

WELLNESS PLAN	<p>This document, referred to as the “wellness 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.</p> <p>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>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</li><li>2. Listing 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.</li></ol>
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 Assistant Superintendent of Curriculum &amp; Instruction 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>The District shall comply with federal requirements for evaluating this policy and the wellness plan.</p>

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The SHAC may use any of the following tools for this analysis:

- Smarter Lunchrooms' website
- WellSAT 2.0
- Centers for Disease Control School Health Index
- 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. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
4. Notice of any SHAC meeting dates at which the wellness policy or corresponding documents are scheduled to be discussed;
5. Any other relevant information

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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 District's Director of Technology.

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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).

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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.

FOODS AND  
BEVERAGES SOLD

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.

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)

The District has also incorporated the following stricter standards that are not prohibited by federal or state law:

- Prohibit the sale of diet sodas in school cafeterias;
- Prohibit preparation of food by deep-fat frying.

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)]

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The District will allow approved exempted fundraisers for each school year. A list of these will be kept on file with Food and Nutrition Services.

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FOODS AND  
BEVERAGES  
PROVIDED

There are currently no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day.

The District 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)] Food products provided under Lauren's Law must be store prepared and purchased.

Each campus is allowed a maximum of six days according to principal discretion. In addition, the District has established the following local guidelines on foods and beverages made available to students during the school day:

- 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 celebrations must occur after lunch and must be approved by the principal

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.

District Food and Nutrition Services monitors campus nutrition promotion activities through audits and campus visits.

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: Promote good nutrition**

Action Steps	Methods for Measuring Implementation
1. Participate in Kids Teaching Kids	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Medical City report</li> </ul> Resources needed:

	<ul style="list-style-type: none"> <li>• Signage, flyers, recipe books</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Internet access for registration</li> <li>• Language-website &amp; books are not available in Spanish</li> </ul>
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**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:** Educate families about nutrition

Action Steps	Methods for Measuring Implementation
1. Parent-Student food fair	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Meal program participation in # of students</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Flyers, food, facilities</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Communication</li> <li>• Scheduling</li> </ul>

**GOAL:** The District shall ensure that food and beverage advertisements accessible to students during the school day contain only products that meet the federal guidelines for competitive foods.

**Objective 1:** Reduce exposure to unhealthy food

Action Steps	Methods for Measuring Implementation
1. Display posters and other marketing materials, CATCH materials, that promote healthy food choices	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Manner in which marketing materials are currently provided</li> <li>• Verbal survey of student knowledge</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• CATCH materials</li> <li>• Nutritional signage</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Lack of display space</li> </ul>

	<ul style="list-style-type: none"> <li>• Language barriers</li> <li>• Cost of materials</li> </ul>
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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.

<b>GOAL:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
<b>Objective 1: Maintain graduation requirement of 0.5 Health Credits</b>	
Action Steps	Methods for Measuring Implementation
Ensure all high school students meet graduation requirement for Health	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Number of students meeting high school health requirement</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Certified staff</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Scheduling issues</li> </ul>

<b>GOAL:</b> The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
<b>Objective 1: District K-8 staff use CATCH program throughout campus</b>	
Action Steps	Methods for Measuring Implementation
Update CATCH training for PE teachers as needed	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Number of CATCH trained staff on each campus</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Funding for training</li> <li>• Materials</li> <li>• Staff</li> </ul> Obstacles:

	<ul style="list-style-type: none"> <li>• Funding</li> <li>• Scheduling teaching</li> <li>• Resources</li> </ul>
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**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: CATCH language becomes the norm for health on campuses K-8**

Action Steps	Methods for Measuring Implementation
Expand availability of CATCH training to teachers, cafeteria managers and school nurses	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Number of CATCH trained staff on each campus</li> <li>• Knowledge of CATCH curriculum among non-PE staff</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Funding for training</li> <li>• Signage</li> <li>• Availability of staff</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Funding</li> <li>• Scheduling</li> <li>• Resources</li> </ul>

**GOAL:** The District shall encourage establishment and maintenance of school gardens and exposure to farm-to-school programs.

**Objective 1: Increase number of campuses exposing students to these programs**

Action Steps	Methods for Measuring Implementation
Educate campuses on availability of Healthy Zone school program	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Number of campuses currently enrolled in HZS</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Campus support</li> <li>• HZS timelines</li> <li>• Grant Application education</li> </ul>

	Obstacles: <ul style="list-style-type: none"> <li>Grant Application</li> <li>Campus support</li> </ul>
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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.]

<b>GOAL:</b> The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
<b>Objective 1: Go Noodle use at elementary level will increase</b>	
Action Steps	Methods for Measuring Implementation
Provide staff development on Go Noodle	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Number of campuses using Go Noodle</li> <li>Amount of physical activity provided through Go Noodle on participating campuses</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Campus support</li> <li>Go Noodle staff education</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Teacher time</li> <li>Scheduling teacher education</li> </ul>

<b>GOAL:</b> The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
<b>Objective 1: Increase in availability of before and after school physical activity programs</b>	
Action Steps	Methods for Measuring Implementation
Provide opportunities for PE teachers to share ideas for programs	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Number and type of programs offered compared to the previous school year</li> </ul> Resources needed:



	<ul style="list-style-type: none"> <li>• Staff</li> <li>• Space</li> <li>• Equipment</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Staff</li> <li>• Space</li> <li>• Equipment</li> </ul>
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**GOAL:** 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.

**Objective 1: The District will offer free or low cost health assessments and other opportunities to staff throughout the school year**

Action Steps	Methods for Measuring Implementation
Contract with an entity to provide services	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Number of opportunities provided annually</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Entity to contract with</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Funding</li> </ul>

**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: Increase the number of campuses that offer a physical activity event that includes families**

Action Steps	Methods for Measuring Implementation
Develop a list of ideas to present to campus personnel to facilitate family oriented physical activity events	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Number of campuses providing a family physical activity event</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Staff sponsor per campus</li> <li>• List of ideas</li> <li>• Equipment</li> </ul>

	<ul style="list-style-type: none"> <li>• Space</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Scheduling staff time</li> <li>• Family conflicts, i.e. time</li> </ul>
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SCHOOL-BASED  
ACTIVITIES

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.

<b>GOAL:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
<b>Objective 1: Campuses will be encouraged to build master schedules allowing for sufficient time for students to eat breakfast and lunch from the time a student receives his or her meal and is seated.</b>	
Action Steps	Methods for Measuring Implementation
Work with campus administrators to adjust master schedules as necessary	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Number of campuses providing sufficient time for student meals</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Average time it takes for students to receive a meal and be seated</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Master schedules take into account several issues aside from school meal times</li> </ul>

<b>GOAL:</b> The District shall promote wellness for students and their families at suitable District and campus activities.	
<b>Objective 1: All campuses will be encouraged to include one item that is Smart Snacks compliant at each classroom or campus celebration.</b>	
Action Steps	Methods for Measuring Implementation
Create a list of Smart Snack compliant foods and beverages suggestions for distribution to families and staff	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Self-report by principals that parents and teachers were given the list</li> </ul> Resources needed:

	<ul style="list-style-type: none"> <li>List of Smart Snack compliant options</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Validity of self-reporting</li> </ul>
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**GOAL:** The District shall promote employee wellness activities and involvement at suitable District and campus activities.

**Objective 1: Increase employee participation in wellness activities**

Action Steps	Methods for Measuring Implementation
Provide opportunities for activities and involvement	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Number of employees participating in activities</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Instructors</li> <li>Funding</li> <li>Facilities</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Scheduling</li> </ul>