

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	<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"><li data-bbox="487 913 1433 976">1. Post on the District’s website the dates and times of SHAC meetings at which the Wellness Plan and policy are to be discussed.<li data-bbox="487 976 1433 1144">2. Listing in the student handbook the name and position of the person responsible for oversight of the District’s wellness 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 plan.
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. Wellness Plan information will be kept and maintained in the Campus Improvement Plan.</p> <p>The District SHAC Advisor 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 with any state- or federally designated model wellness policies. This will be referred to as the “triennial assessment.”</p>

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 WellSAT 2.0 (www.wellsat.org)
- Relevant portions of the Center for Disease Control's School Health Index (www.cdc.gov/healthyschools/shi/index.htm)
- Relevant portions of the Center for Disease Control's PECAT/HECAT (<http://www.cdc.gov/healthyschools/pecat/index.htm>)
(<http://www.cdc.gov/healthyyouth/hecat/>)
- 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. The name, position, and contact information of the District official 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 District SHAC Advisor, 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). Each campus shall include a strategies to meet the goals and objectives in the Campus Improvement Plan (CIP).

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:

- <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)

EXCEPTION—
FUNDRAISERS

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

The District will not allow exempted fundraisers; all fundraisers will include nonfood items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

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, and in accordance with the District's Food Allergy Management Plan to limit risk of exposure posed to students with food allergies. [See CO(LEGAL)]

In addition, the District's local guidelines on any foods and beverages given away, or made available at no charge, to students during the school day are encouraged to meet the Smart Snacks standards, with the exception of celebrations. Celebrations at campuses will be limited to:

- Allowance of four days of school-wide celebrations, including for educational and cultural events;
- Allowance for two days of school-wide Parent Teacher Association Events/Celebrations; and
- Allowance of Elementary, Intermediate, Junior High, and High School Clubs celebration per semester
- Allowance of snacks for State Testing Days.

MEASURING
COMPLIANCE

The Director of Student Nutrition, in coordination with campus administrators 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 District will monitor this by:

1. *Keeping records of foods advertised or marketed to students at the 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 shall consistently promote healthy nutrition messages, including food and beverage advertisements accessible to students during the school day, and share educational information to promote healthy nutrition choices and positively influence the health of students.

Objective 1: By May of each school year, score at least at the Bronze Level on the Smarter Lunchroom scorecard (www.smarterlunchrooms.org/resource/lunchroom-self-assessment-score-card) at each campus.

Objective 2: 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.

Objective 3: Provide nutrition education topics on the digital menu boards including the addition of one nutrition fact per week.

Related to the District's nutrition promotion goal, each campus shall include strategies and evidence of success in their Campus Improvement Plan.

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]

The District will implement the nutrition services and health education component through instruction of essential knowledge and skills related to nutrition and health and the CATCH program (TEA-approved coordinated school health program) in the District's physical education, health education, student nutrition program and science courses.

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 a lifestyle of healthy eating behaviors through integration of nutrition education into appropriate curriculum areas and provision of professional development to staff responsible for nutrition education.

Objective 1: Provide initial staff development to implement the CATCH Program for Elementary and Intermediate Campuses.
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Objective 2: Support the CATCH Program at Elementary and Intermediate Campuses.
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Objective 3: Each campus advisory committee will determine appropriate annual professional development for staff responsible for nutrition education.
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Related to the District's nutrition education goal, each campus shall include strategies and evidence of success in their Campus Improvement Plan.

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 meets the requirements for physical activity as mandated by Education code 28.002(I)-(I-1) through 135 minutes of physical education per week in elementary and intermediate school grades.

At the junior high school level, the District will require students, unless exempted because of illness or disability, to be enrolled in physical education or athletics courses for at least 30 minutes a day in grades six, seven, and eight. High school students will be required to enroll at least 2 semesters of physical education.

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 a lifestyle of physical activity and fitness behaviors through integration into appropriate curriculum areas and provision of professional development to staff responsible for physical activity.
Objective 1: Develop a walk/run program at elementary and intermediate schools
Objective 2: Elementary and Intermediate Schools will encourage at least 20 minutes of recess daily
Objective 3: Junior High and High School Campuses will increase access to equipment that promotes physical activity.

GOAL: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for District employees and students.
Objective 1: Create a district-level and campus level staff wellness committee

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 in accordance to district policy.	
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.	
Action Steps	Methods for Measuring Implementation
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>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation of publications, website postings, and/or signs verifying that the information was communicated <p>Resources needed:</p> <ul style="list-style-type: none"> • A list of the types and locations of facilities that are available for use in the District <p>Obstacles:</p> <ul style="list-style-type: none"> • Measuring how many people use the facilities

Related to the District's physical activity goals, each campus shall include strategies and evidence of success in their Campus Improvement Plan.

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 promote wellness for students, families, and employees at suitable District and campus activities.</p>
<p>Objective 1: All campuses will build their master schedules to allow for at least ten minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.</p>
<p>Objective 2: District and campus will encourage employee wellness by promoting and offering preventative health services at the convenience of the staff during the school year.</p>

Related to the District's school-based activities goal, each campus shall include strategies and evidence of success in their Campus Improvement Plan.