

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

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]
STRATEGIES TO SOLICIT INVOLVEMENT	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 to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following people 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 people by: 1. <i>Inviting stakeholders to participate via newsletters, emails, social media, school announcements, and district websites.</i> 2. <i>Collaborate with stakeholders through involvement, feedback, planning, and implementation of the wellness initiatives.</i>
IMPLEMENTATION	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 annually. 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.
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, 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. This will be referred to as the “triennial assessment.”

Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

	The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. SHAC may use any of the following tools for this analysis: • USDA Food and Nutrition Service https://www.fns.usda.gov • Centers for Disease Control and Prevention (CDC) https://www.cdc.gov • WellSAT https://www.wellsat.org
PUBLIC NOTIFICATION	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 include wellness policy information and activity related to the school wellness policy on the district websites, 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 revisions to policy FFA(LOCAL); 4. The name, position, and contact information of the district official responsible for the oversight of the wellness policy and implementation of this plan; 5. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed; 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 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).

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

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). Federal law requires that the district establish nutrition guidelines for foods and beverages sold to students during the school day on each campus that promote student health and reduce childhood obesity.

The district's nutrition guidelines are to ensure all foods and beverages sold 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 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 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> (see the Complete *Administrator Reference Manual* [ARM], Section 20, Competitive Foods)

The district has also incorporated the following stricter standards that are not prohibited by federal or state law:

- *Caffeinated beverages sold to High School students are prohibited.*

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 allow the following exempted fundraisers for the 2026–2027 school year:

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

Campus or Organization	Food / Beverage	Number of Days
Josefa L. Sambrano Elementary School	Any food and/or Beverage	5 days (refer to academic calendar)
Alfonso Borrego, Sr. Elementary School	Any food and/or Beverage	5 days (refer to academic calendar)
Ann M. Garcia-Enriquez Middle School	Any food and/or Beverage	5 days (refer to academic calendar)
San Elizario High School	Any food and/or Beverage	5 days (refer to academic calendar)

OR

The district will not allow exempted 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.

**FOODS AND
BEVERAGES
PROVIDED**

There are no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. However, each school district must set its own standards. 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 when the student's birthday or to children at a school-designated function. [See CO(LEGAL)]

Students from PK-12 are permitted to bring in their own meals and snacks for their own consumption, but due to concerns about food safety and food allergies, food may not be shared between students. Parents are encouraged to provide healthy food options that align with the healthy initiatives.

After school, all foods and beverages served or sold to students in aftercare meet federal nutrition standards. This policy applies to all after school programs, including those overseen by outside parties (e.g. the YMCA, BGC).

**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 the types of foods and beverages made available to students during the school day.

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

NUTRITION
PROMOTION

Federal law requires that the district establishes 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. *Limiting commercial marketing to only products that meet USDA smart snack nutrition standards.*
2. *Identifying a school official who provides support and assumes responsibility for wellness policy implementation.*

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 periodically monitor these and make recommendations when replacements or new contracts are considered.

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: Printed materials promoting healthy foods will be displayed throughout the cafeterias throughout the school day.	
Action Steps	Methods for Measuring Implementation
All printed material will be reviewed and approved by the Director of Child Nutrition.	Resources needed: • Seek printed materials to display age-appropriate marketing for students. Measure of success: • Increased selection of healthy options
Objective 2: Using Food as a Reward or Punishment	
Action Steps	Methods for Measuring Implementation
Prohibit teachers or staff from using food as a reward in classrooms to encourage	Resources needed: • Support and enforcement.

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

achievement or desirable behavior unless required in an IEP. Prohibit teachers or staff from using food as a punishment in classrooms or cafeterias to correct undesirable behavior with no exceptions.	Measure of success: • Healthy association with food.
--	---

GOAL: The district shall share educational nutrition information with families and the public to promote healthy nutrition choices and positively influence the health of students.	
Objective 1: Community engagement through nutrition and wellness promotions.	
Action Steps	Methods for Measuring Implementation
Nutrition education will be offered in the school cafeteria as well as in the classroom with coordination between the food service staff, teachers, and administration. Schools will conduct nutrition education activities and promotions that involve parents, students, staff, and community.	Resources needed: • Community partners Measure of success: • Promote healthy habits that last a lifetime.
Objective 2: Promote water consumption in place of sugary drinks.	
Action Steps	Methods for Measuring Implementation
Free drinking water will be available to students in every cafeteria during mealtimes. Water fountains will be maintained in each building so that free water is available throughout the school day for students and staff.	Resources needed: • Promote the benefits of drinking water. Measure of success: • Hydration throughout the day.

GOAL: The district shall ensure that food and beverage advertisements accessible to students outside of school hours on district property contain only products that meet the federal guidelines for competitive foods.	
Objective 1: Promote healthy food and beverage choices for students	
Action Steps	Methods for Measuring Implementation
Monitor food and beverage advertisements are accessible to students and ensure they align with the USDA Smart Snack nutrition standards.	Resources needed: • Provide resources. Measure of success:

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

	• Student well-being.
Objective 2: Promote healthy food and beverage choices for students	
Action Steps	Methods for Measuring Implementation
Partner with businesses that align and promote student wellbeing.	Resources needed: • Recruit Partners in Education Measure of success: • Student well-being.

GOAL: The district shall promote healthy eating habits by encouraging student participation in nutritious meal programs and increasing consumption of fruits, vegetables, and milk	
Objective 1: We are proud of the nutritious meals we provide and will take the following steps to encourage participation	
Action Steps	Methods for Measuring Implementation
Conduct annual surveys of students and families to learn about their food preferences. Conduct taste tests of new recipes to gather feedback prior to adding them to the menu.	Resources needed: • Find multiple ways to collect information. Measure of success: • Meal participation increase.
Objective 2: Promote Fruits, Vegetables & Milk Consumption	
Action Steps	Methods for Measuring Implementation
Display unflavored milk, fresh fruits, and vegetables in the cafeteria line to encourage students to select them as part of their school meal.	Resources needed: • Collaborating with vendors Measure of success: • Increase in vegetable and fruit consumption.

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.

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

GOAL: The district shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: Nutrition Promotion	
Action Steps	Methods for Measuring Implementation
Students in grades PK-12 receive nutrition education as part of the coordinated health programs and enrichment curriculum, intended to provide them with the knowledge and skills to promote healthy eating habits and protect their health.	Resources needed: - Trained staff Measures of success: - Healthy lifestyles
Objective 2: 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.	
Action Steps	Methods for Measuring Implementation
All food and nutrition services staff shall receive annual training consistent with current USDA professional standards	Resources needed: - Training opportunities Measure of success: - Trained staff

GOAL: The district seeks ways to build relationships with local producers and strives to build connections and support our local economy	
Objective 1: Support for Local Agriculture	
Action Steps	Methods for Measuring Implementation
Source locally grown and locally produced food in our meals.	Resources needed: - Local farms Measures of success: - Increase fruit and vegetable consumption.
Objective 2: Hands on Nutrition Education	
Action Steps	Methods for Measuring Implementation
Encourage and support hands on learning through school gardens and students visiting local farms to see where food comes from.	Resources needed: Local farms Measures of success:

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

	• Increase fruit and vegetable consumption
--	--

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.]

The following addresses how the district meets the required amount of physical activity:

- *Provide elementary school students 180 minutes of physical education every week throughout the school year.*
- *Provide middle school students 240 minutes of physical education every week throughout the school year.*
- *Provide high school students 240 minutes of physical education every week throughout the school year.*

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.

GOAL: 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: Create Healthy Habits	
Action Steps	Methods for Measuring Implementation
All schools will provide physical activity opportunities before and after school for students in all grade levels, this can include physical activity clubs, intramurals, and other activities.	Find and incorporate community partners to provide extended physical activity opportunities for all students and community members.
Objective 2: Availability of Facilities	
Action Steps	Methods for Measuring Implementation
District facilities & playground available for student & community use.	Community engagement & surveys.

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

GOAL: 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: Staff Wellness	
Action Steps	Methods for Measuring Implementation
Partner with local wellness providers to promote healthy lifestyles for employees and students.	Resources needed: - Parent liaisons identify resources and activities that are appropriate for students and employees. Measures of success: - Track attendance and survey participants.

GOAL: The district will promote mental health and safety to all students and employees	
Objective 1: Social and Emotional Well-Being	
Action Steps	Methods for Measuring Implementation
Partner with community organizations to provide age-appropriate mental health resources and training. Document training sessions and provide refresher courses as needed.	Resources needed: - Material, trainers, and meeting locations. Measures of success: - Peer support.

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.

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

GOAL: The district shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Objective 1: Access to School Meals

Action Steps	Methods for Measuring Implementation
Schools will schedule meal periods at appropriate times that meet student needs. Provide students with enough time to consume their meal once seated. Consider recess before lunch in elementary schools.	Resources needed: • Support the correlation between good nutrition and academics. Measures of success: • Increased meal participation, reduced absences and visits to the school nurse.