

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. Posting dates, times, and locations of SHAC meetings on the District website2. Post SHAC meeting information on the District calendar3. Provide the name, position, and contact information of the person responsible for the oversight of the Local Wellness Policy and Wellness Plan on the District website so that a reader who is interested in contributing to the development, revision, implementation, and/or evaluation of the Policy and Plan can be invited to participate.
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 <u>District SHAC Coordinator</u> 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 com-

pares with any state- or federally designated model wellness poli-
cies. 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>)
- Relevant portions of the Texas Department of Agriculture’s
website: <http://www.squaremeals.org>
- Relevant portions of the Center for Disease Control’s School
Health Index:
<http://www.cdc.gov/healthyschools/shi/index.htm>
- Relevant portions of the Cooper Institute’s FitnessGram web-
site: <http://www.fitnessgram.net/>

PUBLIC
NOTIFICATION

To comply with the legal requirement to annually inform and update
the public about the content and implementation of the local well-
ness 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 of-
ficial 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
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's designated district employee, 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	<p>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.</p> <p>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.</p> <p>It is at the discretion of each campus to determine whether they will or will not prohibit students from consuming certain foods and/or beverages on campus during the school day.</p>
FOODS AND BEVERAGES SOLD	<p>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:</p> <ul style="list-style-type: none">• 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:

- Any fundraiser including the sale of food and/or beverages cannot be held during scheduled meal times and cannot be held in the place where reimbursable meals are being sold and/or consumed.
- Deep-fat frying cannot be used as a method of on-site food preparation for foods being served a la carte or as part of a reimbursable meal.
- Diet sodas are prohibited from being sold to students during the school day, unless they are part of an approved exempt fundraiser.

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 the following exempted fundraisers:

Campus or Organization	Food / Beverage	Number of Days
Elementary Schools	Non-Smart Snack approved items	6
Middle Schools	Non-Smart Snack approved items	6
High Schools / SW Academy	Non-Smart Snack approved items	6

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:

- All Schools: Any foods and beverages given away or otherwise made available to students must meet the Smart Snacks standards, with the exception of celebrations that may occur on campuses up to six days each school year. These six days must be pre-approved by the principal and must occur after scheduled lunch times. It is at the discretion of the campus administration to determine when parties can be held, as long as they occur after scheduled lunch times.
- In order to safeguard the health of all students during parties or celebrations, parents, grandparents, and/or guardians are strongly encouraged to provide only foods which are pre-packaged with a nutrition label and which have come from a licensed facility.
- Teachers may provide students with food if it is used as an instructional aide in their lesson. Teachers are strongly encouraged to consider the types of foods they use in their lessons and to consider the health implications (allergies, diabetes, etc.) of providing certain foods to their students.
- Parents, grandparents, and/or guardians may only provide a breakfast or lunch meal, brought from outside the campus, for the student(s) they have enrolled at the campus. To safeguard the health of all students, meals may not be brought in for any other student.
- Diet sodas are prohibited from being provided to students during the school day unless it is on an approved, exempt, celebration day.

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. Overseeing the placement and product type of any advertisement on district campuses.
2. Reviewing any potential food or beverage marketing products before they are allowed 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: Use pre-determined events, such as National School Lunch Week, National School Breakfast Week, Farm Fresh Fridays, and National Nutrition Month to promote nutrition and healthy eating to students at least two times each year.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Allocate funding for promotion during these events • Coordinate efforts with campuses • Determine how each event will be promoted and celebrated 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Currently celebrating 2 events each year, but not consistently at all campuses <p>Resources needed:</p> <ul style="list-style-type: none"> • Extra budgetary funds • Promotional items to increase awareness of events among students • Staff involvement <p>Obstacles:</p> <ul style="list-style-type: none"> • Buy-in and cooperation from all campus staff • Cost of items to promote events

Objective 2: Update nutrition information in district cafeterias to reflect the most recent guidelines and recommendations.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Assess current nutrition literature/information in each campus cafeteria and determine if it is up-to-date or not Allocate funds for updating literature Determine cost of updating literature and get bids, if necessary Select and order grade-level appropriate literature/information and distribute to campuses 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> All campuses have some literature, but it may not be current or grade-level appropriate Literature/information may not be accessible by students <p>Resources needed:</p> <ul style="list-style-type: none"> Funds for new nutrition information Staff cooperation <p>Obstacles:</p> <ul style="list-style-type: none"> Assistance from staff to post and promote new information to students Student awareness of updated information

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: Create a web-based quarterly nutrition newsletter to promote healthy lifestyle and nutrition choices, by the 2019-2020 school year.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Determine who will be responsible for creating and contributing to the newsletter Determine where the nutrition newsletter will be posted on district website Inform district webmaster of new newsletter Promote new newsletter to district and community 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> No current data points <p>Resources needed:</p> <ul style="list-style-type: none"> Time Expertise and input from all student health stakeholders Assistance from district webmaster <p>Obstacles:</p> <ul style="list-style-type: none"> Newsletter contributors missing deadlines Newsletter may be difficult to find on district website Getting newsletter translated into Spanish

Objective 2: Create a web-based forum to facilitate questions from parents and community members about nutrition and student health.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Gain approval for a web-based forum from Senior Staff Work with district webmaster to create forum Promote and launch forum Determine who will be responsible for answering questions submitted on forum Determine timeline for answering questions 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> No current data points <p>Resources needed:</p> <ul style="list-style-type: none"> Approval for forum Time Expertise from district health professionals Coordination with district webmaster <p>Obstacles:</p> <ul style="list-style-type: none"> Failing to gain approval for forum Timeliness of answers Computer glitches How do we handle those that can only read/write Spanish?

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 deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: Students at each campus will be introduced to new, healthy food items two times per year.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Give samples of new, healthy foods to students Provide information on samples offered Allocate funding Determine dates of samplings 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Current number of health food items introduced each year <p>Resources needed:</p> <ul style="list-style-type: none"> Extra budgetary funds Volunteers to hand out samples and

	<p>garner student interest; invite School Board members to participate as volunteers</p> <ul style="list-style-type: none"> • Staff involvement <p>Obstacles:</p> <ul style="list-style-type: none"> • Cost • Buy-in from staff
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<p>GOAL: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.</p>	
<p>Objective 1: Elementary and middle school campuses will use the district-approved Coordinated School Health (CSH) Program and integrate it into the curriculum by the 2019-2020 school year.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> • Determine whether campuses have updated CSH materials • Procure CSH materials, if needed • Determine where CSH lessons will be included in the curriculum 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of campuses currently using CSH lessons with their students <p>Resources needed:</p> <ul style="list-style-type: none"> • CSH materials • CSH training for teachers <p>Obstacles:</p> <ul style="list-style-type: none"> • Buy-in from teachers who will be responsible for CSH lessons • Instructional time for lessons

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 will engage in moderate or vigorous physical activity for at least 30 minutes per day or 135 minutes per week.
- Middle and High: Students will engage in 30 minutes of moderate or vigorous physical activity per day for four semesters

OR at least 225 minutes of moderate or vigorous physical activity within each 2-week period for at least four semesters.

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: Campuses will offer at least 2 intramural activities to all students in all grade levels by May 2019.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Determine how many intramural activities are currently offered. Survey students to determine which intramural activities to offer. Determine when and where intramurals will be held (e.g. before/after school) Designate campus staff member to sponsor intramural activity(ies). 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Current number of intramural activities offered. <p>Resources needed:</p> <ul style="list-style-type: none"> Time and location to hold activities Staff members to sponsor intramural activities <p>Obstacles:</p> <ul style="list-style-type: none"> Buy-in from staff members Time Equipment Participation from students

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: Each campus will invite students and parents to participate in at least 1 campus wellness event during the 2018-2019 school year.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Set date for wellness event (health fair, etc.) Advertise and market event to students and parents via letters, school 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Number of wellness events currently being held at the campus, annually. Number of parents and students partic-

<p>marquee, etc.</p> <ul style="list-style-type: none"> • Create incentives to help increase student and parent participation in wellness event. 	<p>icipating in wellness events, if any.</p> <p>Resources needed:</p> <ul style="list-style-type: none"> • Community sponsorships for the wellness event • Incentives for participation <p>Obstacles:</p> <ul style="list-style-type: none"> • Family schedules • Funding • Procuring incentives, if any
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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, playgrounds, and the like, that are available outside the school day.

Objective 1: Campuses and district property with recreational facilities will remain open for at least 2 hours after the school day ends

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Coordinate with Facilities and Maintenance to allow access to facilities • Provide additional oversight by district police • Market the facilities to the local community 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Times that facilities are currently open • Number of people currently using district recreation facilities <p>Resources needed:</p> <ul style="list-style-type: none"> • Time • Personnel – custodians, police <p>Obstacles:</p> <ul style="list-style-type: none"> • Cooperation from campus Facilities and Maintenance employees • Potential for injuries on district property

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: Campuses will schedule lunch periods to allow students to have at least 20 minutes to eat their meal.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Determine the length of time students get to sit down and eat for lunch • Determine how long students need to get through the serving line 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Current length of time it takes students to get through serving line • Current length of time students have to sit and eat <p>Resources needed:</p> <ul style="list-style-type: none"> • Time • Cafeteria monitors to assist with timing of students <p>Obstacles:</p> <ul style="list-style-type: none"> • Scheduling conflicts • Ensuring meal times don't interfere with the master schedule

Objective 2: Campus cafeterias will maintain a score of "A" (90%+) on all Health Inspection reports to ensure a clean and safe eating environment for students.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Submit work orders for cafeteria equipment, as needed • Ensure repair of equipment in a timely manner • Cafeteria staff will conduct a deep cleaning of kitchen twice per year • Train cafeteria staff on providing excellent customer service to students, staff, and guests • Train all Child Nutrition cafeteria staff on Food Safety & Sanitation practices 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Current health inspection scores <p>Resources needed:</p> <ul style="list-style-type: none"> • Coordination between Facilities & Maintenance, campuses, and Child Nutrition • Cleaning supplies • Training <p>Obstacles:</p> <ul style="list-style-type: none"> • Delays in repairs • Employee buy-in • Scheduling time for training

GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1: All district campuses will promote wellness (mental, social, physical, environmental, nutrition, family engagement, etc.) at two or more campus activities each school year.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Incentivize participation • Establish partnerships with outside entities • Secure funding, if necessary 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Tracking participation <p>Resources needed:</p> <ul style="list-style-type: none"> • Sites • Volunteers <p>Obstacles:</p> <ul style="list-style-type: none"> • Time • Space • Participation • Motivation

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1: Employees whose contracts continue through the summer will be allowed to participate in 1 hour of wellness time during the summer workdays	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Obtain approval from Board and Superintendent • Communicate “rules” of the wellness hour to applicable employees • Promote wellness hour to employees working during the summer • Create programs to encourage employees to partake in physical wellness activities 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Current Summer Wellness Incentive plan <p>Resources needed:</p> <ul style="list-style-type: none"> • Variety of exercise classes offered • Accessibility to track, gym, and walking routes • Nutrition and physical activity classes offered <p>Obstacles:</p> <ul style="list-style-type: none"> • School Board acceptance and approval • Safety of employees participating in

	Summer Wellness Initiative
Objective 2: The District will encourage employees to be involved in at least 1 district wellness event each year (Relay for Life, Summer Wellness Initiative, Special Olympics, etc.)	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Promote upcoming wellness events to all employees Procure funding for marketing and other promotions Provide incentives for participation, if possible 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Number of employees participating in district wellness events from past years Number of wellness events offered by District <p>Resources needed:</p> <ul style="list-style-type: none"> Marketing and outreach methods Event coordinators and coordination within campuses and departments <p>Obstacles:</p> <ul style="list-style-type: none"> Scheduling of events Time