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.]

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.

SOLICITING INVOLVEMENT AND INPUT
Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC will solicit involvement and input from parents, students, the district's food service department or provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. Utilizing the District's website to post meeting dates and locations and to solicit participation from interested parties.
2. Utilizing social media to post District wellness goals in action and to invite public comments/suggestions.

RESPONSIBILITY FOR 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 Director of Health Services 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.

CONFIDENTIALITY
The district takes all reasonable measures and follows applicable procedures to protect the privacy of students who qualify for free or reduced-price meals. All students, regardless of the type of payment they use for school meals and all other purchased foods, use a PIN number at the point of service for each transaction.

POTABLE WATER
Potable water is available at no cost to all students during each meal period. Cups and water jugs are supplied in each lunch room when there is no other source of potable water available.

PROFESSIONAL STANDARDS
The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure professional development in food and nutrition is provided to all pertinent staff.

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), the School Breakfast Program (SBP). As required by federal law, the district has established nutrition guidelines 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.

DEFINITIONS

In regard to competitive foods, the Texas Department of Agriculture Administrator's Reference Manual (ARM) provides the following definitions:

- NSLP – National School Lunch Program
- SBP – School Breakfast Program
- Competitive Foods – Foods and/or beverages sold to students that compete with the school's operation of the NSLP and/or SBP. This definition includes, but is not limited to, food and/or beverages sold a la carte in a meal service line, in vending machines, in school stores, or as part of fundraisers. School fundraisers include food and beverages sold by school administrators or staff, students or student groups, parents or parent groups, or any other person, company or organization. This does not include food items that are given away to students at no cost, nonfood items, or foods that are not intended to be consumed at school.
- School Day – the period from the midnight before the beginning of the official instructional day to 30 minutes after the end of the official instructional day. Competitive Food Nutrition Standards apply during this time period.
- School Campus - all areas of the property under the jurisdiction of the school that are accessible to students during the school day. Competitive Food Nutrition Standards apply to these places.
- Sale of a Food/Beverage - all direct or indirect sales such as (1) cash or credit transactions; (2) tokens, tickets, or other representations of value in exchange for cash or credit that a student may use to purchase food and/or beverages; or (3) food and/or beverages given to students in exchange for donations, whether those donations occur by cash or credit. If a student receives a food and/or beverage as a result of any form of payment, donation, or other contribution, the food and/or beverage item must meet the Competitive Food Nutrition Standards.

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 federal NSLP and SBP 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 district has also incorporated the following stricter standards that are not prohibited by federal or state law:

- No utilization of deep fat frying in schools
- The district will allow each campus up to six exempt fundraising days per year per campus. The expectations regarding these exceptions for exempt days are detailed in the EXCEPTIONS FOR FUNDRAISERS section below.

EXCEPTIONS FOR 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 each campus up to six exempt days per year per campus. Campus administrators must identify the six exempt days per year via the district-established method prior to the occurrence of each exempt day. Additionally, the following Fundraiser/Competitive Foods Restrictions by age group will apply:

- Elementary School: The sale of any food or beverage item, whether Smart Snacks compliant or not, is restricted to 30 minutes after the last bell of the school day unless the sales occur on one of the campus's preapproved exempt days. No food and beverages should be sold to students on campus outside mealtimes unless they are part of an approved exempt fundraiser. This does not include Smart Snacks food and beverages sold during breakfast and lunch mealtimes by the Student Nutrition Department.
- Middle School: The sale of competitive food and beverage items that are compliant with Smart Snacks in Schools Nutrition Standards is allowed throughout each school day. Campus administrators must submit a nutrition facts panel with ingredients listed and the Smart Snack calculator identifying that the product being sold is Smart Snack compliant for each item they will sell and receive approval from Student Nutrition prior to selling the item. The sale of any food or beverage item that is not compliant with Smart Snacks in Schools Nutrition standards is restricted to 30 minutes after the last bell of the school day unless the sales occur on one of the campus' preapproved days.

- High School: The sale of competitive food and beverage items that are compliant with Smart Snacks in Schools Nutrition Standards is allowed throughout each school day. Campus administrators must submit a nutrition facts panel with ingredients listed and the Smart Snack calculator identifying that the product being sold is Smart Snack compliant for each item they will sell and receive approval from Student Nutrition prior to selling the item. The sale of any food or beverage item that is not compliant with Smart Snacks in Schools Nutrition standards is restricted to 30 minutes after the last bell of the school day unless the sales occur on one of the campus' preapproved days.

FOODS AND BEVERAGE PROVIDED

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)]

There are no federal or state restrictions regarding foods or beverages provided for free (at no cost) not sold to students during the school day. However, each school district must set its own standards. The district has established the following local standards for foods and beverages made available to students:

- Elementary School: Must be store bought, sealed in original packaging and contain a nutrition facts label with all ingredients in the food item
- Middle School: Must be store bought, sealed in original packaging and contain a nutrition facts label with all ingredients in the food item
- High School: Must be store bought, sealed in original packaging and contain a nutrition facts label with all ingredients in the food item
- Classroom Celebrations: It is recommended that all classroom celebrations be non-food based due to the increased number of student allergies, risk of unsafe food, and increased bioterrorism risk. However, allowing food or beverage items to be part of classroom celebrations will be at the principal's discretion. When classroom celebrations that include food are allowed, they should be restricted to after lunch to ensure that students have access to a nutritious meal prior to consuming birthday snacks.

MEASURING COMPLIANCE WITH NUTRITION GUIDELINES

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the Student Nutrition department to 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.

GOALS FOR NUTRITION PROMOTION

Federal law requires that the district establishes 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 SHAC will monitor this by:

1. Child Nutrition, Health Services, and campus administrators monitoring schools for advertising as needed.

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.

IMPLEMENTING GOALS 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: Increase awareness of the school breakfast and lunch programs

Action Steps: Post menus and benefits of healthy eating on the Student Nutrition website

School and Community Stakeholders: Campus administrators, Student Nutrition staff, school health professionals, students

Resources Needed: Nutrition software, district website

Measures of Success: Participation rates in federal breakfast and lunch program will be monitored

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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: Promote awareness of the school lunch and breakfast program

Action Steps:

1.) Post on district websites regarding available school meal programs

2.) Utilize current social media accounts for promotions

School and Community Stakeholders: Campus administrators, Student Nutrition staff, school health professionals, students, community members, parents, district representatives

Resources Needed: Nutrition software and social media accounts

Measures of Success: Participation in school meal programs

GOALS FOR 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 component addressing nutrition services and health education at the elementary and middle school levels. [See EHAA]

IMPLEMENTING GOALS FOR NUTRITION EDUCATION

GOAL 1: The district shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: Provide nutritional information on breakfast and lunch menus

Action Steps:

1.) Post nutrient analysis for menu items online

2.) Post food allergy information online

School and Community Stakeholders: Campus administrators, Student Nutrition staff, school health professionals, students, community members, parents, district representatives

Resources Needed: Administrators Reference Manual, Menus, Product Information Sheets

Measures of Success: Ensure all information is accurate and posted on a monthly basis

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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.

Objective 1: Coordinated Approach to Child Health (CATCH) program will be promoted and maintained

Action Steps:

1.) Physical Education department will discuss Go, Slow, Whoa foods with students

2.) Student Nutrition will provide labeling for Go, Slow, Whoa foods at each campus

School and Community Stakeholders: Physical Education Staff, Student Nutrition Staff, Campus administrators, students

Resources Needed: Labels and Nutrient Analysis

Measures of Success: Ensure program is being followed.

Objective 2: Nutrition education will be included in curriculum

Action Steps:

1.) PE department will include nutrition education in PE class

2.) Health classes will include a nutrition education component

School and Community Stakeholders: Physical Education Staff, Student Nutrition Staff, Campus administrators, students

Resources Needed: Curriculum, CATCH analysis and labeling

Measures of Success: Ensure program is being followed.

GOALS FOR PHYSICAL ACTIVITY

Federal law requires that the District establish goals for physical activity in its wellness policy. In accordance with state law, the District will implement a coordinated health program with physical education and physical activity components. The District will offer at least the re-quired amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC], as follows:

IMPLEMENTING GOALS FOR PHYSICAL ACTIVITY

GOAL 1: The district shall promote 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.

Objective 1: Promote opportunities for physical activity and health.

Action Steps:

1.) Provide access to sports camps and open strength training.

2.) Provide CPR training to students

3.) Promote community walking trails

School and Community Stakeholders: Physical Education Staff, Student Nutrition Staff, Campus administrators, students, Community members including local firefighters and Parks and Recreation staff

Resources Needed: Social media, trail maps, websites, facilities

Measures of Success: Ensure opportunities are being promoted

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GOAL 2: The District shall promote before-school and after-school physical activity programs available and shall encourage students to participate.

Objective 1: Promote use of facilities within the cities and municipalities in the school district for after school programs allowing use of resources.

Action Steps: Coordinate with all parties to promote participation

School and Community Stakeholders: Physical Education Staff, Student Nutrition Staff, Campus administrators, students, Community members including City departments

Resources Needed: Webpages, brochures

Measures of Success: Ensure program is working as intended.

GOALS FOR OTHER SCHOOL-BASED ACTIVITIES

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness, create an environment that encourages healthful eating and physical activity, and promote a consistent wellness message.

IMPLEMENTING GOALS FOR OTHER SCHOOL-BASED ACTIVITIES

GOAL 1: The district shall promote wellness for students and their families at suitable District and campus activities.

Objective 1: Provide resources and programs to parents and students that promote wellness

Action Steps:

1.) Invite community to SHAC meetings

2.) Provide Telehealth on campus to encourage families to get healthcare

School and Community Stakeholders: SHAC, Health Services Staff, Student Nutrition Staff, Campus administrators, students, Community members including

Resources Needed: Websites and Children's Health

Measures of Success: Ensure these resources are available.

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GOAL 2: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Objective 1: Help staff improve and maintain physical health

Action Steps:

1.) Offer clinics for flu, shingles and COVID shots

2.) Physical activities available to employees

3.) Employee discount at community recreation centers

4.) Mammogram clinic

School and Community Stakeholders: SHAC, Health Services Staff, Student Nutrition Staff, Campus administrators, students, Community members

Resources Needed: Vaccines, brochures, webpages

Measures of Success: Make sure these programs are offered and promoted

Objective 2: Help staff improve and maintain mental health

Action Steps:

1.) Employee counsel for mental health

2.) Provide and promote the District Employee Assistance Program (EAP)

School and Community Stakeholders: Employee Benefits Staff, Health Services Staff, Student Nutrition Staff, Campus administrators, students, Community members

Resources Needed: Webpages, brochures

Measures of Success: Ensure these resources are available

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. This "triennial assessment" will evaluate the extent to which each campus is compliant with the wellness policy, 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. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

PUBLIC NOTIFICATION

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

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 school wellness webpage 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 publication.

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 Records Supervisor. [See CPC(LOCAL)]

Disclaimer: This information is provided for educational purposes only to facilitate a general understanding of the law or other regulatory matter. This information is neither an exhaustive treatment on the subject nor intended to substitute for the advice of an attorney or other professional adviser. Consult with your attorney or professional adviser to apply these principles to specific situations.