Field Days and fun runs

School and Community Stakeholders: District Admin, Campus Admin, physical education teachers, teachers, and parent volunteers

Resources Needed: Location, MISD staff, Community resources/ volunteers, social media

Measures of Success: Number of events, number of volunteers, participation of community, community feedback

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 healthful 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: Ensure students have at least 15 minutes to sit and eat in the cafeteria. (time does not include waiting in line) Time prompts will be given to students as needed.

Action Steps: Allow 15 minutes to eat after the last student exits the cafeteria line.

School and Community Stakeholders: District and school admin, teachers, parents

Resources Needed: clock

Measures of Success: monitor campus participation, community feedback

Objective 2: Clean tables and floors between lunch sessions.

Action Steps: Custodian stationed to clean tables and floors between scheduled lunches

School and Community Stakeholders: Custodians, Campus Admin, District Admin

Resources Needed: cleaning supplies

Measures of Success: monitor campus participation, community feedback

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

Objective 1: The District will host the annual Back to School Bash.

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Action Steps: Set date/time/location, solicit volunteers and presenters, develop planning committees.

School and Community Stakeholders: District Admin, Campus Admin, physical education teachers, teachers, Community partners and parent volunteers

Resources Needed: Location, MISD staff, Community resources/ volunteers, social media

Measures of Success: Number of events, number of volunteers, participation of community, community feedback.

Objective 2: Promote availability of Anti-bullying campaign K-12 with support after hours and during school days on the MISD website.

Action Steps: Offer education and a reporting tool for bullying in Mansfield ISD.

School and Community Stakeholders: District Admin, Campus admin, Teachers, MISD community.

Resources: Social media outlets, MISD Website, District communication

Measures of Success: monitor campus participation, community feedback

Objective 3: Provide mental health resource links on the MISD website and encourage campus newsletters to list mental health resources available to parents.

Action Steps: Offer education and resources for mental health on Mansfield ISD website. Include mental health resource links in campus newsletters.

School and Community Stakeholders: District Admin, Campus admin, Teachers, MISD community.

Resources: Social Media, MISD Website, District communication

Measures of Success: monitor campus participation, community feedback

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

Objective 1: The District will host the annual Back to School Bash.

Action Steps: Set date/time/location, solicit volunteers and presenters, develop planning committees.

School and Community Stakeholders: District Admin, Campus Admin, physical education teachers, teachers, Community partners and parent volunteers

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Resources Needed: Location, MISD staff, Community resources/ volunteers, social media

Measures of Success: Number of events, number of volunteers, participation of staff, staff feedback.

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.

HS ONLY—Caffeinated Non-calorie and Low Calorie beverages may be sold to high school students.

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 Nutrition Department the planned calendar days that will be considered exempt from the smart snack rule.

There are no restrictions on food sold outside of the school day* or fundraisers for food intended to be prepared/consumed at home such as cookie dough.

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)]

There are no nutrition restrictions on foods given to students. This includes party treats or special events when students do not have to pay for food.

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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:

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, the District's designated records management officer. [See CPC(LOCAL)]