

Odem-Edroy 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 shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity.

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.

The Odem-Edroy ISD Wellness Plan will at a minimum also address; goals, objectives, action steps, and resources needed to implement the wellness policy; methods for measuring implementation of the wellness goals, the District’s standards for food and beverages provided, but not sold, to students during the school day on a school campus and the manner of communicating to the public applicable information about the District wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

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 on the District Wellness Website the dates and times of SHAC meetings
2. Distributing flyers at all campuses to solicit participation and involvement in the School Health Advisory Council

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 Superintendent along with the School Health Advisory Council (SHAC) are the district officials 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. The SHAC will continue to meet 4 times a year and as needed to monitor the progress of the Local Wellness Policy and recommend any future goals, guidelines, methods of implementation and plans for measurement.

Goals for Nutrition Promotion

Federal law requires that the district establishes 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. Annually collecting data from campus Administrators in the form of a checklist to assess that any food and beverage advertisements marketed to students during the school day meet the Smart Snack Standards.
2. Making sure all posters depicting the marketing of foods or beverages hanging in campus cafeterias and hallways are only advertising foods or beverages that meet 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 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 School District will reinforce messages about good nutrition and help ensure students see and hear consistent information about healthy eating at all campuses.

Action Steps:

- hang posters in classrooms, hallways, the office, and campus cafeterias to promote healthy eating. Inform campus administrators to ensure posters will not be removed.
- Campuses will share nutrition information during monthly morning announcements.
- Post monthly messages to district website to promote nutritious foods.

School and Community Stakeholders:

SHAC, Food Service Department, Teachers, Administrators, and Students, IT, San Patricio Department of Public Health

Resources Needed:

Display materials to place around the campus.

IT department assistance to post to District website.

Community partners to help collaborate with SHAC to provide students with nutrition education.

Measures of Success:

Parent/Student feedback posted on website or parent calls to campuses.

Monthly walkthrough by SHAC to measure implementation.

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: Consistently post, in an easily accessible location on the district's website, the monthly breakfast, lunch and dinner menus, along with the nutritional information of each meal.

Action Steps:

- SHAC will work with the District Food Service Director to develop menus that are following this objective and are developed at least one month in advance.

School and Community Stakeholders:

SHAC, Food Services Department, Students, Parents.

Resources Needed:

- Work with Food Service Director utilizing SquareMeals.org to develop monthly menus.
- IT assistance posting menus and nutrition information on district websites.

Measures of Success:

Track and note an increase in views of online menus and reviews posted by parents.

Goals for Nutrition Education

Federal law requires that the district establishes goals for nutrition education in its wellness policy. State law also requires that the district implements 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: Students will maintain healthy eating habits and behaviors utilizing state mandated health education/physical education curriculum adopted by the School Board with assistance from SHAC.

Action Steps:

- SHAC will review current health curriculums, and other health/physical education curriculum options.
- Make any adjustments to current health education curriculum or explore adopting new health curriculum to meet state requirements.
- Display Curriculum resources on District Wellness Website.

School and Community Stakeholders:

SHAC, Community Partners, Students, Parents, Teachers,

Resources Needed:

Lists of state approved health curriculum to review.

Measures of Success:

Adopted Health Curriculum

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: Once a month utilize community partnerships to offer nutrition education information during announcements at all district campuses.

Action Steps:

- Distribute “Healthy Eating for Kids “monthly newsletter provided by the Texas A&M AgriLife Extension services to all campus secretaries.
- Highlight the Monthly message to be announced during the announcements.

School and Community Stakeholders:

SHAC, Teachers, Students, Administrators, Texas A&M AgriLife Extension Services

Resources Needed:

Texas A&M AgriLife Extension Services Monthly “Healthy Eating for Kids” newsletter.

Measures of Success:

Monthly walkthroughs by members of SHAC at all campuses to evaluate implementation of nutrition information during announcements.

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: Professional development taught by the health curriculum provider will be offered annually to all teachers and staff who will be teaching nutrition education in order to cover all Texas Health TEKS.

Action Steps:

- Campus Administrators along with SHAC will coordinate with curriculum providers to schedule dates for staff development on the health curriculum.
- Request IT assistance if professional development will be via zoom.

School and Community Stakeholders:

SHAC, Administrators, Teachers, Curriculum providers, IT

Resources Needed:

Adopted Curriculum Provider to present staff development, computers, and IT assistance (if staff development provided via zoom), time for staff to attend staff development.

Measures of Success:

Number of Faculty and staff receiving training as evidenced by staff sign-in sheets and teacher feedback acknowledging they can effectively deliver the curriculum.

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 district will implement, in accordance with the law, a coordinate 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 meet the required physical activity requirements at the Elementary and Intermediate campuses by providing at least 135 minutes of participation in a Texas Essential Knowledge and Skills (TEKS)-based physical education class or a TEKS based structured activity with the exception of all day pre-kindergarten who will participate in daily structured Recess for 30 minutes daily followed by 15 minutes of unstructured recess(play).

- The Elementary and Intermediate School campuses will require all students in KG through 5th grade to participate in 20 minutes of unstructured recess as determined by the SHAC recess committee.
- The district will meet the required physical activity requirements at the Junior High campus by having students engage in 30 minutes of moderate or vigorous physical activity per day for at least four semesters as part of the district's physical education curriculum or at least 225 minutes of moderate or vigorous physical activity within each two-week period for at least four semesters unless exempted because of illness or disability.
- The district will meet the required physical activity requirements at the High School campus by having the students earn at least 1.0 physical education credit.

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 district shall promote school sponsored physical activity events, such as fundraisers, and family/community physical activity.

Action Steps:

- Promote local and school sponsored events to students, staff, parents, and the community.

School and Community Stakeholders:

Students, staff, and community members.

Resources Needed:

Adequate staff to monitor school sponsored events.

Measures of Success:

Amount of participation

GOAL 2: The district shall encourage students, parents, staff, and community members to use the district's recreational facilities, that are available outside the school day.

Objective 1: Inform the community of facilities that are available for use outside of the school day.

Action Steps:

- Post on social media and District website, walking distance around Owl Square and other district areas. Also, post pool schedule and summer athletic camp information.

School and Community Stakeholders:

SHAC Members, Athletic Coaches, and Campus Administrators

Resources Needed:

School Website, Facebook, Parent Square.

Measures of Success:

Community utilizes the district's recreational 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: Campus master schedules will include time for morning and noon meal services and delivery options.

Action Steps:

- Consult with District Food Services Director/Manager to ensure adequate times are allotted for both preparation and meal delivery for students.

School and Community Stakeholders:

Food Services personnel, campus administrators, Parents and Students.

Resources Needed:

Federal and State guidelines for meal distribution, facility specifications and campus scheduling.

Measures of Success:

Review of student totals who are served meals (morning and /or noon) and feedback from students and parents on district surveys.

Objective 2: Students and staff will have access to free palatable drinking water during the school day. Teachers may offer the option of student water bottles at the student desk.

Action Steps:

- Permit students to carry personally owned disposable or reusable clear water bottles for water only, Maintain and clean water bottle filling stations regularly and allow access during the school day.

School and Community Stakeholders:

School staff, campus administrators, and students

Resources Needed:

Federal and State guidelines for installation, facility specifications and campus locations, easily accessible water fountains, Signage on locations where water bottles may not be permitted.

Measures of Success:

Review of student's water schedule; Students are bringing water to school using the filling stations throughout the day.

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

Objective 1: The district will conduct various wellness activities throughout the year for staff, students, and families including:

Action Steps:

- Plan throughout the year for the community.
- Immunization clinics, Wellness education bulletins/webpage updates, Health screenings (i.e. Mobile mammography, ECG's, Blood Pressure checks and Blood Drives.

School and Community Stakeholders:

Students, Staff, Community

Resources Needed:

Funding, Partnerships within the District Staff and San Patricio County Department of Public Health, Access to website or other means of communication to publicize events.

Measures of Success:

Activities are listed on the campus and District Improvement plans and Participation reports.

GOAL 3: Objectives, benchmarks, and activities for implementing the wellness goals and methods for measuring implementation of the wellness goals are in place.

Objective 1: The district will ensure that information, curriculum, documentation and activities are available for each campus.

Action Steps:

- Plan throughout the school district for the year.
- Hand out flyers with nutrition activities and information for students and families, maintain health education curriculum, Nutritional information (posters) are displayed in the cafeteria and dining areas, PE curriculum will include positive health and wellness activities, District-wide surveys to track results, Health classes curriculum documentation, Review activities from the time of last SHAC meeting for effectiveness and policy enforcement.

School and Community Stakeholders:

Food Service staff, campus administrators, SHAC

Resources Needed:

Flyers, Nutrition Posters, Health/PE curriculum, District Surveys

Measures of Success:

SHAC review of implementation

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, except when the district allows an exemption for fundraising activities as authorized by state and federal rules. [See CO and FJ]

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)

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)]

Fundraisers intended for consumption at school must adhere to the Smart Snacks in School Nutrition Standards. Fundraisers intended for consumption at home are exempt from this policy, as well as those that occur 30 minutes after the end of the school day (i.e. School Carnivals or Fairs).

The district will allow the following exempted fundraisers for the 2023–2024 school year:

Campus or organization: Odem Elementary School

Food or beverage: Concession Stand foods and snacks that do not meet “Smart Snacks” standards.

Number of days: 6

Campus or organization: Odem Intermediate School

Food or beverage: Concession Stand foods and snacks that do not meet “Smart Snacks” standards.

Number of days: 6

Campus or organization: Odem Junior High School

Food or beverage: Concession Stand foods and snacks that do not meet “Smart Snacks” standards.

Number of days: 6

.....

Campus or organization: Odem High School

Food or beverage: Concession Stand foods and snacks that do not meet “Smart Snacks” standards.

Number of days: 6

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, Intermediate, Junior High and High School:

- Foods distributed on all campuses, except reimbursable meals and those exceptions stated below), during the entire school day will be limited to foods that meet the Smart Snacks in School Nutrition Standards (calories, fat, saturated fat, sodium, sugar, and the general standards.) It is the responsibility of the individuals that distribute the foods to ensure all standards are met.
- Food items given as incentives or as a snack, including for state administered assessment days or holiday celebrations must adhere to Smart Snacks in School Nutrition Standards, with the exception of 2 days a six week (total of 12 days a year) which will be chosen at the discretion of campus principals.
- Foods brought by parents/guardians for their child may not be shared with classmates. Classroom birthday parties are exempt from this regulation; birthday parties must be celebrated after 2:30 p.m.
- Food must be either commercially packaged or prepared in a licensed facility. No items may be prepared or cooked at home.
- Teachers should confirm with the school nurse what, if any, students have allergies in the classroom prior to providing food items.
- OEISD aims to support the general health and wellness of all our students therefore, energy drinks/sports enhancing supplements are not allowed to be offered or consumed by students during the school day. By definition, an energy drink is a type of beverage containing stimulant drugs, chiefly large amounts of caffeine, which are marketed as providing mental or physical stimulation. They may or may not be carbonated and may also contain sugar or other sweeteners, herbal extracts, and amino acids. There are many brands and varieties of energy drinks, such as Red Bull, Monster, Rockstar, Alani, Celsius, etc. Not included in this definition are drinks such as Gatorade, Powerade, or other fluids that are intended as sports drinks that do not contain large quantities of caffeine but do contain electrolytes and are intended to rehydrate or refuel during physical activity. By definition, a sports supplement is a pill, powder, or drink used to build muscle, lose weight, or improve endurance.
- The American Academy of Pediatrics (AAP) advises against caffeine for children under the age of 12. It recommends that children between the ages of 12-18 should not consume more than 100mg of caffeine in one day. Consuming energy drinks may cause adverse symptoms such as nervousness, headaches, stomachaches, irregular heart rhythms, and other life-threatening heart rhythm changes.
- The American Academy of Pediatrics (AAP) strongly advises against the use of performance-enhancing supplements (PES) in children and adolescents, considering them unnecessary and potentially dangerous. The AAP emphasizes that a well-balanced diet, proper hydration, and training are superior for improving athletic performance, as studies do not show significant benefits from supplements in younger athletes. Supplements are not strictly regulated and may contain contaminants, prohibited ingredients, or dangerous levels of caffeine.

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 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.

Disclaimer: This information is provided for educational purposes only to facilitate a general understanding of the law or other regulatory matters. 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.