

## Freer ISD Local Wellness Plan School Year: 2025–2026

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### PURPOSE AND GOAL

Freer ISD recognizes that nutrition, physical activity, and wellness practices are foundational to students' academic success and lifelong health. The district commits to promoting student and staff well-being through policies and practices that meet or exceed state and federal guidelines. Freer ISD also partners with the Healthy South Texas initiative to enhance community health outcomes through evidence-based programs, outreach, and collaboration with Texas A&M AgriLife Extension.

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### STRATEGIES TO SOLICIT STAKEHOLDER INVOLVEMENT

- Maintain a robust School Health Advisory Council (SHAC) with representation from parents, students, staff, school board, and community.
  - SHAC meets quarterly with public agendas and minutes.
  - Solicit community input via annual surveys and public forums.
  - The Director of Health Services coordinates SHAC and policy oversight. Contact information is posted on the district website.
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### NUTRITION PROMOTION

**Goal:** Promote healthy food choices and messages districtwide.

**Objectives:** 1. Provide nutrition-positive messaging via posters, announcements, and integrated classroom content. 2. Promote participation in USDA School Breakfast and Lunch Programs. 3. Collaborate with cafeteria staff to feature seasonal, local, and culturally diverse foods. 4. Ensure all food marketing complies with USDA Smart Snacks guidelines.

**Evaluation:** - Monitor meal participation data. - Keep logs of nutrition outreach and promotional efforts. - Conduct annual cafeteria assessments.

**Enhancement:** - Add breakfast promotion efforts (e.g., grab-and-go, breakfast in the classroom). - Promote local food purchasing through Farm to School initiatives.

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### NUTRITION EDUCATION

**Goal:** Integrate age-appropriate, skills-based nutrition education into the school culture.

**Objectives:** 1. Integrate TEKS-aligned nutrition education into science, health, and other subjects. 2. Host two districtwide nutrition education events per year. 3. Offer educator PD on nutrition education integration. 4. Ensure access to free drinking water and encourage reusable bottles. 5. Implement Healthy South Texas youth programs including Balancing Food and Play, Teen Cuisine, Learn, Grow, Eat & GO! Early Childhood, and Learn, Grow, Eat & GO!

**Evaluation:** - Review curriculum maps and event attendance. - Track student feedback on hydration and education. - Use Howdy Health platform data.

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## NUTRITION GUIDELINES FOR COMPETITIVE AND NON-MEAL FOODS

**Goal:** Ensure all foods sold or provided meet nutrition standards.

**Updated Policy Statements:** - All competitive foods (a la carte, vending, fundraisers, celebrations) must meet USDA Smart Snacks standards. - Smart Snack standards will be communicated to staff and families annually. - Food and beverages sold or served after school (e.g., clubs, programs) will align with Smart Snack standards where applicable. - Food will not be used as a student reward. - Water will be made freely available throughout the day.

**Integration:** - Healthy South Texas nutrition programs will include family education on Smart Snack compliance.

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## PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

**Goal:** Provide daily opportunities for students to be physically active.

**Objectives:** 1. Follow state PE time requirements and ensure 50% MVPA. 2. Integrate activity breaks into the academic schedule. 3. Offer before/after school physical activity clubs. 4. Support inclusive activities for all ability levels. 5. Provide PD for PE staff. 6. Promote safe walking/biking to school. 7. Encourage participation in Walk Across Texas.

**Evaluation:** - Track PE schedules, activity logs, and PD attendance. - Use Walk Across Texas and Howdy Health participation data.

**Enhancements:** - Require PE teachers to hold appropriate Texas certifications. - Require annual PE-specific PD. - Define exemptions and substitutions to comply with state policy.

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## SCHOOL-BASED WELLNESS ACTIVITIES

**Goal:** Support school meals, family involvement, and wellness celebrations.

**Objectives:** 1. Provide students with at least 30 minutes for lunch. 2. Host celebrations after lunch with healthy options encouraged. 3. Engage families with two or more wellness events annually. 4. Partner with local health providers and A&M Health Hubs.

**Evaluation:** - Monitor lunch schedules and celebration guidelines. - Keep event sign-in sheets and feedback forms. - Analyze event impact through Howdy Health data.

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## STAFF WELLNESS

**Goal:** Support staff through wellness programs and stress management.

**Objectives:** 1. Offer fitness challenges and walking clubs. 2. Share wellness and mental health resources. 3. Provide optional health screenings and mental health training. 4. Encourage staff to participate in wellness activities via flex time. 5. Promote HST programs: Cooking Well Suite, Strong People Strong Bodies, Step Up Scale Down, and Stress Less with Mindfulness.

**Evaluation:** - Track participation and feedback through surveys and Healthy Texas Portal.

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## WELLNESS PROMOTION AND MARKETING

**Goal:** Promote healthy environments through strategic messaging.

**Policy Updates:** - All marketing during the school day will promote only Smart Snacks-compliant foods. - Prohibit non-compliant food ads on school property, signs, and scoreboards. - Restrict food-related fundraisers to compliant products.

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## IMPLEMENTATION

- The Director of Health Services oversees implementation.
  - Each campus designates a Wellness Champion.
  - HST coalition meetings support policy alignment and coordination.
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## TRIENNIAL ASSESSMENT

- Conduct assessment every three years using WellSAT, Smart Snacks calculator, and Howdy Health.
  - SHAC will use results to update the policy and report to the board within 60 days.
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## **PUBLIC NOTIFICATION**

- Post policy updates on the website.
  - Share updates in newsletters and board meetings.
  - Invite community feedback through surveys and meetings.
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## **PLAN REVIEW & REVISION SCHEDULE**

- SHAC reviews policy annually each spring.
  - Full revision occurs with the triennial assessment or policy/regulation updates.
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This updated plan strengthens Freer ISD's commitment to evidence-based practices, Smart Snack compliance, stakeholder involvement, and programmatic support through Healthy South Texas.