

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:

1. *Recruiting stakeholders in ECIA*
2. *Involving Campus PAC members from each campus*

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 Assistant Superintendent is the District official responsible for the overall implementation of FFA 700.001, 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 administrator. 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:

- State/Federal Nutrition Policies for breakfast
- PFAI – Physical Fitness Assessment Initiative
- Menu for Gab N Go breakfast

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 700.001;
1. A copy of this wellness plan, with dated revisions.
2. Notice of any Board revisions to policy FFA(LOCAL);
3. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed.
4. The SHAC's annual report on the District's wellness policy and plan; and
5. 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 Assist 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 700.001.

NUTRITION GUIDELINES

All District campuses participate in the United States Department of Agriculture's (USDA's) child nutrition programs, including 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 not allow exempted fundraisers; all fundraisers will include non-food 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 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.

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

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.

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
Attend meeting for food handlers provided by the district.	Attendance will be kept for all training meetings.
Objective 2:	
Action Steps	Methods for Measuring Implementation
Monitoring of food preparation will be monitored consistently and daily.	Documentation of monitoring food preparation will be in place

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
Parent notification of healthy foods to support their grouping child	Handout on nutrition for lunch for a healthy student will be given to each parent
Objective 2:	
Action Steps	Methods for Measuring Implementation
Nutrition will be a topic of our regular PAC meetings at each campus	Minutes sheets for PAC meeting will provide evidence of information provided.

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:	
Action Steps	Methods for Measuring Implementation
There will be not food or beverage advertisements at campus	

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.

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 700.001, 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
New playground will be created to foster healthy physical activities by all students.	Students will be schedule for a minimum of 30 minutes of physical activity a day

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
Physical Activities in classroom as well as physical activities at recess and PE will be monitored daily.	Teacher lesson plans will include wellness activities.

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:	
Action Steps	Methods for Measuring Implementation
SHAC committee will plan and implement activities for employees to promote life-long physical activities.	TBD

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
Field Day is provided each year.	Parent participation in organizing and implementing field day for all students.

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:	
Action Steps	Methods for Measuring Implementation
Facilities are available outside of the school day for families and community.	TBD

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 700.001, 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.

Objective 1:	
Action Steps	Methods for Measuring Implementation
Daily lunch times have been set and monitored at all times.	f maintains a clean, safe, and appropriate setting for lunch.

GOAL: *List any other goal in the District's FFA 700.001 related to other school-based activities not identified above.*

Objective 1:	
Action Steps	Methods for Measuring Implementation
Smart Snacks (healthy) will be sold at the end of each day.	TBD