

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	<p>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:</p> <ol style="list-style-type: none"><li data-bbox="560 1024 1442 1119">1. <i>Posting on the District’s website the dates and times of SHAC meetings at which the Wellness Policy and Plan are scheduled to be discussed.</i></li><li data-bbox="560 1150 1442 1352">2. <i>Listing in the student handbook, 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 evaluation of the Wellness Policy and Plan.</i></li></ol>
IMPLEMENTATION	<p>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.</p> <p>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.</p>
EVALUATION	<p>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-</p>

compares with any state- or federally designated model wellness policies. This will be referred to as the “triennial assessment.”

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Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

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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>)
- *Relevant Portions of Wellsat 2.0* ([www.wellsat.org](http://www.wellsat.org))
- *A district developed self-assessment*

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.

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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.

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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).

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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 the 2017–2018 school year:

Campus or Organization	Food / Beverage	Number of Days
Gorman ISD	Candy, cookies, chips, juice (field day concessions) Chocolate candy bars (Jr Class Fundraiser)	6

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:

Elementary school: Parents or grandparents may bring a food product for student’s birthday after 2:45 PM.

Middle/junior high school: *Parents or grandparents may bring a food product for student’s birthday after 2:00 PM.*

High school: *Parents or grandparents may bring a food product for student’s birthday after 2:00 PM.*

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.

The SHAC will monitor this by:

1. *Reviewing Smart Snacks standards*
2. *Reviewing order receipts to confirm that Smart Snacks were ordered*

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: The District will research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community about the programs offered by the district and the community.</b>	
Action Steps	Methods for Measuring Implementation
<p>Research and identify programs available to the community with which the District could co-partner such as the Backpack Program, the local area Food Bank, and any local summer meal programs and feeding sites.</p> <p>Applications for free and reduced meals, along with the local nutrition policy and payment policy will be sent home with every student at the beginning of the year and to all new students in the registration packet.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Number of supplemental programs and nutrition programs the district offers or promotes, and the ways the information is communicated to families and the community.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Partnerships with local community organizations</li> <li>• Literature provided by the District and USDA to send to families and the community</li> </ul>

<p>Information outlining the free and reduced meal process will be submitted to the local paper at the beginning of the school year.</p>	<ul style="list-style-type: none"> <li>Personnel to assemble and distribute the packets and information</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Limited resources and organizations</li> <li>Many people would not have access to the local paper.</li> </ul>
<p><b>Objective 2: The District will post healthy food related posters in the cafeteria.</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>The District will display positive posters depicting healthy food choices in the cafeteria.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Posters will be displayed in clear view of all students in the cafeteria</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Posters</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Posters arriving and being displayed in a timely manner</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: Consistently post on the district's website the monthly school breakfast and lunch menus.</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Work with the District and child nutrition director to develop menus that are in compliance with this objective and posted on the website each month.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>The manner in which the menus and information are communicated to the parents and the community</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Website location</li> <li>Staff to create and distribute menus for posting on the District website</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Many households lack computer or internet access</li> </ul>

<b>Objective 2: Consistently post breakfast and lunch menus in the local paper.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Work with the District and child nutrition director to develop menus that are in compliance with this objective and submit to the local paper weekly.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>The manner in which the menus and information are communicated to the parents and community.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Staff to create and distribute menus to the local paper</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Not all households subscribe to the local paper</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: Nutrition education will be implemented into appropriate CTE courses.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Family and Consumer Science Teacher will teach Lifetime Nutrition and Wellness. The class will focus on the principles of nutrition as nutritive values of food are identified and focus will be on relationships of activity levels and caloric intake to health and wellness, including weight management. They will also discuss the effects of dietary practices on wellness and achievement and ap-	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Nutrition education is implemented in CTE course</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Textbooks, internet resources</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Finding appropriate courses in the existing curriculum to include nutrition</li> </ul>

ply nutrition principles related to individual and family health decisions.	education
<b>Objective 2: Informative literature will be made available to parents and students in regards to nutrition and wellness.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Nutrition Nuggets will be sent home with elementary students.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Teachers will send home information with students.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Nutrition Nuggets literature</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Due to age and responsibility levels of the students, information may not get delivered to the parent.</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: Providing courses where there can be an emphasis on nutrition.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>High School Health classes will examine the relationship among body composition, diet and fitness, and between nutrition and quality of life and disease.</p> <p>Elementary students in Grades 4-5 science classes will study the ways to enhance and maintain health throughout their lifespan by identifying the benefits of the nutrients contained in foods and by identification of the information on menus and food labels.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Courses will be put in Master Schedule</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Textbooks</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Finding appropriate places in the existing curriculum to include nutrition education</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: Cafeteria personnel will obtain professional development throughout the year in accordance with USDA Professional Standard guidelines.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Cafeteria and other District staff will obtain necessary training through ESC 14 throughout the school year.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Cafeteria personnel will obtain professional development hours</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Courses offered for professional development</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Schedules of appropriate courses at ESC 14</li> </ul>
<b>Objective 2: The District staff working in the cafeteria will complete the Civil Rights Training.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Any of the District's staff that will be working with the students in the cafeteria, will be responsible for completing the Civil Rights Training on the USDA website: <a href="http://www.squaremeals.org">www.squaremeals.org</a> .	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Staff will complete civil rights training</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Computers and internet access</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Scheduling time to complete 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:

- High School (45 minute athletic class)*

- *Middle School –Grades 6-8 (30 minutes daily for at least four semesters)*
- *Elementary-Kindergarten-5<sup>th</sup> Grade (30 minutes daily)*

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 will offer fitness activities for all students.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Students in grades 9-12 may participate in athletics. The District will also allow a student to substitute marching band for 1 credit of physical education. Students in Kindergarten through 8 <sup>th</sup> grade are enrolled in a physical education class. Elementary students will participate in field day and physical activities such as: Pre-K roller coaster, scavenger hunts in math, walking field trips, and Jump Rope for Heart. All students that are enrolled in a physical education class or athletics, grades 3-12 will participate in the Fitness Gram assessment.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Fitness Gram Data</li> <li>• Student Report Cards</li> <li>• Student observation by instructor</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Certified Physical Education instructors</li> <li>• Appropriate fitness equipment</li> <li>• Appropriate physical fitness facilities for students</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• School funding limits purchase of updated fitness equipment</li> <li>• Scheduling all classes equal time for physical education</li> </ul>

<b>GOAL:</b> The District shall make available the use of the District’s outside recreational facilities for students, parents, staff, and community members, such as tracks, playgrounds, and the like. These are available outside the school day.	
<b>Objective 1: Students, parents, staff and community members may use the District’s outside recreational facilities outside the school day.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Students, parents, staff and community members use the track, playground, tennis court, as recreational facilities.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Use of the outside recreational facilities</li> <li>• Facilities open to public</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• School fitness facilities (track, playground, tennis court)</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Conflict with after hour school activities</li> <li>• Inclement weather</li> </ul>

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: Students will be provided adequate time to eat their meals.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Students will be provided adequate time to eat breakfast and lunch. Each child will be given a thirty minute lunch. Students will be required to stay in the cafeteria for at least	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Master Schedule will provide each student a thirty minute lunch</li> </ul>

<p>ten minutes at breakfast and at least twenty minutes at lunch to encourage them to eat more of their meal.</p>	<p>Resources needed:</p> <ul style="list-style-type: none"><li>• Staff to insure that students remain in the cafeteria for the allotted time</li></ul> <p>Obstacles:</p> <ul style="list-style-type: none"><li>• Students may choose not to eat even with plenty of time.</li></ul>
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