

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. Posting on the District's website and/or sending district emails with the dates and times of SHAC meeting at which the wellness policy and plan are scheduled to be discussed.

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>)
- *Fitnessgram*

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 for each school year:

Campus or Organization	Food / Beverage	Number of Days
All Campuses	Campus Choice	6 days

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:



Any food or beverages given away or otherwise made available to students must meet the Smart Snacks standards, with the exception of celebrations that may occur on campuses up to four days each school year. These celebrations must occur after lunch and must be approved by the principal.

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.

<b>GOAL:</b> The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	
<b>Objective 1:</b> The District will increase participation in the federal child nutrition program by two percent by the end of each the school year.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Posters displayed that promote healthy nutrition.  Students have a fruit or vegetable as part of their reimbursable meal.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Participation rates in federal child nutrition programs at the beginning, middle and end of school year.</li> </ul> Resources needed:



	<ul style="list-style-type: none"> <li>• Healthy nutrition posters.</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Negative perceptions of school meals.</li> <li>• Parents choosing not to disclose information related to income of family information to determine eligibility for free or reduced-priced meals.</li> </ul>
<p><b>Objective 2: The food service staff shall participate in professional development to stay informed on how to encourage healthy meals, preparing healthy meals, sanitation and safe serving.</b></p>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
ESC Region 12 trainings	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Certifications of completion</li> </ul>

<p><b>GOAL:</b> 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.</p>	
<p><b>Objective 1: The district will inform families/community regarding programs offered by the district.</b></p>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Monthly breakfast and lunch menus</p> <p>School Health Advisory Committee meetings</p> <p>Pack of Hope</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Menus are sent home with students and made available to all parents on the district's website.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Partnerships with community organizations</li> <li>• Staff to create and distribute the menus for posting to the website.</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Limited resources/organizations</li> <li>• Not all families have internet and students do not take home the printed menus</li> </ul>

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.

<b>GOAL:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
School personnel will promote hand washing before meals	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>School personnel will assist students in handwashing before meals</li> </ul>
Parents encouraged to dine in the cafeteria	Resources needed: <ul style="list-style-type: none"> <li>Open invitation</li> <li>Proper scheduling</li> </ul>

<b>GOAL:</b> The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
<b>Objective 1: District staff will promote and integrate nutrition education throughout the school year.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Nutrition education shall be integrated across the curriculum.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Physical Education classes daily</li> </ul>
Physical activity encouraged daily.	Resources needed: <ul style="list-style-type: none"> <li>Proper scheduling by campus principals</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Nutrition education is only a part of the essential knowledge and skills for physical education courses.</li> </ul>



<b>Objective 2: One hundred percent of students will have access to drinking water at all times during the school day.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Easy accessible water fountains  Bottled water for sale at lunch	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>All water fountains work properly</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Properly working water fountains in all district buildings that students access</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Students may not have money at lunch to purchase bottled water</li> </ul>

<b>GOAL:</b> 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.	
<b>Objective 1: Teachers and staff will receive professional development as needed.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Training through ESC 12	Resources needed: <ul style="list-style-type: none"> <li>Training available to school staff</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Substitutes for teachers/staff attending training</li> </ul>

**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 meet the required physical activity in elementary school grades by providing at least 30 minutes per day of physical activity.
- At the middle school level, all students will receive 45 minutes of structured physical education each day.

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.

<b>GOAL:</b> 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.	
<b>Objective 1: The District shall promote school sponsored physical activity events.</b>	
Action Steps	Methods for Measuring Implementation
Elementary students PE classes  Middle school students PE classes	<ul style="list-style-type: none"> <li>• Every elementary student will receive 45 minutes of structured physical education class each day</li> <li>• Every middle school student will receive 45 minutes of structured physical education class each day</li> </ul>

<b>GOAL:</b> The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
<b>Objective 1:</b>	
Action Steps	Methods for Measuring Implementation
Organized UIL sports for grades 7-12  Youth association organized sports	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Practices held before or after school</li> <li>• Youth association offers organized sports for grades PK-5. District facilities are made available for use at no charge to the organization.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Adequate number of staff necessary to monitor school sponsored events.</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Willingness of staff to monitor scheduled events.</li> </ul>



<b>GOAL:</b> 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.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Physical education teachers training	Physical education teachers receive training at ESC 12

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.

<b>GOAL:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
<b>Objective 1: All students will allow for at least 10 minutes to eat breakfast and 30 minutes to eat lunch.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Work with campus administrators to adjust master schedules as necessary.</p> <p>Ensure that cafeteria facilities are clean, safe and comfortable</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>The amount of time provided in the master schedule for lunch and breakfast times</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Average time it takes for students to receive a meal and be seated</li> <li>Cafeteria staff to ensure cleanliness of facility (sweep and mop daily; tables wiped down between classes; dishes washed and sanitized, serving line and food prep area washed and sanitized often).</li> </ul> <p>Obstacles:</p>



	<ul style="list-style-type: none"> <li>Master schedules consider several issues, only one of which will be meal times</li> </ul>
--	--

<b>GOAL:</b> The District shall promote wellness for students and their families at suitable District and campus activities.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Vaccination clinic offered for students</p> <p>Electronic newsletters from counselor/nurse regarding wellness topics</p>	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>Clinics willing to come to school to administer vaccines</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Clinic offered during school hours</li> <li>Lack of internet for some families</li> </ul>

<b>GOAL:</b> The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Flu shot clinic offered on-site for employees and staff</p>	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>Agreement with facility administering vaccines.</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Employees reluctant to receive vaccine</li> </ul>