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 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:

1. *Utilizing Site-Based Decision Making Committee in the development of Wellness Policy and Wellness Plan.*

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.

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.

The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. The SHAC may use any of the following tools for this analysis:

- Smarter Lunchrooms' website (https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms)

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 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 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 Business Manager, 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 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)

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 each school year:

| Campus or Organization | Food / Beverage | Number of Days |
|---|---|---|
| Athletic Booster Club | Basketball Tournament Concession Stand | 2 |
| Home & School | End of School Picnic | 1 |
| | | |

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 on the occasion of the student's birthday or to children at a school-designated function. [See CO(LEGAL)]

In addition, the District has established the following local standards for foods and beverages made available to students:

Elementary school: Allow cash sales or charge account for milk.

Middle/junior high school: Allow cash sales or charge account for milk and juice.

High school: Allow cash sales or charge account for milk and juice.

The district has adopted and implemented the state and federal policies and guidelines for food service, including the guidelines to restrict student access to vending machines.

The district does not allow food and/or beverage deliveries on campus other than the student's parent.

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.

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.

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.

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| **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: Increase participation in federal child nutrition program by 2% by end of school year.** | |
| **Action Steps** | **Methods for Measuring Implementation** |
| Flier regarding school food program.<br>First two weeks (semester 1 & semester 2) | Baseline or benchmark data points:<br>• Participation rate in cafeteria monthly.<br>Resources needed:<br>• Flier paper<br>Obstacles:<br>• |

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.

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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: Post breakfast/lunch menu for easy access** | |
| **Action Steps** | **Methods for Measuring Implementation** |
| Develop menus that are in compliance with objective and are designed and posted at least one month in advance. | Baseline or benchmark data points:<br>•<br>Resources needed:<br>• Personnel to develop and website to post<br>Obstacles:<br>• |

| **Objective 2: Teach the five (5) vegetable subgroups.** | |
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| **Action Steps** | **Methods for Measuring Implementation** |
| 7th Grade health class with nutrition unit.<br><br>3rd Grade—Balancing Food & Play | Baseline or benchmark data points:<br>• What do you know about…<br>Resources needed:<br>• Focus on vitamins & minerals<br>• Short paragraphs describing each one<br>Obstacles:<br>• Getting extensive information into compact unit or more than soundbyte. |

| **GOAL: Look at HUSSC** | |
|---|---|
| **Objective 1: Teach portion sizes.** | |
| **Action Steps** | **Methods for Measuring Implementation** |
| • Posters in cafeteria.<br>• Taste-testing/sample sizing of snacks<br>• 3rd Grade—Balancing Food & Play | Baseline or benchmark data points:<br>• Limit by class<br>Resources needed:<br>• Posters; snacks; measuring tools<br>Obstacles:<br>• Where to squeeze into the curriculum. |
| **Objective 2: Teach protein, fruits, vegetables, dairy and grain food groups.** | |
| **Action Steps** | **Methods for Measuring Implementation** |
| Make it part of science/health curriculum<br><br>3rd Grade—Balancing Food & Play | Baseline or benchmark data points:<br>• Comparison/contrast in protein, fats and carbohydrates<br>Resources needed:<br>• Charts;<br>Obstacles:<br>• Age-appropriate curriculum materials and squeezing into the curriculum |

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:

- The district will ensure that students in full-day prekindergarten–grade 5 engage in moderate or vigorous physical activity for at least 30 minutes per day or 135 minutes per week.
- The district will ensure that students in middle or junior high school will engage in 30 minutes of moderate or vigorous physical activity per day for at least four semesters.

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. | |
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| **Objective 1: Daily PE for elementary/junior high students and time for recess in grades PK-5.** | |
| **Action Steps** | **Methods for Measuring Implementation** |
| Daily PE (PK-8) and recess (PK-5) built into the master schedule. | Baseline or benchmark data points:<br>•<br>Resources needed:<br>• Personnel to teach & supervise<br>• Master schedule<br>Obstacles: |

| **Objective 2: Involve family and community in movement or activity.** | |
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| **Action Steps** | **Methods for Measuring Implementation** |
| Cheerleader Sponsored Color Run<br><br>Examples to Consider:<br>“Go For Walk with Grandma”<br>“Family Kite Flying Festival”<br>“Bicycle Safety Day” | Baseline or benchmark data points:<br>•<br>Resources needed:<br>• Involve outside agencies such as 4-H or other entitiy<br>Obstacles:<br>• Not necessarily a school sponsored activity |

| **GOAL:** The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate. | |
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| **Objective 1: Physical activity breaks incorporated into daily lesson planning.** | |
| **Action Steps** | **Methods for Measuring Implementation** |
| Professional development regarding the importance and benefits of physical activity breaks throughout the school day. | Baseline or benchmark data points:<br>• Preassessment (staff survey)<br>• Postassessment (staff survey)<br>Resources needed:<br>• SD to conduct training<br>• Personnel to write and administer surveys<br>Obstacles:<br>• Change in instructional practices |
| **Objective 2: Document or record use of facilities.** | |
| **Action Steps** | **Methods for Measuring Implementation** |
| “Count Your Steps, Laps or Minutes”<br>Set personal and group goals to celebrate success or increases | Baseline or benchmark data points:<br>•<br>Resources needed:<br>•<br>Obstacles:<br>• |

| **GOAL:** The District shall encourage students, parents, staff, and community members to use the District's recreational facilities outside the school day. | |
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| **Objective 1: Inform public and public announcements related to facilities** | |
| **Action Steps** | **Methods for Measuring Implementation** |
| Public announcements and written notices to the public related to facilities.<br>• Playground<br>• Tennis courts<br>Maintenance of all facilities to keep them in usable condition year-round. | Baseline or benchmark data points:<br>•<br>Resources needed:<br>• Notices and information to public.<br>Obstacles:<br>• Facility age and financial resources to maintain. |

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.

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.

| **GOAL:** The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. | |
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| **Objective 1: At least 20 minutes to eat lunch from time student receives meal in cafeteria.** | |
| **Action Steps** | **Methods for Measuring Implementation** |
| • Faster service in the serving line.<br>• Use a timer to measure serving time | Baseline or benchmark data points:<br>•<br>Resources needed:<br>•<br>Obstacles:<br>• |
| **Objective 2: Create an attractive or pleasant environment in the cafeteria.** | |
| **Action Steps** | **Methods for Measuring Implementation** |
| • Music<br>• Colorful trays | Baseline or benchmark data points:<br>• |

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| | Resources needed:<br>•<br>Obstacles:<br>• Cost |

| **GOAL:** The District shall promote wellness for students and their families at suitable District and campus activities. | |
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| **Objective 1: Offering Smart Snacks for additional purchase through the child nutrition program.** | |
| **Action Steps** | **Methods for Measuring Implementation** |
| Nutritional information to parents related to the Smart Snacks offerings. [We are currently not offering Smart Snacks for additional purchase; however, we provide Smart Snacks to the students during STAAR Assessments] | Baseline or benchmark data points:<br>•<br>Resources needed:<br>• Nutrition labels available prior to purchase<br>Obstacles:<br>• Time to gather and present to parents/students |
| **Objective 2: Increase variety of offerings of Smart Snacks.** | |
| **Action Steps** | **Methods for Measuring Implementation** |
| • Purchase smaller case size for faster turnover of product<br>• Student/parent input of selections available | Baseline or benchmark data points:<br>•<br>Resources needed:<br>•<br>Obstacles:<br>• |

| **GOAL:** *[List any other goal in the District's FFA(LOCAL) related to other school-based activities not identified above.]* | |
|---|---|
| **Objective: Allow parents/grandparents to join their student(s) for lunch for special times throughout the year. Invite community members for a special meal for Veterans' Day** | |
| **Action Steps** | **Methods for Measuring Implementation** |
| • Welcome parents and grandparents when they join their student(s) for lunch.<br>• Veterans' Day Breakfast | Baseline or benchmark data points:<br>•<br>Resources needed:<br>•<br>Obstacles:<br>• |