

Wellness Plan template

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

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.

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 *Health Services Supervisor* 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.

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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:

- Relevant portions of the WellSAT 2.0 (www.wellsat.org)
- Relevant portions of the Center for Disease Control's School Health Index (<http://www.cdc.gov/healthyschools/shi/index.htm>)
- A District-developed self-assessment

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 District's Public Relations Communications Officer, 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).

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NUTRITION GUIDELINES

All District campuses participate in the United States 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 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:

To be determined by each individual campus.

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 pro-

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vide 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: *Competitive foods refers to all food and beverages sold to students on the school campus during the school day, other than those meals reimbursable under programs authorized by the National School Lunch Act and the Child Nutrition Act. Any competitive food sold on any school campus during the school day must meet the requirements set forth under the Smart Snacks nutrition standards.*

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: 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: Meet the nutrition needs of school children within the guidelines set forth in the Healthy and Hunger Free Kids Act.

Action Steps	Methods for Measuring Implementation
Students will be offered plenty of fruits, vegetables, whole grains, and fat free and low-	Baseline or benchmark data points: <ul style="list-style-type: none"> • Nutrient analysis Resources needed:

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fat milk; moderate in sodium, low in saturated fat and zero grams trans-fat per serving.	<ul style="list-style-type: none"> • Nutrient fact labels, software Obstacles: <ul style="list-style-type: none"> • None
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GOAL: The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.	
Objective 1: Obtain only Smart Snack compliant marketing materials.	
Action Steps	Methods for Measuring Implementation
Monitor all food service areas for proper signage.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Cafeteria managers and staff will report Resources needed: <ul style="list-style-type: none"> • Marketing materials Obstacles: <ul style="list-style-type: none"> • None

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 the essential knowledge and skills related to nutrition and health and the CATCH program, a program approved by the Texas Education Agency, the District's physical education courses.

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

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GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: At least 90 percent of students enrolled in physical education courses throughout the District will achieve at least a semester grade average of 80 on a scale of 100.	
Action Steps	Methods for Measuring Implementation
Create an action plan to obtain the semester grade averages of students enrolled in physical education.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Average semester grades at the end of the first and second semesters for all District students enrolled in physical education. <p>Resources needed:</p> <ul style="list-style-type: none"> Support from physical education teachers and central administration to obtain grade averages. <p>Obstacles:</p> <ul style="list-style-type: none"> Nutrition education is only a part of the essential knowledge and skills for physical education courses

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 during each school week.

At the middle 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 four out of six semesters in grades six, seven and eight.

Federal law requires that the District establish goals for physical activity in its wellness policy.

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In accordance with FFA(LOCAL), the District has established the following goal(s) for physical activity.

GOAL: The District shall encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
Objective 1: After receiving physical activity tip sheets, at least 50 percent of District teachers in grades K-8 who respond to a survey will report that physical activity breaks were incorporated into their lessons.	
Action Steps	Methods for Measuring Implementation
Identify number of teachers on each campus/ grade level.	Baseline or benchmark data points: <ul style="list-style-type: none"> Percentage of teachers who report integrating physical activity breaks on a regular basis compared to the previous year. Resources needed: <ul style="list-style-type: none"> Creation and dissemination of a survey to District teachers. Obstacles: <ul style="list-style-type: none"> Validity of self-reports

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.	
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 publication, by posting information on the District website.	
Action Steps	Methods for Measuring Implementation
Create sample wording to be used on a website.	Baseline or benchmark data points: <ul style="list-style-type: none"> Website postings that verify that the information was communicated. Resources needed:

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	<ul style="list-style-type: none"> • A list of the locations for use in the District. <p>Obstacles:</p> <ul style="list-style-type: none"> • Measuring how many people use the facilities.
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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: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1: At 2 campus sponsored events, a flyer will be distributed to parents promoting healthy eating habits.	
Action Steps	Methods for Measuring Implementation
Creation of flyer	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Self- reports whether this standard was met during the year on the campus. <p>Resources needed: Creation and dissemination of flyer.</p> <p>Obstacles:</p> <ul style="list-style-type: none"> • Only given to parents that attend event.

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1: The District will provide at least 2 activities to promote staff wellness.	
Action Steps	Methods for Measuring Implementation
Seek out providers for this service on behalf of the District.	Baseline or benchmark data points:

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	<ul style="list-style-type: none">• Documentation of when and what was provided.• Report showing participation at each campus. <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">• Coverage is subject to change.
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