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Gonzales Independent School District Wellness Plan

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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.

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. a minimum of four meetings per school year. Two assemblies will be in the fall and two will be in the spring.
2. developing and implementing a Gonzales ISD Wellness Policy that will be periodically reviewed, updated, and an annual progress report given.

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 District Testing Coordinator is the District official 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.

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. Gonzales ISD will review “Smarter lunchroom “ tools and strategies, which are evidence-based, simple, low-cost and no-cost changes that are shown to improve student participation in the National School Lunch Program and School Breakfast Program.

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. Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or on its container;
2. Displays, such as on vending machine exteriors;
3. Corporate brand, logo, name, or trademark on cups, posters, book covers, school supplies, or educational materials;
4. Corporate brand, logo, name, or trademark on school equipment, message boards, scoreboard, or uniforms;
5. Advertisements in school publications or mailings;
6. Sponsorship of school activities, fundraisers, or sports teams.

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

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.

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.

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.

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.

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.

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:

All PK – 12 students have access to physical education classes which meet state standards for physical activity mandated by Education Code 28.002(I)-(I-1). Physical Education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity. Physical education programs will teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills. Physical Education standards include:

- The school will provide adequate space/equipment and conform to all safety standards;
- The school prohibits the use of physical activity and withholding of physical education class and other forms of physical activity as punishment;
- All Physical Education classes will be taught by a qualified physical education teacher;
- At least 50% of class time will be spent in moderate to vigorous activity;
- Physical education staff will receive professional development annually;
- The school will conduct the annual Fitness gram assessment in grades 3 – 12 as required. Reports will be sent to parents.
- Schools are encouraged to adopt/create a local or participate in a national physical fitness program

All students will have opportunities for physical activity beyond physical education class. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around.

Implementing Goals for Physical Activity

GOAL 1: 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: All elementary schools will have daily supervised recess during which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather, as defined by the district.

Objective 2: Elementary, middle school, and high school will offer extracurricular physical activity programs, such as bicycle rodeo, jump-rope-for-heart, physical activity clubs, and intramural programs.

GOAL 2: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective 1: Teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.

GOAL 3: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

GOAL 4: The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

GOAL 5: 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 of the school day. [\[See GKD\]](#)

GOAL 6: 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.

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 healthy eating and physical activity, and promote a consistent wellness message.

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.

GOAL 2: The District shall promote wellness for students and their families at suitable District and campus activities.

GOAL 3: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

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 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\(LEGAL\)](#)]

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.

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:

Nutrition Standards for All Food and Beverages Sold or Served on School Grounds

School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. All schools shall participate in the USDA school breakfast, school lunch and summer food programs. Gonzales ISD ensures:

- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;
- The school meal programs will be administered by a team directed by the Food Services Director;

- All cafeteria 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;
- All menus will be reviewed and compared to sample USDA menus or USDA software for menu review;
- Students will be provided at least 10 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;
- Schools are encouraged to promote breakfast participation through programs such as breakfast in the classroom, second chance breakfast, flexible scheduling and individual staff encouragement
- Lunch will be scheduled between 10:45 a.m. and 1:00 p.m. as feasible;
- Tutoring, club, or organizational meetings will not be scheduled during meal time, unless students are allowed to eat during such activities;
- Students will have access to hand washing or hand sanitizing facilities before meals and snacks;
- Participation in school meal programs will be promoted;
- Parents will be notified of the availability of the breakfast, lunch and summer food programs and will be encouraged to determine eligibility for reduced or free meals.

Competitive Foods and Beverages

All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered competitive foods. Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores and for in-school fundraisers. All competitive foods must comply with the district's nutrition standards, as well as all applicable state and federal standards.

Nutrition Standards

The Institute of Medicine's nutrition standards for competitive foods or beverages in schools has been adopted by Gonzales ISD. A summary of standards includes:

Foods

Only fruits, vegetables, nuts and seeds, whole grains, low-fat dairy and combination products may be sold, following standards below:

- Packaged items shall not exceed one serving per package/200 calories;
- Items shall contain no more than 35% of total calories from fat, less than 10% of total calories from saturated fats and zero trans fats. Exception: The fat content of nuts and seeds will not count against the total fat content of packaged products;

- Items shall contain no more than 35% calories from total sugars. Exception: Yogurt may contain up to 30 grams of total sugars per 8 oz. serving
- Items shall contain less than or equal to 200 mg of sodium per packaged portion;
- Combination items must contain at least one serving of whole grains, fruit or vegetable, per portion as packaged, in any combination (ex., ½ serving of fruit and ½ serving of whole grain in one portion);
- A la cart items in the cafeteria must be USDA school meal components and meet the above fat and sugar limits. A la carte items cannot exceed 480 mg of sodium;
- Whole fruits, vegetables, nuts and seeds are preferable to processed food items.

Beverages

The only beverages allowed to be sold outside of school meals include:

- Low-fat (1%) non-fat or non-dairy milk in 8 oz. portions (plain or flavored with no more than 22 grams of total sugars per 8 oz.);
- 100% fruit/vegetable juice in 4 oz. portions for elementary and middle school, and 8 oz. portions for high school;
- Plain water.

Fundraising

- Non-food fundraising is promoted.
- In-school fundraising food items must meet the district's nutrition standards for competitive foods and cannot be sold for immediate consumption;
- Out-of-school fundraising food items must meet the nutrition standards for a la carte items sold in the cafeteria or the district's nutrition standards for competitive foods;
- Fundraising activities that promote physical activity are encouraged;
- Fundraising activities will not promote branded products (name brand products).

Celebrations

- Celebrations that involve food will be limited to after lunch period concludes during school days;
- Foods that meet the district's nutrition standards will be allowed at school celebrations;
- Food that do not meet district's nutrition standard will be allowed during the 3 annual days designated by Gonzales ISD
- Parents will be made aware in advance of when a celebration with food is taking place and what is to be served;

- Parents bringing food to celebrate a child's birthday with other children (i.e. classroom/grade) may only provide a cake or cupcakes or appropriate celebration dessert if celebrating during or during meal hours.
- Non-food celebrations will be promoted.

Access to drinking water

- Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day;
- Water will be promoted as a substitute for sugar-sweetened beverages;
- School staff will be encouraged to model drinking water consumption;
- Maintenance will be performed on all water fountains regularly to ensure that they are clean and readily accessible for use.

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\(LEGAL\)](#)]

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 and plan compare with any state- or federally designated model 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 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
7. Any other relevant information.

The District will also publish the above information in appropriate District or campus publication. Methods of dissemination may include:

1. Published on the school district and or campus website;
2. Newsletters;
3. News articles;
4. School Board Meetings.

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 Testing Coordinator, the District's designated records management officer. [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.