

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. Posting on the District's website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.
2. *Listing in the student handbook the name and 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 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 administrators. 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:

- WellSAT 2.0
- FND-105

**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, 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**

All District campuses participate in the United States Department of Agriculture's (USDA's) child nutrition programs, including the Na-

tional 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 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 for the 2016–2017 school year:

Campus or Organization	Food/Beverage	Number of Days
Odem Elementary School	Concession stand: Elementary Field Day Kinder Field Day	2
Odem Junior High School	Concession stand Bake Sale Dodgeball Tournament Concession Stand	1 2 1

Campus or Organization	Food/Beverage	Number of Days
	Basketball Fundraiser Concession Stand	1
Odem High School	Cinco de Mayo Concession Stand	1
	Art Walk Concession Stand	1
	Chocolate Covered Strawberries	1
	Candy Grams	1
	Softball tournament	1
	Baseball tournament	1

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

Shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules.

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.

<p>GOAL: The District shall share educational information with families and the general public to promote healthy nutrition choices and positively influence the health of students.</p>	
<p>Objective 1: Consistently post in an easily accessible location on the District's or each campus's website the monthly school breakfast and lunch menus, along with the nutritional information of each meal.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Work with the District and campus child nutrition directors to develop menus that are in compliance with this objective and are designed at least one month in advance.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The manner in which the menus and nutrition information are communicated to parents currently <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff to create and distribute the menu for posting to the website <p>Obstacles:</p> <ul style="list-style-type: none"> • All nutritional information may not be readily available • Not all families have internet access
<p>Objective 2: The District will research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding any programs offered by the District.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Research food access programs available in the community with which the District could partner (summer meal programs, food pantry programs supported by local area food banks, backpack programs).</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of supplemental programs the District currently offers or promotes • The types of food access programs identified and ways the information was communicated to families and the community. <p>Resources needed:</p> <ul style="list-style-type: none"> • Partnerships with community organizations • Literature to send to families/community

	<p>Obstacles:</p> <ul style="list-style-type: none">Limited resources/organizations:
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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 goals(s) for nutrition education.

Nutrition education shall be included as a component of Coordinated School Health programs and should be emphasized in health instruction courses in Kindergarten through Eighth grade.

Nutrition education shall include:

- 1. CATCH(Coordinated Approach to Children's Health) programs, selected for the required coordinated school health programs in Kindergarten through Eight grade.*
- 2. Age appropriate nutrition education in Elementary schools during physical education classes and in the child nutrition school assemblies.*
- 3. Information in health education textbooks and integrated as appropriate into core subjects.*
- 4. Resources, materials, and presentations which shall be available to families, including healthy food preparation, risk factors for poor nutrition, and inactivity.*

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 District will meet the required physical activity in elementary school grades by providing at least 135 minutes weekly of participation in a Texas Essential Knowledge and Skills (TEKS)-based physical education class or a TEKS based structured activity

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 make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
Objective 1: At least one campus will implement a before-or after school physical activity program each year.	
Action Steps	Methods for Measuring Implementation
<p>Identify any campuses currently offering such programs and have staff from those campuses share information at a District-wide staff meeting.</p> <p>Assign a campus administrator to implement the program.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number and type of programs offered compared to the previous school year. • Student participation rates in the program from year to year <p>Resources needed:</p> <ul style="list-style-type: none"> • Support from campus administrators and employees to provide supervision for these programs • Educational materials to explain the program to students and parents <p>Obstacles:</p> <ul style="list-style-type: none"> • staffing

<p>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.</p>	
<p>Objective 1: The District will offer a free or low-cost health assessment to employees at least once per year.</p>	
Action Steps	Methods for Measuring Implementation
<p>Seek out providers for this service on behalf of the District.</p> <p>Contract with an entity to provide the service.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The number of employees who participated compared to the previous school year <p>Resources needed:</p> <ul style="list-style-type: none"> • District publications and correspondence to advertise the service <p>Obstacles:</p> <ul style="list-style-type: none"> • Participation rates may be minimal if the service is only provided at one location rather than at the worksite of an employee

<p>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.</p>	
<p>Objective 1: Inform the community of the facilities that are available for use outside of the school day by including a statement in at least one District or campus publication, by posting information on the District or campus website, or through the use of appropriate signs.</p>	
Action Steps	Methods for Measuring Implementation
<p>Create sample wording to be used in a publication or on a website. Create wording for a sign that could be posted at certain facilities.</p> <p>Evaluate appropriate lighting for evening use of facilities.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation of publications, website postings, and signs verifying that the information was communicated <p>Resources needed:</p> <ul style="list-style-type: none"> • A list of types and locations of facilities

	<p>that are available for use in the District</p> <p>Obstacles:</p> <ul style="list-style-type: none"> Measuring how many people use the facilities

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.

<p>GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p>	
<p>Objective 1: All campuses will build their master schedules to allow for at least 10 minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.</p>	
Action Steps	Methods for Measuring Implementation
<p>Evaluate current meal time allowances by campus.</p> <p>Work with campus administrators to adjust master schedules as necessary.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> The number of campuses that currently meet the standard compared to the previous school year <p>Resources needed:</p> <ul style="list-style-type: none"> Average time it takes for students to receive a meal and be seated <p>Obstacles:</p> <ul style="list-style-type: none"> Master schedules take into account several issues, only one of which will be meal times

<p>GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.</p>	
<p>Objective 1: The District will utilize its health insurance provider to encourage wellness by communicating the preventive services covered at 100 percent during each open enrollment period.</p>	
Action Steps	Methods for Measuring Implementation
<p>Work with the District's health insurance provider to determine what services are covered at 100 percent.</p> <p>Develop materials and identify methods to share information about services with employees.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation of when and how information was shared with employees. • General reports from health insurance provider showing use of services. <p>Resources needed:</p> <ul style="list-style-type: none"> • A list of preventative services covered at 100 percent <p>Obstacles:</p> <ul style="list-style-type: none"> • Coverage is subject to change • Participation rates of those who are willing to self-report may be low