Yorktown ISD 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.

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. Conducting scheduled SHAC meetings throughout the school year to review wellness policy goals, implementation progress, and assessment data, while allowing time for stakeholder input and discussion.
2. Providing opportunities for feedback through surveys, public postings, and District communication platforms (e.g., website, newsletters, and social media) to gather input from parents, staff, students, and community members during the development and review of the wellness 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 District Nurse 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.

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:

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3. Conducting periodic reviews of campus cafeterias, vending machines, school stores, and other areas where food and beverage advertising occurs to ensure all marketing meets Smart Snacks standards.

4. Reviewing contracts, sponsorships, and promotional materials annually (or when updated) to verify that all food and beverage advertisements accessible to students during the school day comply with federal requirements.

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.

Objective 1:
Increase student exposure to healthy nutrition messaging across campuses throughout the school year.

Action Steps:
- Post and maintain nutrition promotion signage in cafeterias and common areas
- Highlight healthy meal options on menus and during announcements
- Incorporate nutrition messaging into classroom instruction when appropriate

School and Community Stakeholders:
- Child Nutrition Department
- Teachers
- Campus administrators
- SHAC

Resources Needed:
- Cafeteria signage and promotional materials
- Menus and announcements
- Instructional resources

Measures of Success:
- Nutrition promotion materials visible on all campuses
- Increased participation in school meal programs
- Positive feedback from students and staff

Objective 2:
Ensure staff consistently model and reinforce healthy nutrition behaviors for students.

Action Steps:
- Provide staff reminders and guidance on promoting healthy choices
- Encourage staff participation in school meal programs

School and Community Stakeholders:
- District and campus staff
- Campus administrators

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- SHAC

Resources Needed:
- Staff communications (email, meetings)
- Professional development opportunities (as applicable)

Measures of Success:
- Increased staff participation in wellness initiatives
- Observed consistency in nutrition messaging across campuses
- Documentation of communication efforts

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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:
Increase access to nutrition information for families through consistent District communication.

Action Steps:
- Share nutrition information through the District website, newsletters, and social media
- Post menus and highlight healthy meal options regularly
- Provide information about the National School Lunch Program, School Breakfast Program, and eligibility for free/reduced meals

School and Community Stakeholders:
- Child Nutrition Department
- District and campus administrators
- Parents and families
- SHAC

Resources Needed:
- District website and communication platforms
- Menus and nutrition program materials
- Federal and state program guidance

Measures of Success:
- Nutrition information is regularly posted and updated
- Increased awareness of meal programs among families
- Increased participation in school meal programs

Objective 2:
Promote healthy nutrition practices at home and in the community.

Action Steps:
- Provide tips and resources to families on healthy eating habits
- Share guidance on packing healthy lunches and snacks
- Promote wellness through campus and District events or communications

School and Community Stakeholders:
- Parents and families
- Campus staff
- SHAC

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- Community members

Resources Needed:
- Educational materials and resources
- Communication tools (flyers, social media, newsletters)

Measures of Success:
- Increased family engagement with shared resources
- Positive feedback from families
- Evidence of wellness promotion through District communications

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GOAL 3: The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.

Objective 1:
Ensure all food and beverage advertising on District property complies with Smart Snacks standards.

Action Steps:
- Conduct periodic reviews of signage, vending areas, scoreboards, and other locations where food and beverage advertising is present
- Ensure any new or replacement advertising materials meet Smart Snacks standards
- Remove or replace noncompliant advertising when feasible

School and Community Stakeholders:
- District administrators
- Campus administrators
- Child Nutrition Department
- SHAC

Resources Needed:
- Smart Snacks guidelines and compliance resources
- Inventory or checklist of advertising locations
- Staff time for periodic reviews

Measures of Success:
- All newly installed or updated advertising meets Smart Snacks standards
- Reduction or elimination of noncompliant advertising over time
- Documentation of review and monitoring efforts

Objective 2:
Ensure contracts and agreements support compliance with nutrition advertising standards.

Action Steps:
- Review contracts, sponsorships, and vendor agreements for compliance with Smart Snacks standards
- Include compliance language in future contracts and agreements
- Provide guidance to campuses and organizations regarding allowable advertising

School and Community Stakeholders:
- District administrators
- Business office
- Campus administrators

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- Vendors and community partners
- SHAC

Resources Needed:
- Contract templates and review procedures
- Smart Snacks compliance guidance
- Administrative oversight

Measures of Success:
- Contracts include language requiring compliance with Smart Snacks standards
- No new agreements include noncompliant advertising
- Ongoing documentation of contract review

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 consistent, age-appropriate nutrition education to students through coordinated health instruction and classroom integration.

Action Steps:
- Deliver nutrition education through the District's coordinated school health program
- Integrate nutrition concepts into TEKS-based instruction, including health and other subject areas as appropriate
- Reinforce nutrition concepts through classroom activities and discussions

School and Community Stakeholders:
- Teachers
- Campus administrators
- School health professionals
- SHAC

Resources Needed:
- TEKS-aligned instructional materials
- Coordinated school health program resources
- Classroom materials and activities

Measures of Success:
- Evidence of nutrition education in lesson plans and classroom instruction
- Student participation in nutrition-related activities
- Documentation through walkthroughs or instructional reviews

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Objective 2:
Increase student awareness and application of healthy eating behaviors in school and daily life.

Action Steps:
- Provide opportunities for students to apply nutrition knowledge through activities such as discussions, projects, or school-based initiatives
- Reinforce healthy choices through coordination with cafeteria offerings and school messaging
- Encourage student engagement in wellness-related activities

School and Community Stakeholders:
- Students
- Teachers
- Child Nutrition Department
- Campus administrators
- SHAC

Resources Needed:
- Instructional and activity materials
- Coordination between classroom and food service staff
- Communication tools

Measures of Success:
- Increased student awareness of healthy eating behaviors (as observed or through feedback)
- Alignment between classroom instruction and cafeteria practices
- Participation in nutrition-related activities or programs

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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:
Integrate nutrition education concepts into multiple content areas across grade levels.

Action Steps:
- Incorporate nutrition-related topics into TEKS-based instruction in subjects such as science, health, and other appropriate content areas
- Encourage teachers to include real-world connections related to nutrition and healthy living

School and Community Stakeholders:
- Teachers
- Campus administrators
- Instructional staff
- SHAC

Resources Needed:
- TEKS-aligned curriculum resources
- Instructional materials and lesson examples
- District and campus instructional support

Measures of Success:
- Evidence of nutrition integration in lesson plans and classroom instruction
- Increased use of cross-curricular activities related to nutrition

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- Documentation through walkthroughs or instructional reviews

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Objective 2:
Promote consistency of nutrition education practices across campuses and grade levels.

Action Steps:
- Reinforce expectations for nutrition education through campus and District communications
- Support coordination between grade levels to ensure continuity of nutrition instruction
- Include nutrition education as part of ongoing instructional discussions when appropriate

School and Community Stakeholders:
- Campus administrators
- Teachers
- District instructional staff
- SHAC

Resources Needed:
- Communication tools (meetings, emails, guidance documents)
- Collaboration opportunities for staff
- Instructional support resources

Measures of Success:
- Consistent implementation of nutrition education across campuses
- Increased alignment of nutrition instruction across grade levels
- Evidence of communication and coordination efforts

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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:
Provide staff with access to resources and guidance to support effective delivery of nutrition education.

Action Steps:
- Share nutrition education resources, materials, and guidance with teachers and relevant staff
- Include nutrition education information in campus or District communications as appropriate
- Provide updates on best practices for supporting student health and wellness

School and Community Stakeholders:
- Teachers
- Campus administrators
- District instructional staff
- Child Nutrition Department
- SHAC

Resources Needed:
- Nutrition education materials and guidance
- Communication tools (email, meetings, shared resources)
- State and federal program resources

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Measures of Success:
- Distribution of nutrition education resources to staff
- Increased awareness of nutrition education expectations
- Evidence of resource use in classroom instruction

Objective 2:
Support staff in integrating nutrition education into instruction through ongoing professional support.

Action Steps:
- Provide opportunities for professional development related to coordinated school health and wellness (as available)
- Encourage collaboration and sharing of effective instructional strategies among staff
- Reinforce expectations for nutrition education during campus meetings or instructional discussions

School and Community Stakeholders:
- Teachers
- Campus administrators
- District instructional staff
- SHAC

Resources Needed:
- Professional development opportunities (local or regional)
- Collaboration time or structures
- Instructional support materials

Measures of Success:
- Staff participation in professional development or training opportunities
- Increased integration of nutrition education into classroom instruction
- Evidence of collaboration and shared practices among staff

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:

The District will meet the requirements for physical activity in accordance with Texas Education Code 28.002(l)–(l-1) by providing:

- **Elementary students (Prekindergarten–Grade 5)** will receive at least 30 minutes of daily physical activity or 135 minutes per week, which may include physical education classes, structured recess, or other campus-based physical activity opportunities.
- **Secondary students (Grades 6–12)** will be provided opportunities to meet physical activity requirements through enrollment in physical education courses and/or participation in substitute activities as permitted by law.

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- The District will implement a coordinated school health program that includes physical education and physical activity components designed to promote student fitness and lifelong healthy habits.
- Campuses will provide additional opportunities for physical activity through recess (elementary), classroom activity breaks, and extracurricular programs, as appropriate.

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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 2:
Provide inclusive opportunities for all students to engage in physical activity beyond required physical education classes.

Action Steps:
- Offer extracurricular activities such as athletics, clubs, or other organized physical activities
- Encourage participation in noncompetitive physical activities for students not involved in athletics
- Provide access to safe and appropriate facilities for student use

School and Community Stakeholders:
- Students
- Campus administrators
- Athletic staff
- Teachers
- SHAC

Resources Needed:
- Athletic and recreational equipment
- Facilities (gym, playgrounds, outdoor spaces)
- Staff supervision and program support

Measures of Success:
- Student participation in extracurricular and noncompetitive physical activities
- Availability of physical activity opportunities across campuses
- Documentation of programs and participation rates

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

Objective 1:
Provide staff with guidance and support to effectively integrate physical activity into the school day.

Action Steps:
- Share strategies and resources for incorporating physical activity into classroom instruction

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- Provide guidance on implementing classroom activity breaks
- Reinforce expectations for physical activity during campus meetings and communications

School and Community Stakeholders:
- Teachers
- Campus administrators
- Physical education teachers
- District instructional staff
- SHAC

Resources Needed:
- Physical activity resources and activity ideas
- Communication tools (meetings, emails, shared resources)
- Instructional support materials

Measures of Success:
- Increased use of classroom activity breaks
- Evidence of physical activity integration during instructional time
- Documentation of communication and guidance provided to staff

Objective 2:
Provide opportunities for staff development to support quality physical education and physical activity programs.

Action Steps:
- Provide or share professional development opportunities related to physical education and student wellness (as available)
- Encourage collaboration between physical education teachers and classroom teachers
- Share best practices for promoting student physical activity and engagement

School and Community Stakeholders:
- Physical education teachers
- Teachers
- Campus administrators
- District staff
- SHAC

Resources Needed:
- Professional development opportunities (local or regional)
- Collaboration time or structures
- Instructional and program resources

Measures of Success:
- Staff participation in professional development opportunities
- Increased consistency in physical activity practices across campuses
- Evidence of collaboration and shared instructional practices

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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.

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Objective 1:
Provide opportunities for District employees to participate in wellness and physical activity initiatives.

Action Steps:
- Share information about wellness activities and opportunities through District and campus communications
- Encourage staff participation in campus or District wellness initiatives and events
- Promote available opportunities for physical activity using District facilities when appropriate

School and Community Stakeholders:
- District employees
- Campus administrators
- District administrators
- SHAC

Resources Needed:
- Communication tools (email, newsletters, meetings)
- Access to facilities and equipment (as available)
- Wellness activity resources

Measures of Success:
- Increased awareness of wellness opportunities among staff
- Staff participation in wellness initiatives or activities
- Documentation of communication efforts

Objective 2:
Support staff in modeling healthy and active lifestyles for students.

Action Steps:
- Encourage staff to model participation in physical activity and wellness behaviors
- Promote staff involvement in school-based physical activity events and programs
- Reinforce the importance of staff serving as positive role models for students

School and Community Stakeholders:
- District employees
- Teachers
- Campus administrators
- SHAC

Resources Needed:
- Communication and guidance materials
- Opportunities for staff involvement in student activities
- Administrative support

Measures of Success:
- Increased staff participation in campus physical activity events
- Observed modeling of healthy behaviors by staff
- Positive feedback from students and staff

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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.

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.

Objective 1:
Ensure students are provided adequate time to eat meals during the school day.

Action Steps:
- Schedule meal periods to allow students at least 10 minutes for breakfast and 20 minutes for lunch after being seated
- Monitor cafeteria schedules to ensure adequate time is consistently provided
- Adjust schedules as needed to address concerns related to meal time

School and Community Stakeholders:
- Students
- Campus administrators
- Child Nutrition Department
- Campus staff
- SHAC

Resources Needed:
- Campus schedules
- Cafeteria staffing and supervision
- Meal service procedures

Measures of Success:
- Campus schedules reflect required meal times
- Students consistently have adequate time to eat
- Feedback from students and staff indicates sufficient meal time

Objective 2:
Maintain cafeteria environments that are clean, safe, and conducive to student wellness.

Action Steps:
- Ensure regular cleaning and maintenance of cafeteria facilities
- Provide appropriate supervision during meal times
- Promote positive behavior expectations to support a comfortable dining environment

School and Community Stakeholders:
- Students
- Campus administrators
- Custodial staff
- Child Nutrition Department
- Campus staff
- SHAC

Resources Needed:
- Custodial services and supplies

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- Cafeteria equipment and facilities
- Staff supervision

Measures of Success:

- Cafeteria areas are consistently clean and maintained
- Safe and orderly meal environments are observed
- Positive feedback from students and staff regarding cafeteria conditions

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

Objective 1:
Provide opportunities for students and families to engage in wellness-related activities.

Action Steps:

- Promote wellness through campus and District events (e.g., family nights, health-related activities, or informational events)
- Share wellness information and resources with families through District communication platforms
- Encourage participation in school-based programs that support healthy lifestyles

School and Community Stakeholders:

- Students
- Parents and families
- Campus administrators
- Teachers and staff
- SHAC

Resources Needed:

- Communication tools (website, newsletters, social media)
- Event planning support and materials
- Wellness resources and information

Measures of Success:

- Increased awareness of wellness opportunities among families
- Participation in wellness-related events and activities
- Documentation of communication and outreach efforts

Objective 2:
Promote consistent wellness messaging across District and campus activities.

Action Steps:

- Incorporate wellness messaging into school events, programs, and communications
- Reinforce healthy habits through coordinated efforts between campuses and departments
- Encourage staff to support and promote wellness initiatives

School and Community Stakeholders:

- District and campus staff
- Students
- Parents and families
- SHAC

Resources Needed:

- Communication materials and messaging tools

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- Coordination between departments and campuses
- Staff support

Measures of Success:

- Consistent inclusion of wellness messaging in District and campus activities
- Increased visibility of wellness initiatives
- Positive feedback from students and families

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

Objective 1:
Increase awareness of employee wellness opportunities across the District.

Action Steps:

- Share information about wellness activities and resources through District and campus communications
- Promote participation in wellness-related initiatives during meetings and staff communications
- Highlight available opportunities for physical activity and healthy lifestyle practices

School and Community Stakeholders:

- District employees
- Campus administrators
- District administrators
- SHAC

Resources Needed:

- Communication tools (email, newsletters, meetings)
- Wellness resources and materials
- Access to facilities (as available)

Measures of Success:

- Increased awareness of wellness opportunities among staff
- Documentation of communication efforts
- Staff feedback indicating awareness of wellness initiatives

Objective 2:
Encourage employee participation in wellness activities and promote healthy behaviors.

Action Steps:

- Encourage staff participation in campus and District wellness activities and events
- Provide opportunities for staff to engage in physical activity or wellness-related programs when available
- Promote a culture of wellness through staff involvement in school-based activities

School and Community Stakeholders:

- District employees
- Campus administrators
- SHAC

Resources Needed:

- Wellness activity opportunities and programs
- Staff support and encouragement
- Communication and coordination tools

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Measures of Success:

- Increased staff participation in wellness activities
- Evidence of staff involvement in wellness-related events
- Positive feedback from staff regarding wellness initiatives

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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 currently implements the following practices to support student health and wellness:

- Foods and beverages sold to students are designed to promote student health and reduce childhood obesity
- The District limits foods high in fat, sugar, and sodium and encourages nutrient-dense food options
- The District does not serve foods that are deep-fat fried during the school day
- Whole grain and nutrient-rich food options are emphasized when available
- Beverages containing caffeine and carbonated soft drinks are not sold to students during the school day
- Portion sizes and nutritional quality of foods align with federal and state guidelines

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 exempted fundraisers in accordance with state guidelines as follows:

- Each campus may designate up to **six days per school year** for exempted fundraisers
- Exempted fundraisers must be approved by the campus principal or designee

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- Campuses will ensure that exempt fundraisers do not interfere with the operation of the National School Lunch Program or School Breakfast Program
- All other fundraisers conducted during the school day must comply with Smart Snacks standards

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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:

Elementary School:

- Classroom celebrations will be limited in frequency and scheduled after the lunch period when possible
- Foods provided during the school day should promote student health and wellness
- Teachers and staff will encourage nonfood items or healthier food options for celebrations and rewards
- Access to free drinking water will be available throughout the school day

Middle/Junior High School:

- Foods and beverages provided during the school day will support healthy choices and student wellness
- Classroom activities and events will encourage nonfood items or healthier food options when possible
- Access to free drinking water will be available throughout the school day

High School:

- Foods and beverages provided during the school day will promote student health and wellness
- Student organizations and campus groups will be encouraged to provide healthier food and beverage options when appropriate
- Access to free drinking water will be available throughout the school day

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

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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

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:

5. A copy of the wellness policy [see FFA(LOCAL)];
6. A copy of this wellness plan, with dated revisions;
7. Notice of any Board-adopted revisions to FFA(LOCAL);
8. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
9. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
10. The SHAC's triennial assessment; and
11. 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 administration office where the District's designated records management officer is located. [See CPC(LOCAL)]

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professional adviser. Consult with your attorney or professional adviser to apply these principles to specific situations.

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