



KERRVILLE INDEPENDENT SCHOOL DISTRICT 2026-2027 WELLNESS PLAN

This document, referred to as the “wellness plan” is intended to implement policy FFA (LOCAL), which was adopted by the Board of Trustees 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]

Kerrville Independent School District’s local school health advisory council (SHAC) works 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 information on KISD’s web page (www.kerrvilleisd.net)
2. Distributing information to stakeholders on how to access the Wellness Plan and how to volunteer to serve on the SHAC. [See BDF for required membership of the SHAC.]

Responsibility for Implementation

Campus administrators, school nurses, counselors, teachers, coaches and other appropriate staff are responsible for implementing FFA (LOCAL) and this wellness plan at all KISD schools, and submitting necessary information to the SHAC for evaluation. The Superintendent of Schools is the district official responsible for overall implementation of FFA (LOCAL), including development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each KISD campus complies with the policy and plan.

Goals for Nutrition Promotion

Federal law requires the District to 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 foods and beverages sold or marketed to students during the school day are designed to promote student health and reduce childhood obesity, and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraisers as authorized by state and federal rules. [See CO and FJ.]

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. Consulting with the Director of Child Nutrition, about nutrition promotion.
2. Reviewing the content of food and beverage advertisements throughout the District.

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

The District establishes the following 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: Child nutrition and food services staff will display posters, graphics, and visual images that depict healthy nutrition messages in high student traffic areas. Bookmarks and handouts will be provided to students promoting healthy nutrition messages and images of healthy foods.

Action Steps: Cafeteria managers and/or the Child Nutrition department will order posters and handouts depicting healthy nutrition messages and promoting healthy food selection.

School and Community Stakeholders: Students, Teachers, Staff

Resources Needed: Posters, handouts

Measures of Success: Observation of healthy nutrition messages displayed consistently at each District campus.

Objective 2: Physical Education (PE) teachers, coaches, and other appropriate staff will provide lessons to students that promote healthy food choices.

Action Steps: PE teachers and coaches will plan and execute lessons that align to the District's curriculum.

School and Community Stakeholders: Students, Teachers, Staff

Resources Needed: Applicable TEKS, Supplemental lesson resources (if any)

Measures of Success: Documented activity in lesson plans and classroom observations

GOAL 2: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

Objective 1: Families and the general public will be provided with educational information via the website.

Action Steps: Healthy eating resources will be posted on the district's website. Free printable handouts will also be posted and made available in Spanish.

School and Community Stakeholders: Students, Parents/Families, Community Members

Resources Needed: Materials provided by the Texas Department of Agriculture, United States Department of Agriculture, Choose My Plate, and the Center for Disease Control and Prevention

Measures of Success: Healthy nutrition information easily accessible on the website under the Child Nutrition page.

GOAL 3: 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: Advertisements of products on school property that are not on the approved Smart Snack list will be restricted and prohibited.

Action Steps: Child Nutrition will notify distributors of food items that are not approved Smart Snacks to not post any advertisements on district property without the consent of the superintendent with recommendations from the SHAC.

School and Community Stakeholders: Members of the SHAC

Resources Needed: None

Measures of Success: Little to no visible advertisements of unapproved Smart Snack products on school property.

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

The District establishes the following goals for nutrition education:

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

Objective 1: The District will celebrate National School Lunch Week and National School Breakfast Week and share information about healthy meal choices. In addition, posters describing good eating habits and nutritional facts will be displayed in the cafeteria throughout the school year.

School and Community Stakeholders: Students, Teachers, Staff

Resources Needed: Posters, graphics, and promotional information for celebratory weeks

Measures of Success: Observation of healthy meal choice images displayed consistently at each District campus and evidence of participation in celebratory weeks.

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: Physical education teachers, Health teachers, and coaches will integrate nutrition education in lessons, athletic training sessions, and other appropriate areas of curriculum.

Action Steps: PE teachers, Health teachers, and coaches will plan engaging lessons that align with the TEKS and incorporate healthy eating habits.

School and Community Stakeholders: Teachers, Coaches

Resources Needed: Applicable TEKS, Supplemental lesson resources (if any)

Measures of Success: Documented activity in lesson plans and classroom observations

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

Objective 1: Teachers and staff will receive strategies to increase nutrition awareness during instruction.

Action Steps: Child Nutrition staff will provide teachers with guidance for resources and activities to complete with their classes during National School Lunch Week.

School and Community Stakeholders: Students, Teachers, SHAC

Resources Needed: Supplies for nutrition activities

Measures of Success: Teacher and student engagement in activities that increase nutrition awareness.

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.]

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: All elementary students will take PE at least 150 minutes a week. Secondary students will be required to take at least one year of physical education or alternative course.

Action Steps: Develop students' schedules to reflect physical education or an approved alternate.

School and Community Stakeholders: Students

Resources Needed: Campus schedule information

Measures of Success: Student schedules will reflect adequate courses for physical activity.

GOAL 2: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

Objective 1: Opportunities for employees to participate in physical activities which promote health and wellness will be encouraged by KISD.

Action Steps: Discounted rates will be offered to District employees who secure membership at local health and wellness facilities.

School and Community Stakeholders: School Staff

Resources Needed: Promotional information for local health and wellness facilities to share with employees

Measures of Success: Evidence of District employee membership and participation in physical activity at facilities.

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: Every child will be served in a clean and safe cafeteria with lunch periods spanning at least 30 minutes.

Action Steps: Child Nutrition staff will notify the Director of Maintenance of any malfunctioning appliances, building issues or needed repairs. Custodial Services staff will ensure the cafeteria is clean and comfortable for eating. Campuses will schedule 30-minute lunch periods.

School and Community Stakeholders: School Staff, Students

Resources Needed: Cleaning supplies, Campus schedule information

Measures of Success: Visibly clean and orderly cafeterias, evidence of campus lunch schedules, and Food Establishment Inspection reports from the City of Kerrville Public Health Department (results posted to the district website).

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

Objective 1: The district will promote student and family wellness at the annual Back to School Fun Fest and parent meetings throughout the school year. Campuses will also host community health events and share information with students and families.

Action Steps: The District will offer health and wellness events and notify the community through the district's web page and social media.

School and Community Stakeholders: Students, Community

Resources Needed: Brochures, graphics, information to share with families

Measures of Success: Evidence of district or campus-hosted events and participation.

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

Objective 1: The District will host a health and benefits fair for employees each year.

Action Steps: Human Resources will notify staff of these opportunities through district email.

School and Community Stakeholders: School Staff

Resources Needed: District facilities, wellness information, vendors

Measures of Success: Evidence of event and employee participation.

Objective 2: The district will also promote preventative health measures that are recommended by Texas Department of Health.

Action Steps: Employees will be notified of community health fairs, vaccine clinics, free health screenings, and other wellness information when it becomes available.

School and Community Stakeholders: School Staff

Resources Needed: Information about wellness events and opportunities

Measures of Success: Evidence of events and employee participation.

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 guide-lines 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 pro-mote 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.

Exceptions for Fundraisers

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to 6 (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 only allow approved exempted fundraisers for the current school year. Campus administration must submit the exception requests prior to the start of the school year on the forms provided by Child Nutrition. The events and dates of the events must be included in the request.

Organizations will be encouraged to utilize fundraisers that do not involve food sales on campus, except for products that require further prepping or cooking by the purchaser at an offsite location. For example, frozen food items that must be baked to consume, mixes that must be prepared prior to consumption, or items like un-popped popcorn.

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).]

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 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 Management Information Systems supervisor, the records management officer. [See CPC (LOCAL).]

Disclaimer: This information is provided for educational purposes only to facilitate a general understanding of the law or other regulatory matter. This information is neither an exhaustive treatment on the subject nor intended to substitute for the advice of an attorney or other professional adviser. Consult with your attorney or professional adviser to apply these principles to specific situations.