Slidell ISD 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. Utilizing the District’s website to post meeting dates and locations and to solicit participation from interested parties.
2. Utilizing the District’s app to post District wellness goals in action and to invite public comments/suggestions on surveys.

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 Health Services Coordinator 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 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. Each campus principal will report to the SHAC during the first semester of each school year, what marketing signage is student accessible at their campus.

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2. The Director of Child Nutrition will annually discuss with the child nutrition employee the expectations of marketing materials were made accessible to students.

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 and Director of Child Nutrition will provide materials for use in promoting healthy nutrition to teachers and staff.

Action Steps: The Director of Child Nutrition, or designee, will research ordering printable posters or flyers and other materials promoting healthy nutrition messages.

School and Community Stakeholders: Child nutrition staff, students, and parents

Resources Needed: Updated forms in English and Spanish, time, and materials

Measures of Success: Participation rates in federal child nutrition program at beginning, middle, and end of year.

Objective 2: The District will consistently post the monthly school breakfast and lunch menus and other information that focuses on healthy choices.

Action Steps: Create visually appealing menus and other nutritional information to be place on the website, Slidell ISD app, dojo, in campus offices, and near the service line.

School and Community Stakeholders: Child nutrition staff, students, and parents

Resources Needed: Display location that attract student attention

Measures of Success: Monitoring of the school website, app, and display areas by the Child Nutrition Director.

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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: The Director of Child Nutrition, or designee, will provide educational nutrition information for families distributed via the district and campus webpages, app and Class Dojo.

Action Steps: The director of child nutrition will provide to the district webmaster information for families on healthy nutrition to be placed on the district website.

School and Community Stakeholders: Child nutrition staff and district webmaster

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Resources Needed: Information for posting

Measures of Success: Monthly monitoring of the district cafeteria tab on district website

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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: The district will support the campuses inclusion of healthy initiative programs that feature wellness goals.

Action Steps: Increase the number of participants currently participating in healthy initiative programs such as Greyhound Wellness.

School and Community Stakeholders: Staff and community

Resources Needed: Funding, time, and commitment

Measures of Success: Counselor surveys and data

Objective 2: District staff will promote and integrate nutrition education through class lessons and campus activities.

Action Steps: Identify courses and lessons for nutrition education integration.

School and Community Stakeholders: Teachers

Resources Needed: Curriculum materials

Measures of Success: Administration weekly monitoring of lesson plans

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GOAL 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.

Objective 1: Nutrition staff will attend annual nutrition workshops provided through the service center.

Action Steps: Register required staff annually and provide professional development during in-service.

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School and Community Stakeholders: Child nutrition staff, teaching staff, and administration

Resources Needed: Funding, transportation, and appropriate workshops and materials

Measures of Success: Nutrition staff certification of completion and PD hours

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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 following addresses how the District meets the required amount of physical activity:

- ***PK-5 grade students schedule a minimum of 30 minutes daily physical education.***
- ***6-8 grade students schedule a minimum of 45 minutes daily of physical education or athletics.***
- ***9-12 grade students required to complete 1 credit of physical education, with the opportunity to participate all four years.***

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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 master schedule for each campus will include physical education/athletics periods that meet or exceed state time requirements as well as recess for elementary students.

Action Steps: Develop the schedule to utilize certified staff in all physical education classes and maximize opportunities for students to participate.

School and Community Stakeholders: Students and certified staff

Resources Needed: Master schedule, teacher certification, participation information, and student handbooks

Measures of Success: Review master schedule and advise students during course selection. Student growth from annual fitness gram.

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<u>Objective 2</u>: Each campus will host activities that encourage participation of staff and students including those not in physical education classes or competitive sports in a physical activity.

Action Steps: Each campus will plan at least one special opportunity each semester that involves all students in a physical activity and when appropriate, involves parents and staff.

School and Community Stakeholders: Parents, students, staff, and community

Resources Needed: Principal and staff input for activities and consideration for special needs for students and staff.

Measures of Success: Create district calendar with special opportunities provided to parents and community.

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

<u>Objective 1</u>: Provide appropriate time during in-service where teachers will receive staff development to integrate physical activity.

Action Steps: Plan professional development activities for curriculum integration and any specialized training needed for planned activities.

School and Community Stakeholders: District staff

Resources Needed: Scheduled time for specific in-service activities and materials

Measures of Success: Number of teachers participating and utilizing materials, use of brain breaks and multiple recesses.

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

<u>Objective 1</u>: Provide opportunities for students to utilize District facilities for physical activity throughout the school year.

Action Steps: Create schedule for open gym, SYBA, Slidell Little League Baseball, Slidell Tx Youth Cheer, and other facility use.

School and Community Stakeholders: Administration and Athletic Director, students, and community

Resources Needed: Facilities, time and maintenance of facilities

Measures of Success: Schedule of events and number of participants

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GOAL 4: 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.

<u>Objective 1</u>: The District will offer wellness reimbursement membership up to $50 a month from the months August - May.

Action Steps: Advertise the opportunity to participate via email, in-service, and wellness newsletters.

School and Community Stakeholders: District staff and community partnerships.

Resources Needed: Funding, commitment, time, and stakeholder information

Measures of Success: Number of participants, and completed wellness surveys

<u>Objective 2</u>: The District will promote exercise and holistic health and make facilities and services available for this service.

Action Steps: Maintain the fitness/weight room allowing staff access, inform of the availability of facilities including track, playground, and fitness/weight room, fresh fruits and salads provided to staff daily.

School and Community Stakeholders: Students, staff, and community

Resources Needed: Guidelines for use of facilities, gym staff on duty, security lock during non-school hours.

Measures of Success: Documentation of current use of facilities, list of participants by six weeks

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GOAL 5: The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

<u>Objective 1</u>: Increase the number of parents who attend athletic events and when appropriate, participate in special physical activities with their children.

Action Steps: Communicate activity calendars and send reminders to parents of available opportunities for participation.

School and Community Stakeholders: Parents, students, and community

Resources Needed: Athletic schedule, activity calendars, and communication outlets

Measures of Success: Number of attendees, and participant sign in log

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GOAL 6: The District shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, playgrounds, and the like, that are available outside the school day.

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Objective 1: The District will maintain the gymnasiums, tracks, playgrounds, and other outside areas to promote safe and enjoyable developmentally appropriate physical fitness activities for all students.

Action Steps: Ensure that District facilities are open to students, parents, staff, and community members outside of school hours.

School and Community Stakeholders: Students, staff, and community members

Resources Needed: Staff and maintenance

Measures of Success: Inquire of status of facilities at administrative team meetings.

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: In addition to breakfast and lunch, campuses will include break times for students and provide snacks in certain situations.

Action Steps: Develop master schedules that provide breakfast, lunch and break times for students and staff. Communication is provided to parents for designated times and any other special activities or special days.

School and Community Stakeholders: Parents, students, and staff

Resources Needed: Communication to parents about purchasing and information about activities that will include snacks/meals. Microwaves are available for student use.

Measures of Success: Documentation of students eating during break times.

Objective 2: The District will schedule meal times for students that allow at least 20 minutes for food consumption in cafeterias that are clean, safe, and comfortable.

Action Steps: The campus administrators will develop schedule that allow sufficient time for meals

School and Community Stakeholders: Administration, students, and nutrition staff

Resources Needed: Principal, Director of Child Nutrition collaborate as needed.

Measures of Success: By the end of the first week of school any needed adjustments to the schedule or serving procedures will be made.

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

Objective 1: The District will be aware of District and campus activities and opportunities where the promotion of overall health and wellness may take place.

Action Steps: Discuss this goal at administrative and faculty meetings.

School and Community Stakeholders: District staff

Resources Needed: Campus calendars

Measures of Success: Gather feedback of ideas from staff.

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.

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)]

The District will allow the following exempted fundraisers each school year:

Campus or organization: Elementary/Secondary Field Day

Food or beverage: Snow Cones

Number of days: 1

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Campus or organization: Elementary Calendar Fundraiser Winner

Food or beverage: Pizza

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Number of days: 1

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Campus or organization: Elementary/Secondary Food Drive Winner

Food or beverage: Pizza

Number of days: 1

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Campus or organization: Elementary/Secondary UIL Meal Deal

Food or beverage: Burger, Chips, Drink, Candy

Number of days: 1

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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)]

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

Elementary school: *Thanksgiving*, *Winter Celebration and Valentines*

Middle/junior high school: *Thanksgiving and Winter Celebration*

High school: *Thanksgiving and Winter Celebration*

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.

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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:

3. A copy of the wellness policy [see FFA(LOCAL)];
4. A copy of this wellness plan, with dated revisions;
5. Notice of any Board-adopted revisions to FFA(LOCAL);
6. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
7. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
8. The SHAC's triennial assessment; and
9. Any other relevant information.

The District will also publish the above information in appropriate District or campus publication.

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. [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.

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