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:

*Posting on the District’s website the dates and times of SHAC meetings at which wellness policy and plans are discussed.*

*Listing 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 on the SHAC where the development, implementation, and evaluation of the wellness policy and plan is discussed.*

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 *school nurse* 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

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 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.

At least annually, the SHAC will prepare a report on the wellness policy and this plan by gathering information from each principal and appropriate District administrators. The SHAC will assess the District’s and each campus’s progress toward meeting the goals of the policy and plan by reviewing District- and campus-level activities and events tied to the wellness program.

The SHAC may use any of the following tools for that 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. 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.

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.

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 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>

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 20*22*–*23* school year:

| **Campus or Organization** | **Food/Beverage** | **Number of Days** |
| --- | --- | --- |
| *8th grade – Valentines* | *Cokes* | *1* |
| FCCLA | Suckers  | 1 |
| Student Incentive Program | Sweet Treat Friday’s | 4 |

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)]

In addition, the District has established the following local guidelines on foods and beverages made available to students: *(Insert District’s local guidelines.)*

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.

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

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| **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: *One-hundred percent of the posters/signs that are displayed in the cafeteria, classrooms, and other appropriate settings will promote healthy nutritional messages.*** |
| **Action Steps** | **Methods for Measuring Implementation** |
| *Communicate with staff that only messages that promote healthy nutrition will be allowed in the District.*  | Baseline or benchmark data points:* *The number of posters/signs displayed that met the guidelines from the previous year*

Resources needed:* *Posters/signs that promote healthy nutrition*

Obstacles:* *Limited resources*
 |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles: |

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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: *The District will research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding any programs offered by the District.***  |
| **Action Steps** | **Methods for Measuring Implementation** |
| *Research food access programs available in the community with which the District could partner (food pantry programs supported by a local area food bank, backpack programs, summer meal programs, etc).*  | Baseline or benchmark data points: * *Number of supplemental programs the District currently offers or promotes*

Resources needed:* *Partnerships with community organizations*

Obstacles:* *Limited organizations and resources*
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| **Objective 2: *Consistently post on the District’s website/facebook page the monthly school breakfast and lunch menus, along with the nutritional information of each meal.***  |
| **Action Steps** | **Methods for Measuring Implementation** |
| *Work with the District child nutrition director to have a menu ready each month to inform the families and community of the upcoming meals and the nutritional value.*  | Baseline or benchmark data points:* *How the menus are currently communicated to parents*

Resources needed:* *Staff to post and distribute the menus*

Obstacles:* *Nutritional information may not be readily available*
* *Not all families have access to the Internet*
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| **GOAL:** The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods. |
| **Objective 1: *The District shall ensure that the only food and beverage advertisements in the snack bar line will be Smart Snacks compliant.***  |
| **Action Steps** | **Methods for Measuring Implementation** |
| *Communicate this expectation to the food director.* *Document whether the one hundred percent objective was met.*  | Baseline or benchmark data points:* *The number of advertisements that are not Smart Snacks compliant at the beginning and end of the year*

Resources needed:* *Advertisements to display*

Obstacles:* *Resources*
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| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles: |

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| **GOAL:** *List any other goal in the District’s FFA(LOCAL) related to nutrition promotion not identified above.*  |
| **Objective 1:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles: |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles: |

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: *At least 90 percent of students enrolled in physical education courses throughout the District will achieve at least a semester grade average of 80 on a scale of 100.***  |
| **Action Steps** | **Methods for Measuring Implementation** |
| *Obtain semester grade averages of students enrolled in physical education.*  | Baseline or benchmark data points:* *Average semester grades at the end of the first and second semesters for all District students enrolled in physical education*

Resources needed:* *Support from central administration to obtain grade averages*

Obstacles:* *Nutrition education is only a part of the essential knowledge and skills for physical education courses*
 |
| **Objective 2: LGEG program for 3rd, 4th, and 5th grade along with “My Plate”** |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles: |

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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: *District staff will promote and integrate nutrition education facts during at least one District-sponsored event in a school year.***  |
| **Action Steps** | **Methods for Measuring Implementation** |
| *Identify appropriate events at which nutrition education could be promoted.*  | Baseline or benchmark data points:* *The number of events during the school year at which nutrition education was either communicated or distributed.*

Resources needed:* *A flier to distribute to event attendees*

Obstacles:* *The SHAC may not be aware of all District-sponsored events*
 |
| **Objective 2: *One-hundred percent of students will have access to drinking water at all times during the school day.***  |
| **Action Steps** | **Methods for Measuring Implementation** |
| *Ensure all water fountains placed throughout the District are working properly.**Allow students to carry personally owned water bottles at all times.*  | Baseline or benchmark data points:* *Documentation from school nutrition department that water was available during meal periods, as required by federal standards, and that students were informed of water bottle policy*

Resources needed:* *Easily accessible water fountains*

Obstacles:* *Students who do not have personally owned water bottles*
* *Time to get water from a water fountain for those who do not have water containers of their own*
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| **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. |
| **Objective 1: *The District SHAC will review appropriate annual professional development for staff responsible for nutrition education.***  |
| **Action Steps** | **Methods for Measuring Implementation** |
| *The SHAC will determine the staff involved in the nutrition education program and the appropriate professional development opportunities for those staff to attend.*  | Baseline or benchmark data points:* *Minutes of the SHAC meeting to determine compliance with the objective*

Resources needed:* *Approved release-time for staff who need to attend professional development, if necessary*

Obstacles:* *Nutrition education is one piece of a full array of required professional development*
 |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles: |

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| **GOAL:** *List any other goal in the District’s FFA(LOCAL) related to nutrition education not identified above.* |
| **Objective 1:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles: |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles: |

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.

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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: *The District shall make available at least one developmentally appropriate fitness activity for all students, including those who are not participating in physical education classes or competitive sports, per academic school year.***  |
| **Action Steps** | **Methods for Measuring Implementation** |
| *Identify the number of fitness activities available to students of all ages.*  | Baseline or benchmark data points:* *Activities from the previous school year that are developmentally appropriate for all students and that provide a safe and enjoyable environment.*

Resources needed:* *Volunteers for different activities*

Obstacles: * *Staffing and appropriate time*
 |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles: |

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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: *The district will implement 1 day a month to set aside for teachers and students to take their classrooms outside and be active.***  |
| **Action Steps** | **Methods for Measuring Implementation** |
| *. Implement fitness day once a month where teachers take their classes outside for physical activity.*  | Baseline or benchmark data points:* *Percentage of teachers who report integrating physical activity breaks compared to the previous school year*

Resources needed:* *Staff to follow up with staff to see if they are participating in fitness day*

Obstacles:* *Staff participation*
* *Bad weather*
 |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles: |

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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: *Implement a before-or after-school physical activity program at least once during each school year.***  |
| **Action Steps** | **Methods for Measuring Implementation** |
| *Identify any programs that are currently being provided.*  | Baseline or benchmark data points:* *Number and type of programs offered compared to the previous school year*

Resources needed:* *Personnel or organizations needed to implement programs*

Obstacles:* *Staffing*
 |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles: |

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| **GOAL:** The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for District employees and students. |
| **Objective 1: *District will offer low-cost health assessment to employees at least once per year.*** |
| **Action Steps** | **Methods for Measuring Implementation** |
| *Seek out providers for this service.**Contract with an entity to provide the service.* | Baseline or benchmark data points:* *The number of employees who participated compared to the previous school year*

Resources needed:* *District correspondence to advertise the service (email, flier, etc.)*

Obstacles:* *Participation rates may be minimal if the service is only provided for one day*
 |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles: |

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| **GOAL:** The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events. |
| **Objective 1: *The District will offer at least one event annually either during or outside of normal school hours that involves physical activity and includes both parents and students in the event.***  |
| **Action Steps** | **Methods for Measuring Implementation** |
| *Develop a list of ideas to submit to administrators to meet this objective.*  | Baseline or benchmark data points:* *Participation rates from year to year*

Resources needed:* *Informational materials about the event to distribute to students and parents*
* *Staff needed to organize event*

Obstacles:* *Staff time*
* *Participation rates may be low*
 |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles: |

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| **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 of the school day. |
| **Objective 1: *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 publication, by posting information on the District website, or through the use of appropriate signs.***  |
| **Action Steps** | **Methods for Measuring Implementation** |
| *Post information about using the facilities outside of the school day.* *Evaluate appropriate lighting for evening use of facilities.* | Baseline or benchmark data points:* *Documentation of publications, website postings, and signs verifying that the information was communicated*

Resources needed:* *A list of the types and locations of facilities that are available for use in the District*

Obstacles:* *Measuring how many people use the facilities*
 |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles: |

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| **GOAL:** *List any other goal in the District’s FFA(LOCAL) related to physical activity not identified above.* |
| **Objective 1:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles: |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles: |

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: *The District will build their master schedules to allow for at least 20 minutes to eat lunch, from the time a student receives his or her meal and is seated. Also, the District will allow students adequate time prior to the start of the first class bell to get breakfast.***  |
| **Action Steps** | **Methods for Measuring Implementation** |
| *Evaluate current meal time allowances.**Work with administrators to adjust master schedules as necessary.*  | Baseline or benchmark data points:* *Comparing the previous school year to the current one*

Resources needed:* *Average time is takes for students to receive a meal and be seated*

Obstacles:* *Master schedules take into account several issues, only one of which will be meal times*
 |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles: |

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| **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.*  | Baseline or benchmark data points:* *Self-reports by administration whether this standard was met consistently during the year on the campus*

Resources needed:* *A list of Smart Snacks compliant foods and beverages to distribute to appropriate organizations*

Obstacles:* *Difficult to actively and accurately measure*
 |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles: |

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| **GOAL:** The District shall promote employee wellness activities and involvement at suitable District and campus activities. |
| **Objective 1: *The District will utilize its health insurance provider to encourage wellness by communicating the preventive services covered at one-hundred percent during each open enrollment period.***  |
| **Action Steps** | **Methods for Measuring Implementation** |
| *Work with the District’s health insurance provider to determine what services are covered at one hundred percent.* *Develop materials and identify methods to share information about services with employees.* | Baseline or benchmark data points:* *Documentation of when and how information was shared with employees*

Resources needed:* *A list of preventive services covered at one hundred percent*

Obstacles:* *Coverage is subject to change*
* *Participation rates of those who are willing to self-report may be low*
 |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles:  |

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| **GOAL:** *List any other goal in the District’s FFA(LOCAL) related to other school-based activities not identified above.* |
| **Objective 1:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles: |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
|  | Baseline or benchmark data points:Resources needed:Obstacles: |