

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

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| WELLNESS PLAN | <p>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]</p> |
| STRATEGIES TO SOLICIT INVOLVEMENT | <p>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:</p> <ol style="list-style-type: none">1. <i>Posting on the District’s website the dates and times of SHAC meetings.</i>2. <i>List on the District’s website 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.</i>3. <i>List on the District’s activity calendar the dates of the SHAC meetings.</i> |
| IMPLEMENTATION | <p>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.</p> <p>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.</p> |
| EVALUATION | <p>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 compares</p> |

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with any state or federally designated model wellness policies. 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:

- Relevant portions of Smarter Lunchrooms’ website (<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>)
- Relevant portions of USDA Food and Nutrition Service <https://www.fns.usda.gov/school-meals/child-nutrition-programs>
- Relevant portions of www.squaremeals.org
- Relevant portions of the Center for Disease Control’s School Health Index <https://www.cdc.gov/healthyschools>
- FitnessGram: A state-wide program for students
- A District-developed self-assessment.

PUBLIC
NOTIFICATION

To comply with the legal requirement to annually 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 [see 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 all SHAC members and meetings;
5. The SHAC’s annual report on the District’s wellness policy and plan; and
6. Any other relevant information.

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The District will also publish the above information in appropriate District or campus publications.

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| 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 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. 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. |
| FOODS AND BEVERAGES 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: <ul style="list-style-type: none"><li data-bbox="555 1602 1382 1665">• http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals<li data-bbox="555 1686 1414 1749">• http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks<li data-bbox="555 1770 1390 1879">• http://www.squaremeals.org/Publications/Handbooks.aspx (see the Complete <i>Administrator Reference Manual</i> [ARM], Section 20, Competitive Foods) |

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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 2018-2019 school year:

| Campus or Organization | Food / Beverage | Number of Days |
|-----------------------------------------------------------|----------------------|----------------|
| Elementary & JH/HS Campuses All approved organizations | Candy/Soda/Other TBD | 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:

Elementary school: Soft drinks may be brought to school (no glass containers) for lunches only.

Junior High School: Although a parent or grandparent is not prohibited from providing food for a school-designated function or for children in the child or grandchild's classroom for his or her birthday, please be aware that children in the school may have severe allergies to certain food products. Therefore, it is imperative to discuss this with the child's teacher prior to bringing any food in this circumstance. Occasionally, the school or a class may host certain functions or celebrations tied to the curriculum that will involve food. The school or teacher will notify students and parents of any known food allergies when soliciting potential volunteers for bringing food products.

High School: USDA Food Service Guidelines prevent the campus from allowing student food transactions on school property during the school day. Food deliveries for specific students can be made as long as they do not require payment be made upon delivery. Parents/guardians can order and pay for food ahead of time and

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have it delivered to the school labeled with the student's name; however, monetary transactions for food delivery on school property during the school day is not allowed. (For example, a student cannot call in for food to be delivered to the school and pay for it at the time of delivery.)

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 1: 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: The District will increase signage in strategic public areas promoting healthy nutrition.

| Action Steps | Methods for Measuring Implementation |
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| Place signs around the school in frequently visited places promoting healthy nutrition. | Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of signs posted at the BOY, and still posted at the MOY, and EOY Resources needed: <ul style="list-style-type: none"> • Free signage from relevant websites. • Personnel to order and distribute the signage to campuses • Personnel to post signs at the campuses Obstacles: <ul style="list-style-type: none"> • Signs destroyed or removed |

| GOAL 2: 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: The District will consistently post the campuses monthly school breakfast and lunch menus on the District website and Facebook page. | |
| Action Steps | Methods for Measuring Implementation |
| Work with the District Child Nutrition Director to have menus posted on the district/campus website and Facebook page. | Baseline or benchmark data points: <ul style="list-style-type: none"> • Checking that the menus are consistently posted Resources needed: <ul style="list-style-type: none"> • Personnel to create and post the menus on the website and Facebook page Obstacles: <ul style="list-style-type: none"> • Not all families have Internet access |
| Objective 2: Consistently communicate meals offered daily. | |
| Action Steps | Methods for Measuring Implementation |
| Daily announcements of the menu Post the menu in the school cafeteria | Baseline or benchmark data points: <ul style="list-style-type: none"> • Student participation in daily meals Resources needed: <ul style="list-style-type: none"> • School's PA system • Personnel to make the announcements Obstacles: <ul style="list-style-type: none"> • PA System not working • Days when announcements are not made due to testing, etc. • No backup person to give announcements |

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.

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| GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors. | |
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| Objective 1: Communicate healthy eating habits and regular physical activity to maintain a healthy lifestyle. | |
| Action Steps | Methods for Measuring Implementation |
| Healthy Science Teacher, Family and Consumer Science Teacher, Coaches, PE teachers, and Health teachers discuss proper nutrition/hydration prior to any physical activity. | Baseline or benchmark data points: <ul style="list-style-type: none"> • Students enrolled in programs and classes • FitnessGram reports Resources needed: <ul style="list-style-type: none"> • Curriculum • Teacher/Coach Obstacles: <ul style="list-style-type: none"> • Time in class, PE, or Athletic periods |

| GOAL 2: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate. | |
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| Objective 1: The District will provide nutritional information regularly. | |
| Action Steps | Methods for Measuring Implementation |
| Nutritional information will be available on the District's website. | Baseline or benchmark data points: <ul style="list-style-type: none"> • Posting of links and information Resources needed: <ul style="list-style-type: none"> • Personnel to post the information and links Obstacles: <ul style="list-style-type: none"> • Not all families have Internet access |
| Consistently post the Friday Beat on the district Facebook page. | Baseline or benchmark data points: <ul style="list-style-type: none"> • Posting of the resource Resources needed: <ul style="list-style-type: none"> • Personnel to post the information Obstacles: <ul style="list-style-type: none"> • Not all families have Internet access |

GOAL 3: 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: All relevant personnel are appropriately trained.

| Action Steps | Methods for Measuring Implementation |
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| Offer Continuing Education courses through Region 7. | Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of teachers who attend relevant training Resources needed: <ul style="list-style-type: none"> • Training resources/Admin Obstacles: <ul style="list-style-type: none"> • Availability of substitutes for teaches at training • Cost of workshops |

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:

- Mandatory PE Classes Grades K-6
- Required PE Credits Grades 7-12

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 1: The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate activities for all students, including those who are not participating in physical education classes or competitive sports.

Objective 1: Consistently plan and evaluate PE classes to ensure all students have access to the activities.

| Action Steps | Methods for Measuring Implementation |
|---------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| Ensure that PE lesson plans reflect safe and enjoyable units. | Baseline or benchmark data points: <ul style="list-style-type: none"> • Lesson plans submitted |

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| | <ul style="list-style-type: none"> Students enrolled in PE classes that are not required for their graduation plan <p>Resources needed:</p> <ul style="list-style-type: none"> Adequate amounts of PE athletic supplies <p>Obstacles:</p> <ul style="list-style-type: none"> Differentiation of lesson plans to ensure all fitness levels can and will actively participate |
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| <p>GOAL 2: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.</p> | |
| <p>Objective 1: Provide opportunities for students to be physically active in academic classes.</p> | |
| Action Steps | Methods for Measuring Implementation |
| Provide training to teachers | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Lesson plans <p>Resources needed:</p> <ul style="list-style-type: none"> Training <p>Obstacles:</p> <ul style="list-style-type: none"> Time and facilities |
| <p>GOAL 3: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.</p> | |
| <p>Objective 1: Inform students and the community of the different types of “camps” that are available.</p> | |
| Action Steps | Methods for Measuring Implementation |
| Post flyers and send home registration forms for the camps. | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Attendance in the camps <p>Resources needed:</p> <ul style="list-style-type: none"> Flyers, personnel to put on the camps <p>Obstacles:</p> <ul style="list-style-type: none"> Time Fees Space |

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| Action Steps | Methods for Measuring Implementation |
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| Promote involvement in school athletic programs. (Facebook, flyers home, posters at school) | Baseline or benchmark data points: <ul style="list-style-type: none"> • Review athletic club participation Resources needed: <ul style="list-style-type: none"> • Staff, current participant involvement in making posters/flyers Obstacles: <ul style="list-style-type: none"> • Ensure that information is accurate |
| <p>GOAL 4: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.</p> | |
| <p>Objective 1: Consistently provide health related information to faculty and staff.</p> | |
| Action Steps | Methods for Measuring Implementation |
| Distribute a quarterly Health Tip sheet to faculty/staff that provides information for staying healthy. | Baseline or benchmark data points: <ul style="list-style-type: none"> • Monitor the quarterly distribution of the tip sheet Resources needed: <ul style="list-style-type: none"> • Personnel to write the tip sheet Obstacles: <ul style="list-style-type: none"> • Faculty and staff Involvement • Faculty and staff not reading the Tip Sheet |
| <p>GOAL 5: The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.</p> | |
| <p>Objective 1: Provide parents with necessary information to support their children's physical activity.</p> | |
| Action Steps | Methods for Measuring Implementation |
| Distribute pamphlets at Meet the Teacher Night with ways to support their children's activities. | Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of parents who attend Meet the Teacher night Resources needed: <ul style="list-style-type: none"> • Personnel to create the pamphlet Obstacles: <ul style="list-style-type: none"> • Lack of parental attendance at Meet the Teacher Night |

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| GOAL 6: 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. | |
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| Objective 1: To see an increase in the number of people using the facilities. | |
| Action Steps | Methods for Measuring Implementation |
| Post acceptable community use hours at tracks and playgrounds. | Baseline or benchmark data points: <ul style="list-style-type: none"> • Discuss hours of use with coaches to prevent interference with practice schedules Resources needed: <ul style="list-style-type: none"> • Signs Obstacles: <ul style="list-style-type: none"> • Compliance |
| Action Steps | Methods for Measuring Implementation |
| Distribute pamphlets at “Meet the Teacher” with the approved facility use hours. | Baseline or benchmark data points: <ul style="list-style-type: none"> • Discuss hours of use with coaches to prevent interference with practice schedules Resources needed: <ul style="list-style-type: none"> • Pamphlets Obstacles: <ul style="list-style-type: none"> • Compliance |

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 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

[Two studies regarding recommended seat time for children to eat meals are available at <http://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/bergman2.asp> and [http://www.andjrnl.org/article/S2212-2672\(15\)01248-4/fulltext.](http://www.andjrnl.org/article/S2212-2672(15)01248-4/fulltext.)]

Objective 1: All campuses will create their master schedules to allow for at least 30 minutes for students to eat, from the time the student enters the cafeteria.

| Action Steps | Methods for Measuring Implementation |
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| Continue thirty minute lunch periods | Baseline or benchmark data points: <ul style="list-style-type: none"> • Review recommended length of lunch periods annually Resources needed: <ul style="list-style-type: none"> • Journal/above resources Obstacles: <ul style="list-style-type: none"> • Promptness of arrival/departure |
| Action Steps | Methods for Measuring Implementation |
| Promote student patio in science garden (at Elementary) for students to eat with parents. Promote student patio (at secondary campuses) for students to eat. | Baseline or benchmark data points: <ul style="list-style-type: none"> • Ensure area is safe/secure prior to using • After use, request input from parents (elementary) Resources needed: <ul style="list-style-type: none"> • Routine walk-throughs at garden area to ensure safety of space Obstacles: <ul style="list-style-type: none"> • Monitoring during lunch periods |

GOAL 2: The District shall promote wellness for students and their families at suitable District and campus activities.

Objective 1: Provide information regarding healthy lifestyles.

| Action Steps | Methods for Measuring Implementation |
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| Include health/wellness tips in the Friday Beat. | Baseline or benchmark data points: <ul style="list-style-type: none"> • Verification of posting the tips Resources needed: <ul style="list-style-type: none"> • Personnel to post the Friday Beat Obstacles: <ul style="list-style-type: none"> • Not all families have Internet access |

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| Action Steps | Methods for Measuring Implementation |
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| Provide health and wellness information at “Meet the Teacher” nights. | Baseline or benchmark data points: <ul style="list-style-type: none"> • Discuss options with community resources. Resources needed: <ul style="list-style-type: none"> • Contacts within community • Event planners/committee Obstacles: <ul style="list-style-type: none"> • Comply with District rules regulations • Ensure accurate information |
| <p>GOAL 3: The District shall promote employee wellness activities and involvement at suitable District and campus activities.</p> | |
| <p>Objective 1: Provide access to district facilities.</p> | |
| Action Steps | Methods for Measuring Implementation |
| Offer employees the opportunity to use field house exercise equipment. Encourage the use of the walking tracks at the elementary and secondary campuses. | Baseline or benchmark data points: <ul style="list-style-type: none"> • Survey faculty/staff about their use of the facilities and tracks Resources needed: <ul style="list-style-type: none"> • Access to facility and tracks Obstacles: <ul style="list-style-type: none"> • Coordinate with athletics • Need instruction on proper use for exercise equipment |