

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="560 947 1435 1045">1. Posting on the District’s website the dates and times of SHAC meetings, during which the wellness policy and plan are scheduled to be discussed.<li data-bbox="560 1073 1435 1276">2. 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.
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 the compliance with the policy and plan at each campus.</p>
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-

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 the following tool for analysis:

- 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. The name, position, and contract 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 Superintendent’s secretary and the administrative receptionist, the District’s designated records management officers.

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 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, 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>

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 MADE
AVAILABLE

There are currently no federal requirements for foods or beverages provided, but not sold, to students during the school day. 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)]

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 met the Smart Snacks standards.

The SHAC will monitor this by:

1. Requiring review by the person responsible for the District's Wellness Policy/Plan of existing advertisements marketing to students.
2. Requiring approval by the person responsible for the District's Wellness Policy/Plan of new advertisements marketing to students.

In accordance with FFA(LOCAL), the District has established the following goals for nutrition promotion:

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.	
Objective 1: The District will increase participation in the federal child nutrition programs by two percent by the end of each school year.	
Action Steps	Methods for Measuring Implementation
Distribute information regarding the school food programs within the first two weeks of school and follow up within the first two weeks of the second semester.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Participation rates at the beginning, middle, and end of the school year <p>Resources needed:</p> <ul style="list-style-type: none"> • Develop letter or flier <p>Obstacles:</p> <ul style="list-style-type: none"> • Parents may choose not to disclose information related to income or family information to determine eligibility for free or reduced-price meals • Fliers and letters sometimes do not reach parents and some do not access the Internet

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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
<p>Research food access programs available in the community with which the District could partner (East Texas Food Bank and Backpack Program, Summer Meals, and the like).</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of supplemental programs the District currently offers or promotes • The types of food access programs identified and ways the information was communicated to families and the community <p>Resources needed:</p> <ul style="list-style-type: none"> • Partnerships with community organizations • Literature to send to families/ community <p>Obstacles:</p> <ul style="list-style-type: none"> • Limited organizations and resources

Objective 2: Consistently post in an easily accessible location on the District's or each campus's website the monthly school breakfast and lunch menus, along with the nutritional information for each meal.

Action Steps	Methods for Measuring Implementation
<p>Work with District and campus child nutrition directors to develop menus that are in compliance with this objective and are designed at least one month in advance.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The manner in which menus and nutrition information are communicated to parents currently • The number of times the menus were viewed during the school year <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"> • All nutrition information may not be readily available • Not all families have Internet access
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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]

The District will implement the nutrition services and health education component through instruction of the essential knowledge and skills related to nutrition and health and the SPARK program, a program approved by the Texas Education Agency, in the District's physical education health education, and science courses.

In accordance with FFA(LOCAL), the District has established the following goals for nutrition education:

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: At least 70 percent of high school students in each four-year cohort will complete one-half credit of health education as an elective.	
Action Steps	Methods for Measuring Implementation
Inform high school counselors that health education should be considered a default elective in the development of four-year graduation plans for most students.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Percentage of each four-year cohort who successfully complete health as an elective <p>Resources needed:</p> <ul style="list-style-type: none"> • Certified staff to teach the course • Four-year plans to accommodate health as an elective <p>Obstacles:</p> <ul style="list-style-type: none"> • Students may not have room in their schedules • Cost of staff to teach health

Objective 2: At least 90 percent of students enrolled in physical education courses throughout the District will achieve at least a semester grade of 80 on a scale of 100.	
Action Steps	Methods for Measuring Implementation
Create a formula and action plan to obtain the semester grade averages of students enrolled in physical education.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Average semester grades at the end of the first and second semesters for all District students enrolled in physical education <p>Resources needed:</p> <ul style="list-style-type: none"> • Support from central administration to obtain grade averages <p>Obstacles:</p> <ul style="list-style-type: none"> • Nutrition education is only part of the essential knowledge and skills for physical education courses

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: One hundred percent of students will have access to drinking water at all times during the school day.	
Action Steps	Methods for Measuring Implementation
Include in enrollment and registration materials that students are permitted to carry personally owned water bottles at all times.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation from the school nutrition department that water was available during meal periods, as required by federal standards, and that students were informed of water bottle policy <p>Resources needed:</p> <ul style="list-style-type: none"> • Easily accessible water fountains • Water bottles for students who do not have their own • Guidance/signs on any locations where water bottles may not be permitted <p>Obstacles:</p> <ul style="list-style-type: none"> • For students who do not have water containers, teachers will need to develop procedures regarding when a student would be permitted to get water from a

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<p>GOAL: 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.</p>	
<p>Objective 1: Each campus advisory committee will determine appropriate annual professional development for staff responsible for nutrition education.</p>	
Action Steps	Methods for Measuring Implementation
<p>At the first campus advisory committee meeting of the school year, each committee must determine the staff involved in the nutrition education program and the appropriate professional development opportunities for those staff to attend.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Minutes of the campus advisory committee to determine compliance with the objective <p>Resources needed:</p> <ul style="list-style-type: none"> Approved release-time for staff who need to attend professional development, if necessary <p>Obstacles:</p> <ul style="list-style-type: none"> Nutrition education is one piece of a full array of required professional development
<p>Objective 2: All child nutrition job descriptions will be updated to require at least the minimum qualifications as required by federal law.</p>	
Action Steps	Methods for Measuring Implementation
<p>Request all principals to review and update current job descriptions for child nutrition positions.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> The number of job descriptions that were revised during the school year <p>Resources needed:</p> <ul style="list-style-type: none"> The current minimum qualifications of child nutrition staff <p>Obstacles:</p> <ul style="list-style-type: none"> Sharing of job descriptions

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 recess, weather permitting.

At the middle school level, the District will require students, unless exempted because of illness or disability, to be enrolled in physical education or athletics courses for at least four out of six semesters in grades six, seven, and eight.

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 goals 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 employ crossing guards at 100 percent of the District-identified areas where students can be encouraged to safely walk or bike to school.	
Action Steps	Methods for Measuring Implementation
Identify the number of crossing guards currently assigned by the District and the locations at which they are stationed. Evaluate where additional crossing guards are needed. Make recommendations to assign additional crossing guards.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> The location and number of crossing guards assigned compared to the previous school year <p>Resources needed:</p> <ul style="list-style-type: none"> Approval to assign additional crossing guards <p>Obstacles:</p> <ul style="list-style-type: none"> Staff duty overload

GOAL: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
Objective 1: At least one campus will implement a before- or after-school physical activity program each year.	
Action Steps	Methods for Measuring Implementation
Identify any campuses currently offering such programs and have staff from those	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Number and type of programs offered

<p>campuses share information at a District-wide staff event. Assign a campus administrator to implement the program.</p>	<p>compared to the previous school year</p> <ul style="list-style-type: none"> • Student participation rates in the program from year to year <p>Resources needed:</p> <ul style="list-style-type: none"> • Support from campus administrators and employees to provide supervision for these programs • Education materials to explain the program to students and parents <p>Obstacles:</p> <ul style="list-style-type: none"> • Staffing
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<p>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 for use outside the school day.</p>	
<p>Objective 1: Inform the community of the facilities that are available for use outside 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.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Create sample wording to be used in a publication or on a website. Create wording for a sign that could be posted at certain facilities. Evaluate appropriate lighting for evening use of facilities.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation of publications, website postings, and signs 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

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 goals 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:

GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
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.	
Action Steps	Methods for Measuring Implementation
Evaluate current meal time allowances by campus. Work with campus administrators to adjust master schedules as necessary.	Baseline or benchmark data points: <ul style="list-style-type: none"> The number of campuses that currently meet the standard compared to the previous school year Resources needed: <ul style="list-style-type: none"> Average time it takes for students to receive a meal and be seated Obstacles: <ul style="list-style-type: none"> Master schedules take into account several issues, only one of which will be meal times

GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1: 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.	
Action Steps	Methods for Measuring Implementation
Communicate this objective with appropriate organizations and booster clubs responsible for concession sales in the District. Require concession vendors to provide a list of concession items in advance of events.	Baseline or benchmark data points: <ul style="list-style-type: none"> Self-reports by administration whether this standard was met consistently during the year on the campus Resources needed: <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">• Difficulty to actively and accurately measure
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