

## **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 will convene a local Wellness Team to review and consider evidence-based strategies and techniques in the development and implementation of nutrition guidelines and wellness goals, as required by federal law. The Wellness Team may include, and collaborate with, a variety of stakeholders, including parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and other members of the public.

### **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 Wellness Team 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 Wellness Team will prepare a report on the wellness policy and this plan by gathering information from each principal and appropriate District administrator. The Wellness Team 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 Wellness team may use any of the following tools for that analysis:

- State/Federal Nutrition Policies for breakfast
- IHT: Fitnessgram – Physical Fitness Assessment
- Menu for Grab 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;
2. A copy of this wellness plan, with dated revisions.
3. Notice of any Board revisions to policy FFA(LOCAL);
4. Notice of any Wellness Team meeting at which the wellness policy or corresponding documents are scheduled to be discussed.
5. The Wellness Team'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 Assistant 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 Wellness Team's 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:

- <https://squaremeals.org/Programs/SchoolBreakfastProgram.aspx>
- <https://www.myplate.gov/>

### **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:**

<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Attend meetings for food handlers provided by the district	Attendance will be kept for all training meetings

#### **Objective 2:**

<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Monitoring of food preparation will be consistent 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.

<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Parent notification of healthy foods to support their growing child	Handout on nutrition for breakfast for a healthy student will be given to each parent
<b>Objective 2:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Nutrition will be a topic of our regular PAC meetings at each campus	Sign in sheets for PAC meetings will provide evidence of information provided

### **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.

<b>GOAL:</b> 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.	
<b>Objective</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Playgrounds and equipment are in place to foster healthy physical activities by all students	Students will be scheduled for a minimum of 30 minutes of physical activity a day

<b>GOAL:</b> The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate	
<b>Objective</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>

Physical Activities in the classroom as well as physical activities at recess and PE will be monitored daily	Lesson plans will include brain breaks and such activities
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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**

Action Steps	Methods for Measuring Implementation
The Wellness Team will plan and implement activities for employees to promote life-long physical activities.	Activities noted through emails such as Wellness Wednesdays. Teachers will also have the opportunity to participate in activities such as Family fun run, Staff Step Competition.

**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**

Action Steps	Methods for Measuring Implementation
Family Activities such as family fun run and field day	Parent participation in organizing and implementing various activities for all students.

**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 healthy 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**

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