

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"><li>1. <i>Posting meeting dates on the website.</i></li></ol>
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>Superintendent</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 compares with any state- or federally designated model wellness policies. This will be referred to as the “triennial assessment.”

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Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

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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>)

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.

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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 Assistant Superintendent, the District's designated records management officer.

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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.

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 (including school booster clubs and parent volunteers) during the school day. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements. Competitive foods, whether sold by the food services department or other groups, must meet the federal "Smart Snacks" nutrition standards. 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)

If the food item is sold outside of the school day, it is not considered a competitive food. Therefore; the nutrition standards do not apply. A "school day" is defined as midnight before to 30 minutes after dismissal.

Competitive foods must meet the whole grain criteria for breaded products, pizza crusts, hamburger buns, or any type of grain offered. Any food item must be 50% or more whole grain as the first ingredient to qualify.

Competitive foods must also include condiments offered with the food item being sold, into the calculation for the "Smart Snacks" nutrition standards.

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)]

Competitive foods may be sold as part of a fundraiser but must not be sold in competition with school meals in an area where school meals are served or consumed.

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)]

The District recommends that at events such as these (class celebrations, birthday parties, or incentive parties hosted by parents, teachers, substitutes, or administrators) offer healthy food alternatives and non-food rewards and activities in support of the campus nutrition education curriculum.

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.

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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.

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 con-

sidered. In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition promotion.

<b>GOAL 1:</b>	
The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The food service staff will offer healthy food choices.  Person/s Responsible: Child Nutrition Director Cafeteria Managers	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Menus</li> <li>• Procurement records</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• USDA Commodities</li> <li>• Region VII</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Student's bringing food from home</li> </ul>

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 2:</b>	
The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The school environment will encourage students to make healthy food choices.  Person/s Responsible: Campus principal	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Monthly</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Materials displayed</li> <li>• Texas Dept. of Agriculture</li> </ul>

Child Nutrition Director Cafeteria Managers	<ul style="list-style-type: none"> <li>• USDA</li> <li>• Region VII</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.]

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.

<b>GOAL 3:</b>	
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.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>All students will have opportunities for physical activities each day. Physical activity will be integrated across curricula and throughout the school day. Movement can be made part of science, mathematics, social studies, and language arts.</p> <p>Person/s Responsible: Campus principal Teachers</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Master Campus Schedule</li> <li>• Six Week Review of Lesson Plans</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Copy of Schedules</li> <li>• Copy of Lesson Plans</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Daily Monitoring</li> </ul>

**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.

<b>GOAL 4:</b>	
The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Campus schedules will allow sufficient time for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.</p> <p>Persons Responsible: Child Nutrition Director Campus Principals</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Monthly</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Copy of Schedules</li> </ul> <p>Obstacles</p> <ul style="list-style-type: none"> <li>• Limited facilities</li> </ul>

Implementation

The Superintendent shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

Evaluation

The District shall comply with federal requirements for evaluating this policy and the wellness plan.

Public Notification

The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.