

## **Three Rivers ISD 2023 Local 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’s local school health advisory council (SHAC) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law. Council meets at least four times per year to establish working goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and updates.

### **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 provider, physical education teachers, school health professionals, Board members, administrators, and members of the public 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. Meeting minutes and recording are also posted on the district website.
2. Listing in the student handbook 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.

### **Responsibility for Implementation**

Each campus principal is responsible for implementing FFA(LOCAL) and this wellness plan at his or her campus, including submitting necessary information to the SHAC for evaluation.

The Superintendent or designee(s) are the District officials responsible for overall implementation of FFA(LOCAL), including development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and

other school-based activities that promote student wellness. It is recommended that the school use Well SAT online tool to complete a school-level assessment based on the plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at: [www.trisd.org](http://www.trisd.org)

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## **Goals for Nutrition Promotion**

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. Three Rivers Elementary and Three Rivers Jr/ Sr High participate in the USDA nutrition programs including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), After School Care Program (ASCP) and The Summer Food Service Program (SFSP). The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of eating patterns and support healthy choices while accommodating special dietary needs. We, at Three Rivers ISD are committed to serve healthy meals to children by following the meal patterns provided by USDA/TDA standards. Fresh fruits and vegetables, whole grains, fat free and lowfat milks are just a few of the standards that are followed daily. We also serve foods in that are moderate in sodium content, low in saturated fat/zero trans fats and follow nutrition labels or product formulation statements to ensure healthy plates and serving sizes.

Nutrition Promotion also includes marketing and advertisement of foods and beverages to students. We have found that it is the most effective when it's taught and implemented consistently through networks of staff, parents, student and the community.

This campaign of nutrition promotion ensures that 100% of food and beverages promoted to students that are advertised during the school day meet the Smart Snack 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 make recommendations when replacements or new contracts are considered.

## **Implementing Goals for Nutrition Promotion**

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 in the District's physical education, health education, and science courses.

In accordance with FFA (LOCAL), the District has established the following goals for nutrition promotion and education:

**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.

- The use of food to reward/reinforce desirable behavior and academic performance, etc. is NOT allowed. Withholding food as a punishment is strictly prohibited;
- Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media, Child Nutrition Director will partner up with PE to promote healthy eating habits;
- Nutrition promotion will include participatory activities such as contents, promotions, farm visits, and experience working in school gardens, students will have an opportunity to attend local food shows where they get to visit with vendors that supply the food to the child nutrition department;
- Nutrition education will be provided to families via handouts, newsletters, postings on the District website, presentations, and workshops
- Monthly school breakfast and lunch menus will be posted to the District website;
- Nutrition curriculum will promote adequate nutrient intake and healthy eating practices;
- Student will be able to communicate ideas and concerns to the Child Nutrition Director by implementing a student lead committee for menu development and nutrition standards.
- Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information;
- Nutrition themes including, but not limited to, Square Meals, USDA's My Plate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, fats), body image and food safety;
- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards of TDA that go beyond USDA requirements;

**GOAL 2: Staff Qualification and Professional Development.** 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.

- All child nutrition staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety through local HACCP and SOP, Child Nutrition Staff will be receiving training through the local ESC and will meet compliance by documented hours for professional standards. These professional standards are kept in documentation in the child nutrition office.
- All menus will be reviewed by a dietician when possible. When this is not feasible, USDA software and Nutri Kid software will be used for menu development and nutrient analysis.

- All a la carte and vending items are processed through the Smart Snack Calculator and records are kept in the CND office.
- Students will be provided at least 15 minutes to eat breakfast and 20 minutes to eat lunch after being seated;
- Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior will be consistently enforced;
- High school campuses will be “open for seniors only” based on a good merit system outlined in the student handbook.
- Tutoring, club, or organizational meetings will not be scheduled during meal time, unless students may eat during such activities, cafeteria can provide meals to those organizations if given advanced notice;
- Students will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria staff will remind students to make use of them;
- Information on the nutritional content and ingredients of meals will be available upon request. Parents and students will be informed that information is available and information shall be kept up--to--date;
- Participation in school meal programs will be promoted through media release and district website. Parents will be notified of the availability of the breakfast, lunch and summer feeding programs. Three Rivers ISD is a CEP district where all students are served free meals under the community eligibility provision program.
- Foods served as part of the Before and Aftercare (childcare) programs run by the school must meet USDA standards if they are reimbursable under a school meals program.

Otherwise they must meet the district’s nutrition standards for competitive foods. Foods served as part of the Before and Aftercare (child care) programs run by an outside organization (e.g., Sunshine Room) must meet the district’s nutrition standards for competitive foods;

## **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day\* and throughout every school campus\* (“school campus” and “school day” are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes.

- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.
- Students will be allowed to bring and carry (approved) water bottles filled with only water with

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## 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.

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and includes nutrition education training for teachers and other staff.
  - In elementary schools, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards
  - All health education teachers will provide opportunities for students to practice or rehearse the skills taught.

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### GOAL 2: Community Gardens

The District SHAC has partnered up with the Live Oak County Extension Agency and Valero Refinery in a community partnership where we will be establishing and maintaining a community/school garden within the 2023-2024 school year. Students will be able to cultivate fresh fruits and vegetables while learning the process on how to grow produce and the health

benefits of having fresh fruit and vegetables. This produce will be used in the child nutrition department where staff will be able to utilize these fresh picked

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## **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 required amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC], as follows:

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement.

Three Rivers ISD is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education in order to successfully address all CSPAP areas.

## **Implementing Goals for Physical Activity**

**GOAL 1:** The District shall encourage students, parents, staff and community members to use the recreational facilities, such as track, employee wellness center and football field.

- Through a formal joint- or shared-use agreement. Designated indoor and outdoor physical activity facilities and spaces will be open to students, their families, and the community outside of school hours
- The District will work with schools to ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.

**GOAL 2:** The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education. All students will be provided equal opportunity to participate in physical education classes.

All Three Rivers ISD elementary students in each grade will receive physical education for at least 150 minutes per week throughout the school year

All Three Rivers Jr High students are required to take the equivalent of 4 semesters of physical education.

All Three Rivers High School students are required to take one academic year of physical education or equivalent, preferably their freshmen year. Students will be encouraged to enroll in more, than the required, physical education courses.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

**GOAL 3:** The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches by providing opportunities and resources by making the connection between learning and movement or outdoor environments. This may include outdoor classroom or recess opportunities.

Recess will be offered when weather is feasible for outdoor play at the discretion of the building administrator based on the judgements of conditions.

Recess will complement, not substitute physical education classes. This encourages students to be active and promote activity.

Recess will be offered at least 20 minutes on all days during the school year. However, recess may be waived on early dismissal or late arrival days.

We believe district staff have the potential to serve as role models by being physically active alongside the students whenever feasible.

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## 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.

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC. All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

## **Implementing Goals for Other School-Based Activities**

**GOAL 1:** The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

The Child Nutrition Department offers meals to be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior are constantly enforced.

Students and staff will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria staff will remind students to make use of them.

Child Nutrition Department receives a health inspection once a quarter where results are posted outside of the serving lines.

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**GOAL 2:** The District shall promote employee wellness activities and involvement at suitable District and campus activities. The district human resources designee provides wellness resources and performs other functions that support staff wellness in coordination with human resources staff. Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include TRS Active Care and AETNA Challenges, providing staff with healthy snacks, health fair, health clinics, weight loss challenges, running clubs, taking part in the community/school garden and offers accessibility to the school track and employee wellness center.

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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). As required by federal law, the District has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus 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 District has also incorporated the following stricter standards that are not prohibited by federal or state law:

Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will, at a minimum, meet the USDA Smart Snacks in School nutrition standards. Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings

### **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 the following exempted fundraisers for the 2023–2024 school year:

**Campus or organization: Three Rivers Jr/Sr High School (Basketball Tournament)**

**Food or beverage: Both**

**Number of days: 2 days**

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**Campus or organization: Three Rivers Jr/Sr High School (Baseball/Softball/ Track)**

**Food or beverage: Both**

**Number of days: 4 days**

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**Campus or organization: Three Rivers Elementary (Fall and Spring Fest)**

**Food or beverage: Both**

**Number of days: 2**

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### **Foods and Beverages 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)]

In addition, the District has established the following local standards for other foods and beverages made available to students:

As per Three Rivers ISD local procedures all food and beverages provided/given (not sold) to students on the campus during the school day are not required to meet smart snack regulations. However the timeline of the events will be at the discretion of the campus principal. These food and beverages provided to students may not be provided during a scheduled meal service as it is Three Rivers ISD's expectation that all students have access to healthy school meals.

### **Measuring Compliance with Nutrition Guidelines**

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to TDA, reviewing foods and beverages that are sold in competition with 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.

### **Policy and Plan Evaluation**

Triennial Progress Assessments At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the District's wellness policy. The position responsible for managing the triennial assessment and contact information is Three Rivers ISD Child Director, (361) 786-3603. The SHAC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy. The District will actively notify households/families of the availability of the triennial progress report and will post on the school website.

### **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 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-adopted revisions to FFA(LOCAL);
4. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
5. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
6. The SHAC's triennial assessment; and report card ran through the WellSAT3.0 version

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 *Superintendent* the District's designated records management officer. The district will retain records to document compliance with the requirement of the wellness policy at Three Rivers ISD Administration Office and Child Nutrition Office as well as the district website. [See CPC(LOCAL)]