

Eustace ISD

Wellness Plan



SHAC Reviewed/Updated: September 18, 2025

School Board Approved: February 11, 2025

School Health Advisory Council 2025-2026

Name and Position	
Julie Gray - District Coordinator- Federal Programs & Testing, Eustace ISD	
Shirley Speelman, RN- District Registered Nurse, Eustace ISD	
Carolyn Davis- District Food Service Director, Eustace ISD	
Amy Thomas- District Police Officer, Eustace ISD	
<p>Campus Counselors:</p> <p>Amanda Perkins- High School Campus</p> <p>Kelli Allen- High School Campus</p> <p>Tricia Corder- Middle School Campus</p> <p>Kayce Wilson- Intermediate Campus</p> <p>Kristi Bragg- Primary Campus</p>	
<p>Campus Health Office Aides</p> <p>Heather Miller- Middle School Campus</p> <p>Lacinda Kile- Intermediate Campus</p> <p>Kelsey Haremza- Primary School Campus</p>	
<p>Campus Physical Education Teachers:</p> <p>Trent McBride- High School Campus</p> <p>Chanz Johnson- High School Campus</p> <p>Shannon Milner- Intermediate Campus</p> <p>Tammy Gaddis- Primary School Campus</p>	

Community Members, Parents, and Student Representatives:

Julie Kilcrease- Parent, Nurse Practitioner, Committee Chair

Jeremy Sanders- Parent Representative

Diane Shaffer- Grandparent Representative

Annalise Lezon- Student Representative

Kennedy Bragg- Student Representative

Nancy Nopalera- Student Representative

This document, referred to as the “wellness plan” (the plan), is intended to implement policy FFA(LOCAL), which the Board has adopted 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.

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 director, 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.
2. Holding quarterly SHAC meetings and opportunities for involvement and input on the District’s website.

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 is the District official responsible for implementing FFA(LOCAL), including developing this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.

Mission Statement

The mission of the Eustace ISD School Health Advisory Council is to ensure that all children enrolled in grades PreK through 12, will have healthy bodies and minds through sequential health education, practices, and modeling of good health behaviors.

Goals for 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.

The SHAC will monitor this by:

1. Assigning the Food Service Manager on each campus the responsibility of ensuring that each campus complies.
2. The District's Child Nutrition Director will check compliance monthly and report to the SHAC.

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.

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: The District will increase federal child nutrition program participation.

Action Steps

- Menus are posted monthly on the district's website and in various campus areas.
- Healthy nutrition messages are promoted on bulletin boards in cafeterias, classrooms, and other appropriate settings in the school

School and Community Stakeholders

- District Food Service Director
- Campus Food Service Managers and personnel
- Campus Administrators and Teachers

Resources Required

- **Electronic and paper format of monthly menus**

Measures of Success

- Baseline or benchmark data points, participation rates in federal child nutrition programs at the beginning, middle, and end of the school year.
- School Health Index

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: Each campus food service department will increase nutrition communication and content by sharing nutritional information on bulletin boards and displays in the cafeteria and areas around the school.

Action Steps

- Campus food service employees will work together, under the guidance of the campus manager and district director, to find nutritional content and important information to share/display that is age-appropriate and goal-oriented.

School and Community Stakeholders

- **District Food Service Director**
- **School Health Advisory Council (SHAC)**
- **Campus Food Service Managers and Staff**

Resources Required

- **Fact-based nutrition information**

Measures of Success

- **The District Service Director will share with SHAC the ideas for displays and information.**
- **SHAC members will review and make suggestions on posted information**
- **School Health Index**

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]

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

Objective 1: 100% of EISD students in grades K-12 will receive nutrition instruction embedded within the health curriculum and physical education curriculum where appropriate.

Action Steps

- All K-12 grade students will receive nutrition instruction when enrolled in a health or PE class.
- Nutrition education will be a focus of learning throughout the school year.

School and Community Stakeholders

- District Nurse and Campus Nurse/Health Aides
- Physical Education Teachers
- Health Teachers
- Campus Principal

Resources Required

- Nutrition education TEKS

Measures of Success

- EISD curriculum documents will reflect the learning plan
- Local assessments
- School Health Index

Objective 2: 100% of EISD students in grades 3-12 will be offered Smart Snacks daily.

Action Steps

- Smart Snacks will be available for purchase for grades 3-12 in campus cafeterias.
- Food Service staff at each campus will ensure students in grades 3-12 can purchase Smart Snacks daily.

School and Community Stakeholders

- Food Service Managers and Staff
- Campus Administrators, Teachers, and Staff

Resources Required

- Smart Snacks

Measures of Success

- Percentage of Smart Snacks sold
- School Health Index

GOAL 2: The District shall make nutrition education a district-wide priority. Each campus in the district shall integrate nutrition education into other areas of the curriculum, as appropriate.

Objective 1: Campus and district staff will promote and integrate nutrition education activities in different areas of the curriculum, including campus activities.

Action Steps

- Identify appropriate elective classes and campus activities where nutrition education can be promoted.

School and Community Stakeholders

- Campus Administration
- Campus Teachers and Staff
- Community Partnerships

Resources Required

- Lesson plan documentation
- Documentation of campus activities
- Sample handouts or information

Measures of Success

- Documentation of events in nutrition education was either communicated or promoted.
- Participation rates of students
- School Health Index

GOAL 3: 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: The campuses will provide nutrition education training annually to staff through district training.

Action Steps

- Campus administrators will include training during faculty meetings.

School and Community Stakeholders

- Campus Administrators
- Physical Education Teachers and other staff responsible for the nutrition education program on campus.

<p>Resources Required</p> <ul style="list-style-type: none"> • Nutrition training materials • Agenda and sign-in sheets from trainings <p>Measures of Success</p> <ul style="list-style-type: none"> • School Health Index
<p>Objective 2: The District Food Service Director will provide training to all campus cafeteria staff members each year to meet mandatory training for school nutrition programs.</p>
<p>Action Steps</p> <ul style="list-style-type: none"> • The District Food Service Director will train all staff for new hires and substitute workers at the beginning of the year and throughout the year.
<p>School and Community Stakeholders</p> <ul style="list-style-type: none"> • District Food Service Director • Campus Food Service Managers and Staff • Substitute Food Services Workers
<p>Resources Required</p> <ul style="list-style-type: none"> • State and Federally-guided materials

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:

- EISD requires students in kindergarten through grade 5 to participate in moderate or vigorous daily physical activity for at least 30 minutes throughout the school year, as part of the district's physical education program or 135 minutes a week.
- EISD requires students in grades 6-8 to participate in moderate or vigorous daily physical activity for at least 30 minutes for at least four semesters during those grade levels as part of the district's physical education curriculum.
- Time allotted for recess will be consistent with research and recommendations from the CDC of at least 20 minutes a day of supervised recess, independent of the time students are in Physical Education for elementary and a physical activity break is highly encouraged for middle school students.
- Students will not be removed from physical education classes for tutoring or disciplinary action without a written plan in place to address where the physical activity requirement will be fulfilled.

GOAL 1: The District shall implement a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.

Objective 1: 100% of students in kindergarten through grade 8 will be enrolled in a physical education course.

Action Steps

- Kindergarten through 5th grade students will participate in a physical education class for at least 30 minutes daily.
- Students in grades 6-8 will participate in a physical education class for at least 45 minutes daily.

School and Community Stakeholders

- Physical Education Teachers
- Campus Administrators

Resources Required

- Physical education TEKS

Measures of Success

- School Health Index

GOAL 2: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.
Objective 1: Campus leadership teams will promote the use of physical activity within the core subjects through brain boosters, kinesthetic learning strategies, and action-based learning strategies/labs in class.
Action Steps
<ul style="list-style-type: none"> • Offer training on the brain and physical activity as it relates to the connection of learning to teachers and staff; as well as incorporating those activities in the classroom during transition or break times. • Physical education teachers present information at faculty meetings
School and Community Stakeholders
<ul style="list-style-type: none"> • Campus leadership teams • Physical education teachers
Resources Required
<ul style="list-style-type: none"> • Staff development/training
Measures of Success
<ul style="list-style-type: none"> • Increased student engagement • School Health Index

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.
Objective 1: All campuses will schedule at least 10 minutes for students to eat breakfast and 20 minutes to eat lunch daily.

Action Steps <ul style="list-style-type: none"> • Evaluate current meal time allowances by campus and work with administrators to make necessary adjustments.
School and Community Stakeholders <ul style="list-style-type: none"> • Campus administration
Resources Required <ul style="list-style-type: none"> • Sufficient time reflective in Master Schedules
Measures of Success <ul style="list-style-type: none"> • All campuses meet the time standards and overall goal of maintaining a clean environment. • Documentation of the average time it takes for a student to receive a meal, be seated, and have time remaining to eat.

GOAL 2: The district shall promote wellness activities for students and their families at suitable district or campus activities.
Objective 1: Once every six weeks students will be provided education services regarding the following topics; character education, mental health, prevention education, internet safety, and social media awareness.
<ul style="list-style-type: none"> • Counselors will arrange the sessions and select the age-appropriate material for the sessions. • Information will be made available to parents to support further education at home.
School and Community Stakeholders <ul style="list-style-type: none"> • Henderson County Children’s Advocacy Center and other agencies • Counselors • Campus Administrators
Resources Required <ul style="list-style-type: none"> • Materials from our counselors and partnering agencies

Measures of Success
<ul style="list-style-type: none"> • Student surveys (fall and spring) • School Health Index

Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students on the School Campus and During the School Day

The district will ensure that student access to foods and beverages meet federal, state, and local laws and guidelines including, but not limited to:

1. USDA National School Lunch and School Breakfast nutrition standards
2. USDA Smart Snacks in School Nutrition standards.

The district will offer students a variety of age-appropriate, healthy food and beverage selections with plenty of fruits, vegetables, and whole grains to meet students' nutrition needs within their calorie requirements to promote student health and reduce childhood obesity.

Food and Beverage Marketing

Marketing and advertising are only allowed on school grounds or at school activities for foods and beverages that meet or exceed the USDA Smart Snacks in School Nutrition standards, except as follows:

1. This requirement does not apply to marketing that occurs at events outside of school hours such as after-school sporting or any other events, including school fundraising events.

Public Participation

Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public shall be allowed to provide their input to the school district during the wellness policy adoption and review process.

Competitive Foods (Includes Food and Beverages Sold in Vending Machines,

School Stores, Fundraisers or in Competition with National School Lunch and Breakfast Programs)

Except when the District allows an exemption for fundraising activities, all foods and beverages sold during the school day as part of a fundraiser or for any other purpose in competition with the National School Lunch and Breakfast Programs must meet the nutrition standards of those programs.

Fundraiser food or beverages are NOT exempt from the USDA Smart Snacks in School nutrition standards. Therefore, if food is sold as a fundraiser:

1. It shall not be sold in competition with school meals in the food service area during the meal service.
2. It shall not be sold or otherwise made available to students anywhere on school premises during the period beginning one-half hour prior to the serving period for breakfast and/or lunch and lasting until one-half hour after the serving of breakfast and/or lunch unless the food items meet the USDA Smart Snacks in School nutrition requirements.
3. The sale of food items during the school day shall meet the USDA Smart Snacks in School nutrition requirements.
4. This restriction does not apply to food sold during non-school hours, weekends, and off-campus fundraising events such as concessions during after-school sporting events, school plays, or concerts; or to bulk food items that are sold for consumption at home. (Ex: frozen pizzas, cookie dough tubs, etc.)

Triennial Assessment

The School Health Advisory Council (SHAC) shall assess and review this policy at least every three years to determine:

1. Compliance with this policy;
2. How this policy compares to Texas Department of Agriculture model wellness policies;
3. The progress made in attaining the goals of this policy.

The SHAC will update or modify this policy as appropriate.

Public Notice

In addition to identifying the topic on its meeting agenda as required by the Open Meetings Act, the school district will provide notice of this policy at least annually to the public and other stakeholders identified in this policy by one or more of the following methods: on its webpage, in the student and employee handbooks, electronic mail, and public postings.

In addition to identifying the topic on its meeting agenda as required by the Open Meetings Act, the school district will provide notice of the Triennial Assessment and progress reports

toward meeting the goals in this policy using one or more of those same methods.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at its central office.