

**Wink-Loving ISD
Wellness Plan 2016-17**

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

WELLNESS PLAN	<p>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]</p>
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. Allowing school food service staff to participate in making decisions and guidelines that will affect the school nutrition environment.2. Asking Principals to address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education and physical activity.3. Hold meetings soliciting the input of community and parental members of the committee.
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>In accordance with law, the District will periodically measure and make available to the public 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</p>

which the wellness policy compares with any state- or federally designated model wellness policies. Absent federal regulations to the contrary, the District commits to the evaluation activities described below.

The SHAC members from each campus will conduct a review of their respective campuses in the fall semester of each year to identify areas for improvement.

These groups will report their finding to the campus principal and develop with him/her a plan of action for improvement.

The SHAC will hear reports from each campus group after each review period. Before the end of each school year the committee will recommend to the Superintendent any revisions to the student nutrition/wellness plan it deems necessary.

The SHAC, via the food service director or a participating member of the SHAC, will report quarterly to the Superintendent the progress of the committee and the status of compliance by the campuses and report bi-annually to the Board by a SHAC committee member.

The Superintendent shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

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 meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's annual report on the District's wellness policy and plan; and
6. Any other relevant information.

RECORDS
RETENTION

The District will also publish the above information in appropriate District or campus publications.

The required 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

**Wink-Loving ISD
Wellness Plan 2016-17**

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

Superintendent, 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 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 for reimbursable school meals and all other foods and beverages sold, otherwise made available, or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules. [See CO and FJ]

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Schools have a responsibility to help students and staff establish and maintain life-long, healthy eating patterns. Well planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

Wink-Loving ISD endeavors to help all students attain the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. Teachers and staff are encouraged to model healthy eating and physical activity as a valuable part of daily life for our students. With this goal in mind the WLISD has developed the following policies for student health and well-being.

FOODS 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>
- <https://foodplanner.healthiergeneration.org/calculator>

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)]

FOODS MADE
AVAILABLE

There are currently no federal requirements for foods or beverages made available 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)]

Local Requirements: In addition, the District has established the following local guidelines on foods and beverages made available to students:

- Foods and beverages brought to school for birthdays and other school-designated functions shall be store bought for consumer safety purposes.
- Foods and beverages brought to school for birthdays and other school-designated functions will occur only after the school lunch service has been concluded.
- Due to the consideration of students with food allergies, parents and grandparents who come to have breakfast or lunch with their child/grandchild may only provide food to their child/grandchild.

Meals served through the National School Lunch and Breakfast Programs will:

- Be served in clean and pleasant settings
- Be appealing and attractive to children
- All students will have access to water in all feeding areas during meal times
- Offer a variety of fruits and vegetables
- Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that all grains served are whole grain
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- Discourage students from sharing their foods and beverages with one another during meals or snack times due to concerns about allergies and other restrictions on some children's diets.
- Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level. Parents are highly encouraged to dine with students in the cafeteria.
- Schools should not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during meal times.

Breakfast:

- To the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation
- Notify parents and students of the availability of the School Breakfast Program through newsletter articles, take-home materials, or other means.

Meal Times and Scheduling:

- WLISD will provide a minimum of 10 minutes for breakfast and 20 minutes for lunch.
- Provide all students access to hand-washing or hand-sanitizing before they eat meals or snacks.
- Make every effort to schedule club, or organizational meeting or activities at times other than meal times
- All students will be given free access to drinking water during meal times

Free and Reduced-Priced Meals:

Wink-Loving ISD places a high value on each student and vows to make every effort to prevent any social stigma or overt identification of students receiving free and reduced meals by implementing an electronic payment system that provides for the privacy of each student.

Competitive Food Sales:

Food and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

Elementary Schools (PK – 6th). Students in the elementary grades have limited knowledge or skill in selecting nutritious snacks and meals. Food and beverages sold individually on these campuses should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables. All foods and beverages sold outside of the reimbursable school meals must meet the nutritional standards of the Smart Snack calculator. <https://foodplanner.healthiergeneration.org/calculator/>

Middle/Junior High and High Schools: In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day must follow the Smart Snacks guidelines:

<https://foodplanner.healthiergeneration.org/calculator/>

Middle/Jr. High drinks will be 100% fruit juice, 1% un-flavored mild, fat free flavored mild and water.

High School level has no restriction on caffeine.

*Snacks, Smart Snack compliant or not, must not be sold in competition with school meal service or consumed in the meal service area.

Fundraisers:

A fundraiser is an event that includes any activity during which currency, tokens, tickets, donation for, or other forms of payment are exchanged for the sale or purchase of a product. This includes payment that is made toward a future purchase. There is no limit on fundraisers that meet the Competitive Food and Beverage Nutrition Standards. Any food and/or beverage item that meets the standards may be sold on the school campus during the school day. CEs should define what types of food and/or beverages are allowed to be sold on campus in their local wellness policy.

Snacks:

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

Rewards:

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

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.

*Please see Appendix A for the Competitive Food and Beverage Nutrition Standards PISD has determined to follow.

NUTRITION
PROMOTION
AND
EDUCATION

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.

In accordance with FFA(LOCAL), the District has established the following goal(s) 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.	
Action Steps	Methods for Measuring
Food service staff teachers or other school personnel will display nutrition messages in the hallways and cafeteria.	Teachers will survey the students about nutritional messages displayed in the hallways and cafeteria.
GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Action Steps	Methods for Measuring Implementation
WLISD will coordinate efforts to promote healthy lifestyles for all students and staff including nutritional foods, health services, drug and violence prevention, and suicide prevention	Each year the Campus and District committees will review and document the effectiveness of our efforts to promote healthy lifestyles for all students and staff.

**Wink-Loving ISD
Wellness Plan 2016-17**

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

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 goals 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.	
Action Steps	Methods for Measuring Implementation
In all grades, WLISD delivers a physical education program that provides appropriate fitness activities for all students. We also provide opportunities for all students to participate in a variety of extracurricular athletic programs beginning in grade 6 and continuing until grade 12.	School master and student schedules.

School-Based
Activities

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.

GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Action Steps	Methods for Measuring Implementation
WLISD will provide a minimum of 10 minutes for breakfast and 20 minutes for lunch	School schedules

