

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

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]

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 the dates and times of SHAC meetings.
2. List on the District’s website the name and position of the person responsible for oversight of the District’s wellness policy and plan along with an invitation to contact that person if the reader is interested in participating in the development, implementation, and evaluate of the wellness policy and plan.
3. List on the District’s activity calendar the dates of the SHAC meetings.

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 com-

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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 that analysis:

- Relevant portions of <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- Relevant portions of <http://www.squaremeals.org/Publications/Handbooks.aspx>
 - Fitness Gram: A state-wide program for kids grades 3-12
 - Relevant portions of the Center for Disease Control’s School Health Index (<http://www.cdc.gov/healthyschools/shi/index.htm>)
 - A District-developed self-assessment

PUBLIC
NOTIFICATION

To comply with the legal requirement to 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 [FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. Notice of any SHAC members and meeting dates;
5. The SHAC’s annual report on the District’s wellness policy and plan; and
6. 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 Superintendent, the District’s designated records management officer.

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

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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 United States 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 made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity.

The District’s nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, 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
Elementary & JH/HS Activity Account	Candy/Soda	6

STUDENT WELFARE
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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 on foods and beverages made available to students:

- Elementary school: Any foods and 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 six days each school year. These celebrations must occur after lunch and must be approved by the principal
- JH/HS campus: Any foods and 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 a goal 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.

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition promotion.

<p>GOAL: The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.</p>	
<p>Objective 1: The District will increase participation in federal child nutrition programs by two percent by the end of each school year.</p>	
Action Steps	Methods for Measuring Implementation
<p>Distribute to students nutritional information regarding school food programs within first two weeks of the school year. Post materials around the district that promote healthy nutrition. Breakfast and Lunch menus are to be posted to the RLISD website monthly.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Participation rates in federal child nutrition programs at beginning of school year. <p>Resources needed:</p> <ul style="list-style-type: none"> • Development of nutritional information and follow-up letters • Personnel to distribute nutritional information • Healthy Nutrition Posters <p>Obstacles:</p> <ul style="list-style-type: none"> • Nutritional information and letters sometimes do not reach the parents • Negative perceptions of school meals • Parents choosing not to disclose information related to income or family information to determine eligibility for free or reduced-price meals

<p>Objective 2: Consistently post in an easily accessible location on the District’s website the monthly school breakfast and lunch menus.</p>	
Action Steps	Methods for Measuring Implementation
<p>Work with the District and campus child nutrition directors to develop menus that are in compliance with this objective and are de-</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The manner in which the menus and nutrition information are

<p>signed at least one month in advance</p>	<p>communicated to parents currently.</p> <p>Resources needed:</p> <ul style="list-style-type: none"> • Website location along with metrics to tabulate number of views • Staff to create and distribute the menus for posting to the website <p>Obstacles:</p> <ul style="list-style-type: none"> • Not all families have Internet access
<p>Objective 3: Consistently communicate meals offered daily</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ol style="list-style-type: none"> 1. Daily announcement of the menu 2. Post menu on the District's website monthly 3. Post the menu in the school cafeteria. 4. Post the menu in the locked bulletin boards for visitors to view. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Student participation in daily meals <p>Resources needed:</p> <ul style="list-style-type: none"> • School's loud speak • Personnel/Student to make announcement <p>Computer/internet access</p> <p>Obstacles:</p> <ul style="list-style-type: none"> • Loud speaker working condition • Backup person to do announcement • Not all families have internet access

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.

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: Communicate healthy eating habits and regular physical activity to maintain a healthy lifestyle.	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. Nutritional information will be available on the District’s website 2. County Ag-Extension program offered to students yearly 3. A Nutritional statement will be included at least quarterly in the school newsletter 4. Coaches discuss proper nutrition/hydration prior to any physical activity 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Students participation in daily meals • Completion of each component of program • Students participation in daily physical activities offered <p>Resources needed:</p> <ul style="list-style-type: none"> • Computer/internet access • Personnel/Student to post information • Person from Ag-Extension office to teach the sessions • Paper/Printer • Personnel/Student to create newsletter <p>Obstacles:</p> <ul style="list-style-type: none"> • Not all families have internet access • Students returning participation permission slips • Communication barrier • Families do not read the newsletter

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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]

Federal law requires that the District establish a goal for physical activity in its wellness policy.

In accordance with FFA(LOCAL), the District has established the following goal(s) for physical activity.

GOAL: 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: Consistently plan and evaluate physical education classes to ensure all students have access to safe and enjoyable fitness activities.

Action Steps	Methods for Measuring Implementation
<p>1. Ensure Physical education plans reflect safe & enjoyable units and/or plans for fitness activities for all students</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Student participation and success rates at the beginning and end of each semester. <p>Resources needed:</p> <ul style="list-style-type: none"> • Adequate PE supplies to ensure active participation by all. <p>Obstacles:</p> <ul style="list-style-type: none"> • Differentiation of plans to ensure all actively participate.

Objective 2: All campuses will have a parking area for bikes to encourage biking to school.	
Action Steps	Methods for Measuring Implementation
Mark bike parking area.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> The number of campuses meeting this objective compared to the previous school year <p>Resources needed:</p> <ul style="list-style-type: none"> Equipment that allows for security of bikes. Personnel to maintain racks <p>Obstacles:</p> <ul style="list-style-type: none"> Maintenance of bike racks May result in a substantial cost or facility renovations, which would trigger additional steps for approval

Objective 3: Inform the community of the facilities that are available for use outside of the school day by including a statement in at least one District or campus publication, by posting information on the District or campus website, or through the use of appropriate signs.	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> Create sample wording to be used in a publication or on a website. Provide appropriate lighting for evening use of facilities. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Documentation of publications and website postings verifying that the information was communicated <p>Resources needed:</p> <ul style="list-style-type: none"> A list of the types and locations of facilities that are available for use in the District <p>Obstacles:</p>

	<ul style="list-style-type: none"> • Measuring how many people use the facilities • Budget for evening lighting
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SCHOOL-BASED
ACTIVITIES

Federal law requires that the District establish a goal 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.

<p>GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p>	
<p>Objective 1: All campuses will build their master schedules to allow for at least ten minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.</p>	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. Evaluate current meal time allowances by campus. 2. Work with campus administrators to adjust master schedules as necessary. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The number of campuses that currently meet the standard compared to the previous school year <p>Resources needed:</p> <ul style="list-style-type: none"> • Average time it takes for students to receive a meal and be seated <p>Obstacles:</p> <ul style="list-style-type: none"> • Master schedules take into account several issues, only one of which will be meal times

<p>Objective 2: At each athletic event sponsored by the District at which food and beverages are sold, each concession vendor will offer at least one food and beverage that meets the Smart Snacks standards.</p>	
Action Steps	Methods for Measuring Implementation
<p>Communicate this objective with appropriate organizations and booster clubs responsible for concession sales in the District. Require concession vendors to provide a list of their concession items in advance of events.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Self-reports by administration whether this standard was met consistently during the year on the campus <p>Resources needed:</p> <ul style="list-style-type: none"> • A list of Smart Snacks compliant foods and beverages to distribute to organizations and booster clubs that are responsible for concession sales <p>Obstacles:</p> <ul style="list-style-type: none"> • Difficult to actively and accurately measure
<p>Objective 3: All classroom or campus celebrations will include at least one item that is Smart Snacks compliant.</p>	
Action Steps	Methods for Measuring Implementation
<p>Create a list of Smart Snacks compliant foods and beverages to be distributed to parents who have agreed to bring foods and beverages for a classroom or campus celebration</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The number of celebrations approved on each campus and whether the celebrations met this objective • Self-report by the principal and teachers that parents were given the list of approved foods and beverages and that at least one Smart Snacks compliant food or beverage was served at each celebration <p>Resources needed:</p> <ul style="list-style-type: none"> • A list of Smart Snacks compliant foods and beverages

	<p>Obstacles:</p> <ul style="list-style-type: none">• Validity of self-reporting
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