

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:

1. *Designating representatives from each campus to regularly attend SHAC meetings and participate in achieving all goals as required by federal law.*
2. *Posting meeting dates and times on the district website to encourage community stakeholders’ involvement.*

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 SHAC Coordinator (*title of District official*) 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.”

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

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>)
- *Alliance for Healthier Generation Website*
<https://www.healthiergeneration.org/>
- *National School Lunch Program website*
<https://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>

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)];
1. A copy of this wellness plan, with dated revisions;
2. Notice of any Board revisions to policy FFA(LOCAL);
3. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC’s triennial assessment; 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 Dr. Alma Garcia, Director of Federal and Special Programs, the District's board policy designee.

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) 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.

The is a Nut Free District

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 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)

The District has also incorporated the following stricter standards that are not prohibited by federal or state law:

- *Prohibition of food prepared by deep fat frying method.*

As of October 2020, a Coffee Bar was added at Alice High School Campus ONLY, purchases can be made by any student and/or faculty member. Only regular coffee (no flavored coffee) is served with creamers that are Zero Sugar and only sweet & low sweeteners are offered.

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)]

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)]

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

1. Outside food must be brought in only during the student's designated lunch period and must be hand delivered to student by the parent or guardian. Parent or guardian must check in at the front office prior to delivery;
2. Due to food safety temperature requirements, food cannot be left at the front office for delivery to students by school staff;

3. The student's parent or guardian must bring in lunch for his or her own child only and;
4. Students shall not be called out of class to pick up their lunch.
5. A Three (3) gallon water dispenser will be made available to students in ALL CAMPUSES. They are located in the cafeterias of each school campus.

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.

The Fresh Fruit & Vegetable Program has been approved at the Saenz Elementary, Noonan Elementary & Dubose Elementary. This entails a fruit or vegetable served to each classroom every Monday, Tuesday & Wednesday

The Dinner Program has been implemented at all campuses.

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. *Using the Alliance for Healthier Generations Smart Snacks food calculator and website.*
2. *Providing campus advertisements that only promote Smart Snack approved food items.*

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.

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: Encourage participation in the National School Lunch Program, the National Breakfast Program and any other supplemental food and nutrition programs offered by the District.	
Action Steps	Methods for Measuring Implementation
The district will increase knowledge of programs available to students by posting current menus on the District website, digital menu boards and by sending out information to parents on the first day regarding the school food program.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Evaluate participation through use of P.O.'S. Menus posted on the District website and on menu boards. <p>Resources needed:</p> <ul style="list-style-type: none"> Access to internet Digital menu board <p>Obstacles:</p> <ul style="list-style-type: none"> Efficiency of updated materials

GOAL: 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: Food Service Department website will be updated quarterly with nutritional information.	
Action Steps	Methods for Measuring Implementation
Food Service Department website will be maintained quarterly with newsletters and healthy lifestyle tips and on a monthly basis menus will be updated with a wellness tip.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Website updates <p>Resources needed:</p> <ul style="list-style-type: none"> Website <p>Obstacles:</p> <ul style="list-style-type: none"> Efficiency of updated materials

Objective 2: District will encourage annual participation of community wellness events for parents, staff and community members.	
Action Steps	Methods for Measuring Implementation
Encourage active participation/attendance of Annual Family Engagement Conference and Health Fair to promote nutrition and wellness to families.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Participation in event Resources needed: <ul style="list-style-type: none"> • Advertisement Obstacles: <ul style="list-style-type: none"> • Conflicts with scheduling

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.

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: Food Service Department will provide nutrition resource materials on the district website.	
Action Steps	Methods for Measuring Implementation
Food Service Department will provide quarterly newsletter posted on the district website under the Food Service Link.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Newsletter will be posted on district website to ensure distribution Resources needed: <ul style="list-style-type: none"> • Website posting training Obstacles: <ul style="list-style-type: none"> • Distribution of information
Objective 2: Physical Education classes will promote nutrition education in weekly lessons.	
Action Steps	Methods for Measuring Implementation
Physical education teachers will incorporate weekly lessons on nutrition during P.E. classes.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Lesson Plans Resources needed:

	<ul style="list-style-type: none"> Activities and lessons
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GOAL: 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: Nutrition staff will promote and integrate nutrition education facts into each grade level in grades PK-6.

Action Steps	Methods for Measuring Implementation
Nutrition staff members will coordinate lessons on nutrition with classroom teachers.	Baseline or benchmark data points: <ul style="list-style-type: none"> The number of classroom lessons presented annually Resources needed: <ul style="list-style-type: none"> Nutrition staff Obstacles: <ul style="list-style-type: none"> Nutrition staff has limited time when they are able to be in classrooms

Objective 2: District staff will promote and integrate nutrition education facts during the annual school health fair.

Action Steps	Methods for Measuring Implementation
Food Service Department and SHAC committee will promote healthy lifestyle tips and healthy food choices.	Baseline or benchmark data points: <ul style="list-style-type: none"> Participation of community in event Resources needed: <ul style="list-style-type: none"> Vendors Obstacles: <ul style="list-style-type: none"> Lack of participation from community

GOAL: 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: Provide dates, times and locations of staff development opportunities on nutrition.

Action Steps	Methods for Measuring Implementation
Schedule staff development at the beginning of the academic school year for all staff to attend a health and wellness training.	Baseline or benchmark data points: <ul style="list-style-type: none"> Number of staff who attended training Resources needed:

	<ul style="list-style-type: none"> • Presenters Obstacles: <ul style="list-style-type: none"> •
Objective 2: Create platforms for the district nutrition specialist to educate staff about nutritional facts and the wellness plan.	
Action Steps	Methods for Measuring Implementation
Schedule meetings at district and campus levels for campus administrators and faculty members to receive information regarding guidelines of child nutrition and the district approach to it.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Meeting agendas and sign in sheets Resources needed: <ul style="list-style-type: none"> • Time with administrators and staff Obstacles: <ul style="list-style-type: none"> • Schedule conflicts

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 following addresses how the District meets the required amount of physical activity:

- Annually, the district will conduct a physical fitness assessment of students in grade 3-12 who are enrolled in a physical education course or course for which physical education credit is awarded.
- The District will ensure students in Pre K- grade 5 engage in 30 minutes of moderate or vigorous physical activity at least 30 minutes per day or 135 minutes per week.
- Middle or junior high school will engage in 30 minutes of moderate or vigorous physical activity per day for at least four semesters or at least 225 minutes of moderate or vigorous physical activity within each two week period for at least four semesters.
- Annually, the district will conduct a physical fitness assessment of students in grades 3-12 who are enrolled in a physical education course or a course for which physical education credit is awarded. At the end of the school year, a parent may submit a written request to the teacher or the

campus principal to obtain the results of his or her physical fitness assessment conducted during the school year.

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.

GOAL: 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.	
Objective 1: Each campus will provide opportunities for enjoyable physical activity aside that required by law.	
Action Steps	Methods for Measuring Implementation
Each campus will allow opportunities for participation in voluntary physical activities during the school day such as recess, breaks, friendly contests, etc. as appropriate by age and access to facilities.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Number of voluntary physical activities currently available on each campus <p>Resources needed:</p> <ul style="list-style-type: none"> Committees to create opportunities Staff to monitor activities Parent/Community volunteers to help monitor activities <p>Obstacles:</p> <ul style="list-style-type: none"> Limited facilities Limited staff to monitor

GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
Objective 1: Physical education department will provide staff development and training to encourage teachers to integrate physical activity into the academic curriculum.	
Action Steps	Methods for Measuring Implementation
Campus physical education teachers will share information with campus staff regarding physical activity in the academic curriculum.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Number of teachers attending <p>Resources needed:</p> <ul style="list-style-type: none"> Activities <p>Obstacles:</p>

	<ul style="list-style-type: none"> Time and platforms
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GOAL: The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

Objective 1: Promote awareness through district parent involvement community events.

Action Steps	Methods for Measuring Implementation
Promote awareness at the following events: Family Engagement Conference Health Fair Campus Health Events Little Olympics Junior Olympics	Baseline or benchmark data points: <ul style="list-style-type: none"> Flyers, agendas, sign in sheets, registration sheets Resources needed: Obstacles:

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 outside the school day.

Objective 1: Inform the community of the facilities that are available for use outside of the school day by posting appropriate signage.

Action Steps	Methods for Measuring Implementation
Encourage parents and community members to use campus tracks/paths for walking, jogging or running during designated hours.	Obstacles: <ul style="list-style-type: none"> Inclement weather

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 allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Objective 1: All campuses will build their master schedules to allow at least 15 minutes to eat breakfast and 30 minutes to eat lunch.	
Action Steps	Methods for Measuring Implementation
Evaluate current mealtime allowance by campus. Work with campus administrators to adjust master schedules if necessary.	Baseline or benchmark data points: <ul style="list-style-type: none"> The number of campuses that currently meet standard vs. prior school year Resources needed: <ul style="list-style-type: none"> Observation of meal times Obstacles: <ul style="list-style-type: none"> Conflict of master schedules
Objective 2: Ensure that custodial staff and cafeteria staff maintain a clean cafeteria.	
Action Steps	Methods for Measuring Implementation
Custodial staff will maintain clean dining areas. Cafeteria staff will maintain clean serving areas.	Baseline or benchmark data points: <ul style="list-style-type: none"> Clean after every lunch period. Resources needed: <ul style="list-style-type: none"> Participation from custodial and cafeteria staff. Cleaning supplies Obstacles: <ul style="list-style-type: none"> Staggered lunch times for grade levels.

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1: District will prioritize employee wellness by providing annual flu clinic and immunization clinics to employees.	
Action Steps	Methods for Measuring Implementation
Annual immunization clinic will take place each fall to provide access to all employees.	Baseline or benchmark data points: <ul style="list-style-type: none"> Number of employees who utilize benefits Resources needed:

	<ul style="list-style-type: none"> Flyers Obstacles: <ul style="list-style-type: none"> Lack of participation from staff
Objective 2: District will utilize insurance provider annual wellness event.	
Action Steps	Methods for Measuring Implementation
District will work with the district's health insurance provider to provide health screenings.	Baseline or benchmark data points: <ul style="list-style-type: none"> Documentation of participation Number of employees who utilize event Resources needed: <ul style="list-style-type: none"> Advertisements Obstacles: <ul style="list-style-type: none"> Participation of employees