

STUDENT WELFARE
WELLNESS AND HEALTH SERVICESFFA
(REGULATION)

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| 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"> 1. <i>Monthly SHAC Meetings and annual Board report</i> 2. <i>Establishing a SHAC Committee with the above mentioned persons</i> |
| 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 SHAC Coordinator & Food Service Director are the District officials 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 compares with any state- or federally designated model wellness policies. This will be referred to as the “triennial assessment.”</p> |

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>)
- Guidelines from the "Healthy, Hunger Free Kids Act of 2010"
- Other nutritional guidelines and research documents

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.

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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 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 not allow exempted fundraisers; all fundraisers will include nonfood items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

**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:

ALL campuses:

- Teachers may not give or sell food to students.
- Concession stands that are open outside of school hours are not held to the above mentioned criteria.

**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. *Monitoring campus fundraisers, parties, events, etc.*
2. *Partner with campus principals and food service staff to educate staff of current law and regulations*

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.

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| GOAL: 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: | |
| Action Steps | Methods for Measuring Implementation |
| Utilize the district website to push nutrition information. Use of "Nutrislice" site/app (gives extensive nutrition info, gives allergy info and available in Spanish) | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> # of parents registered for the Nutrislice app/site <p>Resources needed:</p> <ul style="list-style-type: none"> *IT Department <p>Obstacles:</p> <ul style="list-style-type: none"> Parents can utilize without registering and will the parents access the web/online program available |

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.

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| GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors. | |
| Objective 1: | |
| Action Steps | Methods for Measuring Implementation |
| Action Step: * Physical Education Teachers will provide Nutrition Education in conjunction with Physical Fitness Education | Baseline or benchmark data points: <ul style="list-style-type: none"> * # of nutrition lessons per year for each grade level Resources needed: <ul style="list-style-type: none"> Nutrition Literature and Graphs/Visuals Obstacles: <ul style="list-style-type: none"> Class sizes and frequency of instruction |

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| GOAL: 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: | |
| Action Steps | Methods for Measuring Implementation |
| SHAC Committee will share ideas, reports, and literature that is nutrition-based to teachers in Health and PE courses to incorporate in their classroom curriculum. | Baseline or benchmark data points: <ul style="list-style-type: none"> None Resources needed: <ul style="list-style-type: none"> Literature, Assistance of SHAC Coordinator Obstacles: <ul style="list-style-type: none"> Accountability that material is covered |

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:

- 30 minute recess for all Pre-k through Grade 8 students*

- 45 minute PE periods for Pre-k through Grade 8 and HS students enrolled in PE or Athletic programs
- Marching Band provides 45 minutes per day at minimum in the fall semester

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.

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| 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: | |
| Action Steps | Methods for Measuring Implementation |
| PE/Adaptive PE is available to all students as well as competitive sports in grades 7-12 and marching band in grade 9-12. | Baseline or benchmark data points: <ul style="list-style-type: none"> • Campus Schedules • Student Schedules Resources needed: <ul style="list-style-type: none"> • Staff, Training, Activity Supplies Obstacles: <ul style="list-style-type: none"> • None |

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| GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate. | |
| Objective 1: | |
| Action Steps | Methods for Measuring Implementation |
| PE Teachers partner with campus staff to educate teachers on the benefits of physical activity and how to integrate that in the classroom. | Baseline or benchmark data points: <ul style="list-style-type: none"> • Lessons that require physical movement Resources needed: <ul style="list-style-type: none"> • Time for collaboration, activities that require movement Obstacles: |

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| | <ul style="list-style-type: none"> • Time in core courses to allow for activities |
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GOAL: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Objective 1:

| Action Steps | Methods for Measuring Implementation |
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| <p>Athletic and band programs are available before and after school.</p> <p>Community sports association offers various sporting activities to encourage physical activity.</p> | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • # of participants in the activities <p>Resources needed:</p> <ul style="list-style-type: none"> • Enrollment in programs • Practice schedules <p>Obstacles:</p> <ul style="list-style-type: none"> • Transportation for students |

GOAL: The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as tracks, playgrounds, and the like, that are available outside the school day.

Objective 1:

| Action Steps | Methods for Measuring Implementation |
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| <p>District facilities will be open for public use.</p> | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Current policy on use of facilities <p>Resources needed:</p> <ul style="list-style-type: none"> • Rules allowing public access outside of the school day <p>Obstacles:</p> <ul style="list-style-type: none"> • None |

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.

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| GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. | |
| Objective 1: | |
| Action Steps | Methods for Measuring Implementation |
| Cafeteria offers appropriate seating to all students and allows sufficient seat time for students to eat. | Baseline or benchmark data points: <ul style="list-style-type: none"> • Studies info on recommended seat time Resources needed: <ul style="list-style-type: none"> • Seating, Schedule Obstacles: <ul style="list-style-type: none"> • Cafeteria nearing full occupancy |