

Wellness Plan

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

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. *Post dates, times, and sites of upcoming SHAC Meetings on the District’s website at which the wellness policy and plan are scheduled to be discussed.*
2. *Listing in the student handbook the 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 in the development, implementation, and evaluation of the wellness policy and plan.*

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

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

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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:

- Relevant portions of the Center for Disease Control's School Health Index (<http://www.cdc.gov/healthyschools/shi/index.htm>)
- Locally developed criteria

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's secretary, the District's designated records management officer.

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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. The campus principal may designate for up to six days per year per campus when food or beverage of any kind is sold as part of a campus fundraiser.

The District will allow the following exempted fundraisers for the 2016-2017 school year:

Type of Organization	Food/Beverage	Number of Days
School Classes	Any legal in school	6 (same days for all groups)
School Organizations	Any legal in school	6 (same days for all groups)

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, students in grades K – 5 will be allowed to participate in designated parties or school celebrations where snacks and beverages are provided by parents for a 45 minute limit during (or a school day in lieu of) Halloween, Christmas, and Valentine's Day. These parties will only occur if parent/grandparent volunteers provide the snacks and beverages.

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, the Community Eligibility Provision, 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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<p>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.</p>	
<p>Objective 1: The District will increase participation in the federal child nutrition programs by 2 percent by the end of the school year.</p>	
Action Steps	Methods for Measuring Implementation
<p>Distribute information to parents on the first day (or upon enrollment) regarding the school food program.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> 2015-2016 participation numbers <p>Resources needed:</p> <ul style="list-style-type: none"> Parent information placed in enrollment packets <p>Obstacles:</p> <ul style="list-style-type: none"> Parents do not always read information given to them
<p>Objective 2: The District will explore ways to increase food distribution.</p>	
Action Steps	Methods for Measuring Implementation
<p>Breakfast items served to junior high students who participate in athletics after 1st period. Elementary students morning dropoff occurs at cafeteria entrance.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Monthly breakfast feeding numbers at each campus <p>Resources needed:</p> <ul style="list-style-type: none"> Personnel to serve meals <p>Obstacles:</p> <ul style="list-style-type: none"> Students are not always willing to eat breakfast

<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: The District will provide nutritional information in areas where parents and community members typically gather</p>	
Action Steps	Methods for Measuring Implementation
<p>Place posters containing nutritional facts in the cafeteria and in school lobbies</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Number of posters in the previous year <p>Resources needed:</p>

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	<ul style="list-style-type: none"> Funds for purchase of posters <p>Obstacles:</p> <ul style="list-style-type: none"> People do not always read posters
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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.

GOAL: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into various areas of the curriculum, as appropriate.	
Objective 1: Health/PE teachers and Nutrition staff will promote and integrate nutrition education facts into each grade level in grades K through 8.	
Action Steps	Methods for Measuring Implementation
Health/PE teachers and Nutrition staff will coordinate lessons on nutrition with classroom teachers.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> The number of classroom lessons presented annually <p>Resources needed:</p> <ul style="list-style-type: none"> Nutrition staff <p>Obstacles:</p> <ul style="list-style-type: none"> Nutrition staff has limited times when they are able to be in classrooms.

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: Provide dates, times and locations of staff development opportunities on nutrition.	
Action Steps	Methods for Measuring Implementation
Allow staff, including instructional staff, to attend staff development at the regional	Baseline or benchmark data points:

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service center or other appropriate venues.	<ul style="list-style-type: none">• Number of staff who attended training in previous years. Resources needed: <ul style="list-style-type: none">• Funds for transportation and registration for staff development Obstacles: <ul style="list-style-type: none">• Missed instructional time for teachers
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PHYSICALACTIVITY

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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<p>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.</p>	
<p>Objective 1: Provide a minimum of 30 minutes per day of physical activity for students required to have them</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Provide a minimum of 30 minutes daily of planned physical activity for students in grades K through grade 5.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of minutes documented each day <p>Resources needed:</p> <ul style="list-style-type: none"> • Physical education teacher and aide <p>Obstacles:</p> <ul style="list-style-type: none"> • Shortened school days
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Provide a minimum of 30 minutes daily of planned physical activity for students not scheduled in competitive athletics in grades 6 through 9.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of minutes documented each day <p>Resources needed:</p> <ul style="list-style-type: none"> • Physical education teachers <p>Obstacles:</p> <ul style="list-style-type: none"> • Shortened school days
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Provide a minimum of 30 minutes daily of planned physical activity for students in competitive athletics in grades 7 through 12.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Practice, preparation, & game minutes available each day. <p>Resources needed:</p> <ul style="list-style-type: none"> • Coaches <p>Obstacles:</p> <ul style="list-style-type: none"> • Shortened days

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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: Provide physical activities in music class in grades K through 5	
Action Steps	Methods for Measuring Implementation
Incorporate dance and rhythm activities for students through the music curriculum.	Baseline or benchmark data points: <ul style="list-style-type: none"> Minutes of dance and rhythm allowed in music elementary school music classes Resources needed: <ul style="list-style-type: none"> Music teacher Obstacles: <ul style="list-style-type: none"> Shortage of time available
Objective 2: Provide physical activities for band students in grades 8-12	
Action Steps	Methods for Measuring Implementation
Provide instruction in competitive marching for band students in high school	Baseline or benchmark data points: <ul style="list-style-type: none"> Time allowed for marching each year Resources needed: <ul style="list-style-type: none"> Band directors Instruments and Materials Obstacles: <ul style="list-style-type: none"> Inclement weather

GOAL: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for students.	
Objective 1: Provide instruction in life-long activities for students	
Action Steps	Methods for Measuring Implementation
Provide instruction in activities such as tennis, basketball, aerobic exercise, weight training, and golf that students can enjoy for years to come.	Baseline or benchmark data points: <ul style="list-style-type: none"> Time devoted to each activity Resources needed: <ul style="list-style-type: none"> Instructors/coaches for each activity Obstacles: <ul style="list-style-type: none"> Available time

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GOAL: The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as track, 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 posting appropriate signage	
Action Steps	Methods for Measuring Implementation
Encourage parents and community members to use the school track for walking or jogging and the pavilion to play basketball.	Resources needed: <ul style="list-style-type: none"> • Track and Pavilion Obstacles: <ul style="list-style-type: none"> • Inclement weather

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.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Schedule at least 30 minutes for each student to collect a lunch tray and sit down to eat during their lunch period	Baseline or benchmark data points: <ul style="list-style-type: none"> • Amount of time scheduled daily Resources needed: <ul style="list-style-type: none"> • Adequate cafeteria staff Obstacles: <ul style="list-style-type: none"> • Running low on certain foods that causes delays in serving

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<p>GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.</p>	
<p>Objective 1: Help provide opportunities for students to be involved in physical activities outside of school.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Coordinate with various local youth activity groups or a specific sport organization to help students enroll in after school activities</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of students enrolled in each activity <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff to issue enrollment forms <p>Obstacles:</p> <ul style="list-style-type: none"> • Communication with groups
<p>Objective 2: Provide facilities for after school youth programs.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Coordinate with local youth activity groups to schedule practice and games for various youth activities</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of times school facilities are used by groups after school <p>Resources needed:</p> <ul style="list-style-type: none"> • Coordination between school and youth activity personnel <p>Obstacles:</p> <ul style="list-style-type: none"> • Lack of communication

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GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Objective 1: Provide facilities for staff to participate in exercise or wellness activities after work hours.

Action Steps	Methods for Measuring Implementation
Allow the track or school buildings to be used for walking/jogging activities and allow the weight room to be used by staff	Baseline or benchmark data points: <ul style="list-style-type: none">• Number of physically active staff Resources needed: <ul style="list-style-type: none">• Coordination between individual workouts and scheduled student activities Obstacles: <ul style="list-style-type: none">• Facility conflicts