FORT STOCKTON INDEPENDENT SCHOOL DISTRICT

LOCAL WELLNESS POLICY AND IMPLEMENTATION PLAN

2026-2029

Prepared for the 2026-2027 school year and the 2026-2029 wellness cycle

Annual review each school year.

Triennial assessment at least once every three years.

Fort Stockton, Texas

Board Adoption Date for Part: August 31, 2026

Effective Date: September 1, 2026

Developed with reference to USDA local wellness policy requirements, TDA Administrator's Reference Manual Section 29, TASB wellness resources, and FSISD's May 2023 wellness plan and WellSAT baseline.

Document Status and Required Cycle

How this document is organized

Part I contains the proposed Local Wellness Policy for Board adoption. Part II contains the administrative implementation plan that puts the policy into practice. The implementation plan should remain aligned with Board policy FFA(LOCAL) and should be reviewed and updated as district needs, law, or implementation practices change.

School year initiated	2026-2027
Wellness cycle	2026-2027, 2027-2028, and 2028-2029
Annual policy review	At least once each school year and whenever implementation practices or legal requirements change
Immediate triennial action	Complete and publish the 2026 triennial assessment using the May 2023 assessment as the prior baseline
Next triennial target	Spring 2029, or earlier, and no later than three years after completion of the 2026 assessment
Public notification	At least annually, plus publication of the triennial assessment results
Records retention	Maintain wellness documentation for at least five years, consistent with TDA requirements for public schools
District oversight	Superintendent or designee
Campus implementation	Campus principals, in coordination with Child Nutrition, PE, health staff, counselors, and SHAC

Purpose

Fort Stockton Independent School District supports student wellness through nutrition, physical activity, health education, school meals, safe and supportive school environments, family engagement, and responsible implementation practices. The District will use this policy and plan to establish measurable goals, monitor implementation, engage stakeholders, report progress, and improve wellness practices over time.

Scope

This policy applies to every Fort Stockton ISD school participating in the National School Lunch Program or School Breakfast Program. District and campus procedures may differ by age, grade level, program, or facility when those differences remain consistent with federal and state requirements.

Core Commitments

- Students will have access to nutritious meals, free drinking water, nutrition education, and age-appropriate opportunities for physical activity.
- Foods and beverages sold or marketed to students during the school day will meet applicable federal and state nutrition standards.
- The District will involve parents, students, school nutrition staff, physical education teachers, school health professionals, administrators, Board representatives, and community members in wellness policy development, implementation, review, and update.
- The District will assign clear responsibility for implementation and campus compliance.
- The District will collect evidence each year and complete a public triennial assessment at least once every three years.
- The District will use assessment findings to update the policy and implementation plan.

PART I. LOCAL WELLNESS POLICY

1. Student Wellness

The District shall support the general wellness of students through measurable goals and practices that promote healthy nutrition, physical activity, student health, and learning. Wellness efforts will be coordinated with the District's broader educational, safety, counseling, and student support programs.

2. Development, Implementation, and Review

The School Health Advisory Council, referred to in this document as the SHAC, shall serve as the primary district wellness advisory body. The SHAC shall review evidence-based strategies and district data and shall make recommendations regarding nutrition guidelines, wellness goals, implementation, evaluation, and policy updates.

The SHAC shall actively seek participation and input from the following groups:

- Parents and guardians
- Students
- School nutrition representatives
- Physical education teachers
- School health professionals
- District and campus administrators
- Members or representatives of the Board of Trustees
- Members of the public and community partners

The District shall provide reasonable notice of opportunities to participate and shall document stakeholder involvement.

3. Wellness Implementation Plan

The SHAC, Superintendent or designee, and appropriate district staff shall maintain a written wellness implementation plan. The plan shall identify objectives, actions, responsible staff, evidence of implementation, measures of success, public communication methods, and the process for reviewing and improving the plan.

The implementation plan shall be reviewed annually and adjusted when district needs, legal requirements, or implementation practices change.

4. Responsibility for Implementation

The Superintendent or designee is responsible for overall implementation, coordination, evaluation, public communication, and maintenance of the District's local wellness policy and implementation plan.

Each campus principal is responsible for implementing the policy and plan at the campus level and for providing requested evidence and progress information.

The Child Nutrition Director or designee is responsible for compliance within school meal service operations, including meal standards, Smart Snacks requirements, nutrition-related marketing within food service areas, staff training, and required program records.

Physical education staff, school health professionals, counselors, teachers, and other assigned staff shall support implementation within their areas of responsibility.

5. Nutrition Promotion

The District shall promote healthy nutrition messages through school meals, cafeterias, classrooms, family communication, school activities, and other appropriate settings. Promotion efforts shall encourage participation in school breakfast, school lunch, and other eligible nutrition programs.

The District shall share age-appropriate nutrition information with students and families and shall use student feedback, taste testing, menu input, or similar activities when appropriate.

District staff shall model and reinforce consistent wellness messages. Food shall not be routinely used as a reward when a reasonable nonfood alternative is available.

6. Nutrition Education

The District shall provide nutrition education that builds student knowledge and practical skills for healthy eating. Nutrition education shall be age appropriate, standards aligned and connected to health and wellness.

Nutrition education shall be provided across grade levels, including middle and high school, and shall be integrated into other subject areas when appropriate. Instruction and related activities should include practical topics such as food choices, food systems, agriculture, meal planning, hydration, reading food information, and the relationship between nutrition, physical activity, and health.

Staff assigned to nutrition education shall receive appropriate resources, training, or professional learning to support effective instruction.

7. School Meals and Nutrition Standards

The District shall operate school nutrition programs in compliance with USDA and TDA requirements. Reimbursable school meals shall meet applicable federal nutrition standards.

The District shall promote participation in the School Breakfast Program and National School Lunch Program and shall protect student dignity and privacy in meal service.

Students shall have access to free, safe, unflavored drinking water during the school day and where meals are served.

The District shall accommodate medically necessary dietary needs in accordance with applicable law and program requirements.

8. Foods and Beverages Sold During the School Day

Foods and beverages sold to students on a school campus during the school day outside the reimbursable meal programs shall comply with USDA Smart Snacks and applicable TDA competitive food requirements. This includes a la carte sales, vending machines, school stores, snack carts, concession sales occurring during the regulated school day, and fundraisers.

The District shall make Smart Snacks information accessible to staff who approve, sponsor, or conduct food sales.

Any permitted exempt fundraiser days shall be documented by campus and shall not interfere with meal service or violate applicable state requirements.

9. Foods and Beverages Provided, Celebrations, and Rewards

Foods and beverages provided to students during the school day shall be managed in a manner consistent with state law, student health needs, food allergy procedures, and the District's wellness goals.

Campus celebrations should include reasonable healthy options when food is provided. Staff are encouraged to use nonfood rewards and recognition when appropriate.

After-school programs and school-sponsored activities are encouraged to offer water and healthy food choices when food or beverages are provided or sold.

10. Food and Beverage Marketing

Marketing of foods and beverages to students on school campuses during the school day shall be limited to products that meet applicable competitive food nutrition standards.

This requirement applies to marketing on vending machines, menu boards, posters, coolers, cups, food service equipment, digital displays, school publications, school-sponsored media, scoreboards, and other District property when the marketing falls within federal wellness policy requirements.

New contracts, equipment, displays, and replacement items shall be reviewed for compliance. Existing non-compliant permanent items shall be replaced or removed as they reach the end of their useful life or as contracts are renewed, when required.

11. Physical Education

The District shall provide physical education in accordance with state requirements and Board policy. The physical education program shall be age appropriate, sequential, aligned with applicable standards, and designed to develop knowledge and skills for lifelong physical activity.

Students shall have equitable access to physical education. Appropriate accommodations shall be provided for students with disabilities or other documented needs.

Physical education teachers shall hold appropriate credentials and shall receive professional learning needed to support quality instruction.

12. Physical Activity

The District shall provide age-appropriate opportunities for physical activity before, during, and after the school day. Opportunities may include physical education, recess, classroom movement, athletics, clubs, intramurals, walking, active transportation, and community or joint-use activities.

Elementary campuses shall provide recess consistent with law and district procedures. Recess shall complement, rather than replace, physical education.

Teachers are encouraged to include movement and activity breaks when appropriate to support learning.

Physical activity shall not be routinely withheld as punishment. Staff are encouraged to use physical activity as a positive opportunity rather than as a disciplinary consequence.

13. Family, Student, and Community Engagement

The District shall encourage students and families to participate in wellness activities, school meal feedback, nutrition education, physical activity, and policy review.

The District shall support partnerships with community organizations, local health providers, colleges, local government, businesses, and other appropriate partners when partnerships support the goals of this policy.

When District recreational facilities are available for public or shared use, the District shall communicate opportunities consistent with safety, scheduling, facility use rules, and Board policy.

14. Other School-Based Wellness Activities

The District shall provide students sufficient time to eat in clean, safe, and comfortable meal settings. Campus schedules should allow students reasonable seated time for meals after receiving food.

The District shall support student mental health, counseling, health services, and prevention efforts through existing district programs and school health services.

The District shall support employee wellness through information, voluntary activities, professional learning, and opportunities that encourage healthy habits.

15. Annual Review and Public Notification

The District shall review the local wellness policy and implementation plan at least annually. The public shall be informed at least annually about the content and implementation of the policy and plan and about material updates through the District website.

The District shall maintain a wellness webpage or other readily accessible public location that includes the current policy, current implementation plan, the district official responsible for oversight, relevant SHAC information, and triennial assessment results.

16. Triennial Assessment

At least once every three years, the District shall assess implementation of the local wellness policy. The triennial assessment shall address:

- The extent to which each participating school complies with the local wellness policy.
- The extent to which the District's policy compares with model, evidence-based local wellness policies.
- Progress made toward attaining the goals of the local wellness policy.

The District shall make the triennial assessment results available to the public and shall use the findings to identify needed policy, plan, and practice updates.

17. Records

The District shall maintain organized records demonstrating compliance with local wellness policy requirements, including the written policy and plan, Board approval, stakeholder involvement, public notifications, implementation evidence, nutrition marketing practices, annual review records, and triennial assessments.

Wellness records shall be retained for at least five years or longer when required by the District's records management program or another applicable requirement.

18. Effective Period

This policy is intended for implementation beginning in the 2026-2027 school year and will remain in effect until revised or replaced. The District will conduct annual reviews during the 2026-2027, 2027-2028, and 2028-2029 school years and will continue annual review thereafter.

PART II. 2026-2029 IMPLEMENTATION PLAN

Implementation approach

The goals below are written to address TDA requirements and to strengthen areas identified in FSISD's May 2023 WellSAT assessment. The District should retain evidence each year, so the next triennial assessment is based on documented practice rather than recollection.

A. Nutrition Promotion Goals

Nutrition Promotion

Goal	2026-2029 Action	Lead	Evidence	Target
Healthy messages	Use consistent healthy nutrition messages in cafeterias, classrooms, family communication, and campus activities.	Child Nutrition & campuses	Menus, photos, messages, lesson samples	Evidence from every campus each year
Family information	Share nutrition and school meal information with families at least twice each school year.	Child Nutrition	ParentSquare, website, flyers	2+ communications per year
Student voice	Collect student feedback on meals, preferences, or wellness topics.	Child Nutrition & SHAC	Survey, tasting notes, advisory input	At least one activity per year
Local foods	Seek reasonable opportunities to purchase, feature, or teach about local or Texas-grown foods.	Child Nutrition	Menus, procurement notes, lessons	Document annual consideration or activity

B. Nutrition Education Goals

Nutrition Education

Goal	2026-2029 Action	Lead	Evidence	Target
K-12 instruction	Document sequential nutrition or health instruction across elementary, middle, and high school grades.	Curriculum & campuses	Scope and sequence, lesson evidence	Annual documentation at each school
Cross-curricular	Encourage integration of nutrition, food systems, agriculture, and healthy decision-making into appropriate subjects.	Curriculum	Lesson samples, CTE/agriculture	Examples from each school
Food environment	Connect classroom messages to school meals and cafeteria practices.	Teachers & Child Nutrition	Displays, lessons, cafeteria activities	At least one documented connection per campus
Staff learning	Provide resources or training for staff responsible for nutrition education.	Curriculum & SHAC	Agenda, materials, completion record	At least one annual support activity

C. School Meals and Competitive Foods Goals

Meals and Foods

Goal	2026-2029 Action	Lead	Evidence	Target
Meal standards	Maintain USDA-compliant reimbursable meals and required professional standards for nutrition staff.	Child Nutrition	Menus, production records, training	100% required compliance
Water	Maintain free drinking water access during meals and throughout the school day.	Campuses & M&O	Campus verification	100% campuses
Smart Snacks	Review vending, a la carte, school stores, and regulated fundraisers for Smart Snacks compliance.	Child Nutrition & principals	Approvals, product review records	Annual campus verification
Celebrations	Promote reasonable healthy options and nonfood rewards while respecting state law and local procedures.	Principals & SHAC	Campus guidance, staff communication	Annual communicatio n

D. Physical Education and Physical Activity Goals

Physical Education and Activity

Goal	2026-2029 Action	Lead	Evidence	Target
PE quality	Maintain standards-aligned PE and document required instructional time or approved substitutions.	PE & principals	Schedules, course records	Annual verification
PE staff learning	Provide PE staff access to relevant professional learning and updated resources.	Curriculum & PE	Training records	Annual opportunity
Recess and movement	Document recess and classroom movement opportunities at applicable campuses.	Principals	Schedules, campus reports	Annual verification
Before/after school	Identify and communicate clubs, athletics, intramurals, walking, recreation, or other activity options.	Campuses & athletics	Program lists, communications	At least one option per school
Family & community activity	Promote at least one family or community physical activity opportunity each school year.	SHAC & campuses	Event notice, attendance, photos	1+ district/campus opportunity
Active transport	Review safe walking and biking conditions and communicate safe options where feasible.	Operations & campuses	Safety review, notices	Annual consideration

E. Wellness Promotion and Marketing Goals

Wellness Promotion and Marketing

Goal	2026-2029 Action	Lead	Evidence	Target
Staff modeling	Encourage staff to model healthy eating, hydration, and physical activity during student-facing activities.	Principals & SHAC	Staff guidance, activities	Annual communication
Employee wellness	Offer voluntary employee wellness information or activities.	HR & nurses	Wellness checks, events, resources	At least two opportunities per year
Marketing review	Review new food and beverage marketing, equipment, sponsorships, and contracts for compliance.	Child Nutrition & Business	Contract/equipment review	100% applicable new items
Rewards and discipline	Encourage nonfood rewards and prevent routine withholding of physical activity as punishment.	Principals	Staff guidance, campus monitoring	Annual verification

F. Other School-Based Wellness Goals

Other School-Based Activities

Goal	2026-2029 Action	Lead	Evidence	Target
Meal environment	Provide clean, safe, comfortable cafeterias and reasonable seated mealtime.	Principals & Child Nutrition	Schedules, walkthroughs	Annual verification
Mental health	Coordinate counseling, mental health, and student support resources with wellness efforts.	Counseling & health staff	Programs, referrals, training	Annual summary
Health services	Maintain campus health services and preventive health practices consistent with law and district procedures.	Nurses & principals	Health service records	Annual verification
Community partnerships	Maintain or develop partnerships that support student and family wellness.	SHAC & administration	Partner list, events, agreements	Annual review

G. Stakeholder Engagement and Governance

The SHAC will maintain a documented wellness agenda each year. Wellness policy and plan review may occur within regular SHAC meetings when properly noticed and documented.

Governance and Engagement

Goal	2026-2029 Action	Lead	Evidence	Target
Stakeholder invitation	Invite participation from all federally identified stakeholder groups.	SHAC chair & administration	Notices, rosters, minutes	Document invitation annually
Campus evidence	Each principal submits an annual campus wellness implementation report.	Principals	Campus report form	100% campuses
Student & parent input	Collect student or parent wellness input through meetings, surveys, menu feedback, or similar methods.	SHAC & Child Nutrition	Survey or meeting record	At least one method annually
Board/public access	Keep policy, plan, responsible official, and assessment results publicly accessible.	Administration & web staff	Website screenshots/links	Annual verification

H. Annual Campus Implementation Report

Each campus principal will provide the Superintendent or designee and SHAC with a brief annual report addressing the following items:

- Nutrition promotion and education activities
- School meal and Smart Snacks compliance concerns, if any
- Water access
- Physical education, recess, and physical activity opportunities
- Family or community wellness engagement
- Food and beverage marketing observations
- Employee wellness activity or information
- Student health, counseling, or other school-based wellness activities
- Implementation challenges and recommended changes
- Evidence attached or linked

I. Annual Review Schedule

School Year	Required Work	Primary Leads	Public Record
2026-2027	Adopt/update policy. Finalize implementation plan. Complete and publish the 2026 triennial assessment. Establish campus baseline evidence.	SHAC, Superintendent/designee, principals	Policy, plan, triennial report, annual notice
2027-2028	Conduct annual review. Collect campus implementation data. Address gaps found in 2026 assessment. Update plan as needed.	SHAC, principals, program leads	Annual review record and public update
2028-2029	Conduct annual review. Prepare next triennial assessment using three years of evidence. Complete assessment by spring 2029 when feasible.	SHAC, Superintendent/designee	Annual update and triennial report

J. Triennial Assessment Process

The District will use a recognized assessment method such as WellSAT or another evidence-based implementation tool that addresses federal requirements.

The assessment process shall include the following steps:

1. Review the current local wellness policy and implementation plan.
2. Assess policy strength and completeness against a model or evidence-based policy.
3. Assess actual district and campus practices.
4. Identify areas where written policy and actual practice are aligned.
5. Identify areas where required practices are missing or inconsistently implemented.
6. Measure progress toward the District's stated wellness goals.
7. Prepare a written public summary with required federal elements.
8. Use results to revise policy, the implementation plan, or district practices.

Required Public Triennial Elements

- School and district compliance with the local wellness policy
- Comparison of the local wellness policy with model wellness policies
- Progress toward the District's wellness goals
- Planned actions to improve compliance, policy strength, or implementation

2023 Baseline Areas to Strengthen

FSISD's May 2023 WellSAT assessment showed high overall policy comprehensiveness, but several sections had lower strength scores. The 2026-2029 policy and plan intentionally add more specific expectations in these areas:

- Middle and high school nutrition education
- Nutrition education linked to other subjects, agriculture, and the food system
- Local food and farm-to-school consideration
- Vending, celebrations, after-school foods, and food rewards
- Family and community engagement in physical activity
- Before-school and after-school physical activity opportunities
- Physical education professional learning, exemptions, and substitutions
- Staff wellness and healthy role modeling
- Detailed food and beverage marketing controls
- Stakeholder recruitment and participation
- Clear assignment of district and campus implementation responsibilities
- Public reporting of all required triennial assessment elements
- Documented policy updates based on assessment findings

K. Data and Evidence to Retain Each Year

- SHAC agendas, notices, minutes, attendance, and stakeholder invitations
- Board adoption records and policy revisions
- Campus wellness reports
- Child Nutrition records relevant to wellness policy implementation
- Professional learning records
- Parent and student communications
- Student or family feedback
- Photos or documentation of wellness activities
- Smart Snacks and fundraiser review records
- Marketing and equipment review records when applicable
- Website screenshots showing public posting
- Annual review notes and corrective actions

APPENDIX A. ANNUAL COMPLIANCE CHECKLIST

Compliance Item	Responsible Area	Done
Policy reviewed this school year	SHAC / Administration	☐
Implementation plan reviewed and updated as needed	SHAC / Administration	☐
All required stakeholder groups invited to participate	SHAC	☐
Current policy posted publicly	Administration / Web	☐
Current implementation plan posted publicly	Administration / Web	☐
District wellness contact posted publicly	Administration / Web	☐
Campus principals completed annual wellness report	Principals	☐
Nutrition education documented across schools	Curriculum / Campuses	☐
School meal program and water access verified	Child Nutrition / Campuses	☐
Smart Snacks and regulated food sales reviewed	Child Nutrition / Principals	☐
Marketing requirements reviewed	Child Nutrition / Business	☐
Physical education and activity opportunities verified	Principals / PE	☐
Family/student wellness input documented	SHAC / Child Nutrition	☐
Annual public wellness update issued	Administration	☐
Records filed for retention	Administration / Records Officer	☐

APPENDIX B. CAMPUS ANNUAL WELLNESS REPORT

Campus	
School year	
Principal	
Date submitted	

1. Nutrition promotion and education activities

2. School meals, Smart Snacks, fundraiser, or food service compliance issues

3. Drinking water access

4. Physical education, recess, classroom movement, and activity opportunities

5. Before-school and after-school activity opportunities

6. Family, student, and community wellness engagement

7. Food and beverage marketing observations

8. Employee wellness activities or information

9. Counseling, mental health, nursing, or other school-based wellness activities

10. Challenges, corrective actions, and recommendations for next year

APPENDIX C. BOARD REVIEW RECORD

Board Action on Part I

Board meeting date	August 31, 2026
Agenda item	S. Fort Stockton ISD Wellness Policy.
Action	Adopted
Board President	Florentino Garcia III
Superintendent	Gil-Rey Madrid

Annual Review Record

School Year	Review Date	Summary of Changes	Initials
2026-2027			
2027-2028			
2028-2029			
2029-2030			