

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	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: <ol style="list-style-type: none">1. <i>Email</i>2. <i>Phone</i>
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 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.
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 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 any of the following tools for this analysis:

- Smarter Lunchrooms' website (<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>)
- *Squaremeals.org*
- *Fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks*

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
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, 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 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)

The District has also incorporated the following stricter standards that are not prohibited by federal or state law:

- *Peanut exemption in school lunches*

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 exempted fundraisers annually as approved by the administration.

Campus or Organization	Food / Beverage	Number of Days

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: *No peanuts or peanut products and follow classroom allergen list provided by teacher.*

Middle/junior high school: *No peanuts or peanut products.*

High school: *No peanuts or peanut products.*

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. *Requesting a report to the SHAC annually from each campus listing the advertisements on campus.*

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.

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:	
Action Steps	Methods for Measuring Implementation
The cafeteria staff will participate in national school lunch week and breakfast week.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Each school cafeteria manager will report to the District Food Manager action steps taken annually to participate in these events.
Objective 2:	
Action Steps	Methods for Measuring Implementation
The District will participate in at least 1-2 events annually in which healthy nutrition is promoted.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Each school cafeteria manager will report to the District Food Manager events in which their respective school participated that promote healthy nutrition to students. Resources needed: <ul style="list-style-type: none"> • New menu items for events such as Farm Fresh Day.

	<p>Obstacles:</p> <ul style="list-style-type: none"> Enough farm fresh food to supply a large number of students
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<p>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.</p>	
<p>Objective 1:</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>The district will provide nutrition information on the school website and the Nutrislice App as available.</p>	<p>Baseline or benchmark data points: The school will provide access to these two formats of nutrition information. Resources needed: Cell phone or computer Obstacles: Cost of the Nutrislice Program</p>
<p>Objective 2:</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>The district will encourage opportunities within the campuses to promote educational nutrition information which students will then share with their families and community members.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> The school district will provide a minimum of 1 event in which health nutrition choices are promoted. Ideas such as Diabetes Walk, Jump Rope for Heart and Farm Fresh Day are applicable to this step. <p>Resources needed:</p> <ul style="list-style-type: none"> Jump Ropes and educational fliers as needed. Information to be given to families via website or social media. <p>Obstacles:</p> <ul style="list-style-type: none"> Family not being able to attend the event due to work or other commitments.

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.

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
School cafeterias will promote healthy eating behaviors by providing all students with an opportunity to eat breakfast daily..	Baseline or benchmark data points: <ul style="list-style-type: none"> • Students will be given the opportunity for a Grab N Go breakfast. Resources needed: <ul style="list-style-type: none"> • Grab N Go breakfast Obstacles: <ul style="list-style-type: none"> • Some athletics groups working out before school and during 1st period. • Teachers being reluctant to allow students to eat during class due to distraction and potential clean up issues.
Objective 2:	
Action Steps	Methods for Measuring Implementation
School cafeterias will promote healthy menu choices by providing nutrition information available for students and families online.	Baseline or benchmark data points: <ul style="list-style-type: none"> • All food choices will be provided on a district or campus menu and will have nutrition information available. Resources needed: <ul style="list-style-type: none"> • Nutrislice Obstacles: <ul style="list-style-type: none"> • Continued funding for Nutrislice

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
Each campus will promote nutrition education in areas of the curriculum as best fits with the content/subject area being taught.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Each campus will report to the SHAC at the end of the year ways in which students were provided opportunities for learning about nutrition in other content areas such as science, math or writing etc. <p>Resources needed:</p> <ul style="list-style-type: none"> Opportunities for items such as a garden <p>Obstacles:</p> <ul style="list-style-type: none"> Funding, space, maintenance

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:	
Action Steps	Methods for Measuring Implementation
The district will provide at least once annually a learning event for teachers and other school staff assigned by the principal about nutrition resources available and other professional development information as deemed appropriate by the Food and Nutrition Coordinator.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> All staff responsible for providing nutrition information to students will receive at least one training per year. <p>Resources needed:</p> <ul style="list-style-type: none"> Nutrition professional development <p>Obstacles:</p> <ul style="list-style-type: none"> Time for professional development
Objective 2:	
Action Steps	Methods for Measuring Implementation
The district Food and Nutrition Coordinator will provide resources to staff at least twice a year regarding healthy nutrition.	Baseline or benchmark data points:

	<ul style="list-style-type: none"> Staff will report a knowledge of resources available for information on healthy nutrition. <p>Resources needed:</p> <ul style="list-style-type: none"> Nutrislice and other websites that promote healthy nutrition
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GOAL: The District shall establish and maintain school gardens and farm-to-school programs.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Each campus will seek out opportunities to provide students with opportunities to participate in a school garden or similar activity such as a farm to school program or field trip.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> At least 25% of students starting out will participate in such an activity with meaningful learning reported and as evidenced by the students being able to retell in their own words what was learned in the activity. <p>Resources needed:</p> <ul style="list-style-type: none"> A school garden or some small plant based learning opportunity. <p>Obstacles:</p> <ul style="list-style-type: none"> Time, funding, space

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:

- Elementary: 30 minutes of PE daily plus at least 15 minutes of recess.*
- Intermediate: At least 30 minutes of recess daily (some days up to 60 minutes) and recess.*

- *Junior High: At least 30 minutes of recess daily plus the opportunity at lunch to have free time outside.*
- *High School: Daily PE or Athletics offered but not required of each student with the opportunity to have free time outside during lunch.*

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.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
The school will provide a minimum of one other option for campuses whose students are not required to participate in either PE or Athletics.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Student fitness will be measured with Fitnessgram. 90% of students grade 3-12 will take the fitnessgram as required by law. Resources needed: <ul style="list-style-type: none"> • Fitnessgram program Obstacles: <ul style="list-style-type: none"> • Time

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
The district will provide an opportunity for professional development for teachers on how to integrate physical activity into the academic curriculum.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Once annually teachers will be provided professional development on how to integrate physical activity into the academic curriculum. Resources needed: Ideas

		Obstacles: <ul style="list-style-type: none"> • Time; Teacher buy in
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
The District will provide opportunities for students to participate in physical activity programs outside of the school day by allowing the use of school facilities by the community.		Baseline or benchmark data points: <ul style="list-style-type: none"> • Administration facilities use requests will be maintained and reviewed on a yearly basis to be reported to the SHAC.

GOAL: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.		
Objective 1:		
Action Steps		Methods for Measuring Implementation
The District will provide opportunities for staff to utilize facilities and equipment for staff physical activity and will promote the use of such opportunities.		Baseline or benchmark data points: <ul style="list-style-type: none"> • 75% of staff will report knowledge of opportunities available to them during the school year.

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:		
Action Steps		Methods for Measuring Implementation
Once annually the school district will provide a physical activity program/ learning event for students and families.		Baseline or benchmark data points: <ul style="list-style-type: none"> • Participation at the event will be measured and shared with the SHAC on a yearly basis.

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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, tennis courts, and the like, that are available outside the school day.

Objective 1:

Action Steps	Methods for Measuring Implementation
The District will promote opportunities available for facility use to the community.	Baseline or benchmark data points: <ul style="list-style-type: none"> Each District school will promote the use of district facilities or physical activity programs available within the district at a minimum of once per semester.

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 promote employee wellness activities and involvement at suitable District and campus activities.

Objective 1:

Action Steps	Methods for Measuring Implementation
The District will promote opportunities for physical activity to staff and will encourage physical activity for all staff members.	Baseline or benchmark data points: <ul style="list-style-type: none"> 75% of all staff will report knowledge of opportunities available to them once annually. Information will be shared with the SHAC.

Objective 2:	
Action Steps	Methods for Measuring Implementation
The District will provide education for staff members regarding healthy living, physical activity and wellness.	Baseline or benchmark data points: <ul style="list-style-type: none">• Resources will be provided to all staff at a minimum of 4 times per school year.