

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:

IMPLEMENTATION

1. Posting the proposed plan on the district’s website for comment.
2. Sharing the proposed plan with all stakeholders through the district’s automated messaging system.

EVALUATION

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 Assistant Superintendent of Elementary Education and Learner

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Services 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.

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>)

PUBLIC NOTIFICATION

to annually inform and update the public about the content and implementation of the local wellness policy, the District will create a "Wellness" tab within the "Required Postings" tab on its website. The Wellness tab will document information and activity related to the policy. Information posted will include:

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

To comply with the legal requirement

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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 Assistant Superintendent of Secondary Education and State and Federal Programs, 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

FOODS AND BEVERAGES SOLD

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.

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/healthier-school-day/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Hand-books.aspx> (see the Complete *Administrator Reference Manual* [ARM], Section 20, Competitive Foods)

EXCEPTION— FUNDRAISERS

Texas public, charter, and private schools that participate in NSLP or SBP may sell food and/or beverages as part of a fundraiser that does not meet the Competitive Food Nutrition Standards during the school day for up to six (6) days per school year on each school campus. Food and/or beverages sold during an exempt fundraiser must not be sold in competition with school meals in the food service area during the school meal service.

The District will allow the following exempted fundraisers for the 2023–24 school year and beyond:

| Number of Fundraisers/Number of Days per Fundraiser |
|--|
| 6/1 |
| 6/1 |

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)]

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MEASURING COMPLIANCE

NUTRITION PROMOTION

In addition, the District has established the following local standards for foods and beverages made available to students:

Vending Machines: The district has adopted and implemented state and federal policies and guidelines for food service, including the guidelines to only allow Smart Snack compliant drinks in the vending machines. For more information regarding these policies and guidelines, see the campus principal. [See policies at CO and FFA.]

Elementary school: Students may participate in class parties for Christmas, Valentine's Day and Easter. Additionally, students may participate in class parties in conjunction with special areas of study as approved by the principal's office.

Middle/junior high school: Students may participate in class parties to be held on the last day of each semester. Additionally, students may participate in class parties in conjunction with special areas of study as approved by the principal's office.

High school: Students may participate in class parties in conjunction with special areas of study as approved by the principal's office.

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.

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. The District does not allow any food and beverage advertisements to be marketed to students during the school day.

Although the District is not required to immediately remove or replace food and beverage advertisement 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: Healthy Nutrition Messages | |
| Action Steps | Methods for Measuring Implementation |
| Distribution of a monthly Nutrition Newsletter (English and Spanish) to our students and parents | <p>Resources needed:</p> <ul style="list-style-type: none"> Nutrition Newsletter (hard copies for display in serving lines and digital copies for sharing with parents) <p>Obstacles:</p> <ul style="list-style-type: none"> Ensuring that <i>parents</i> are aware of the nutrition newsletter and are educated on its contents. Ensuring that <i>students</i> are aware of the nutrition newsletter and are educated on its contents |
| | |

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 implements the state-required coordinated school health program component of nutrition education through its physical education classrooms in grades K-8 using a TEA approved coordinated school health program (currently under District review).

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

| 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: Nutrition Education Professional Development | |
| Action Steps | Methods for Measuring Implementation |
| Professional development will be provided to the District's K-8 physical education teachers responsible for the curriculum and instruction associated with the District's nutrition education program. | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Survey K-8 physical education staff to establish current levels of nutrition knowledge and available resources. <p>Resources needed:</p> <ul style="list-style-type: none"> Survey data Appropriate staff development Appropriate classroom resources <p>Obstacles:</p> <ul style="list-style-type: none"> Funding sources |

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 students receive 135 minutes/week of physical education
- Elementary students receive 30 minutes of daily recess
- Middle School students enroll in a physical education or athletics course for at least four semesters.
- High School students must receive one credit of physical education or an equivalent. A student who is

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unable to participate in physical activity due to a disability or illness may be able to substitute a course in English language arts, mathematics, science, or social studies for the required credit of physical education. This determination will be made by the student's ARD committee, Section 504 committee, or other campus committee, as applicable.

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 appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate. | |
|---|---|
| Objective 1: Integrate Physical Activity into the Academic School Day | |
| Action Steps | Methods for Measuring Implementation |
| Professional development will be provided to the District's K-12 classroom teachers on how better to integrate physical activity in the curriculum. | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Survey K-12 classroom teachers to determine the amount of physical activity currently incorporated within the academic school day. <p>Resources needed:</p> <ul style="list-style-type: none"> Survey data Appropriate staff development Appropriate classroom resources <p>Obstacles:</p> <ul style="list-style-type: none"> Potentially resistant teachers Funding sources |

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.

[Two studies regarding recommended seat time for children to eat meals are available at:

<http://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/bergman2.asp>

[http://www.andjrnl.org/article/S2212-2672\(15\)01248-4/fulltext.](http://www.andjrnl.org/article/S2212-2672(15)01248-4/fulltext.)

| Objective 1: Recommended Meal Times | |
|--|--|
| Action Steps | Methods for Measuring Implementation |
| 30 minutes allotted for lunch each day | <ul style="list-style-type: none">• Campus Schedules |