

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:  <ol style="list-style-type: none"><li data-bbox="552 945 1443 1050">1. <i>Posting on the website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.</i></li><li data-bbox="552 1071 1443 1239">2. <i>Listing in the student handbook the name and position of the person responsible for oversight of the District’s wellness policy and plan along with an invitation to participate in the development, implementation, and evaluation of the wellness policy and plan.</i></li></ol>
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 Superintendent, or designee, 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.”

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

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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>)
- *Relevant portions of the Center for Disease Control's School Health Index* (<http://www.cdc.gov/healthyschools/shi/index.htm>)
- *A District – developed self-assessment*

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)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
5. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
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 publications.

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RECORDS  
RETENTION

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management pro-

gram. Questions may be directed to the Director of Human Resources, the District's designated records management officer.

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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	<p>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.</p> <p>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.</p>
FOODS AND BEVERAGES SOLD	<p>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:</p> <ul style="list-style-type: none"><li>• <a href="http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals">http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals</a></li><li>• <a href="http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks">http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks</a></li><li>• <a href="http://www.squaremeals.org/Publications/Handbooks.aspx">http://www.squaremeals.org/Publications/Handbooks.aspx</a> (see the Complete <i>Administrator Reference Manual</i> [ARM], Section 20, Competitive Foods)</li></ul>
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)]

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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:

*Elementary school: The District shall allow the sale of competitive foods at any time during the school day as long as the foods are complaint with "Smart Snacks" nutritional guidelines according to TAC 26.11 (b) (1). Campus shall maintain documentation of items sold and of their compliance with nutritional guidelines via the "Smart Snack" calculator.*

*Junior High School: The District shall allow the sale of competitive foods and beverages at any time during the school day as long as the foods are complaint with "Smart Snacks" nutritional guidelines according to TAC 26.11 (b) (1). Campus shall maintain documentation of items sold and of their compliance with nutritional guidelines via the "Smart Snack" calculator.*

*High School: The District shall allow the sale of competitive foods and beverages at any time during the school day as long as the foods are complaint with "Smart Snacks" nutritional guidelines according to TAC 26.11 (b) (1). Campus shall maintain documentation of items sold and of their compliance with nutritional guidelines via the "Smart Snack" calculator.*

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.

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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.

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.

<b>GOAL:</b> The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	
<b>Objective 1: The District will increase participation in the federal child nutrition program by providing healthy nutrition information.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Elementary menus with nutrition are sent home with each student at the beginning of the school year along with posting the menu in the cafeteria, classroom and school website.</p> <p>Secondary menus are displayed in the cafeteria, announced on the morning announcements and posted on the school website.</p> <p>Nutrition posters are on display in each campus cafeteria.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Participate in NSLP.</li> <li>• Distribute information to the parents</li> <li>• Funds for purchasing menus</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Region 4 Print Shop</li> <li>• School District Website</li> <li>• Menu Boards</li> </ul>


<p><b>GOAL:</b> 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.</p>	
<p><b>Objective 1: The District will provide nutritional information to students, parents and community members</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Nutrition Nugget News Letters are sent home monthly with each elementary student.</p> <p>Nutrition posters are on display in each campus cafeteria.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Nutrition news letter is sent home monthly</li> <li>• Nutrition posted in each cafeteria</li> </ul> <p>Resources needed:</p> <p style="padding-left: 40px;">Nutrition Nuggets are purchased from Resources for Educators then printed in office</p> <p style="padding-left: 40px;">Nutrition poster are from USDA</p>

<p><b>GOAL:</b> 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.</p>	
<p><b>Objective 1: District display food and nutrition posters provided by the Texas Department of Agriculture</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Food and Nutrition Service will post posters in campus cafeteria and dining areas.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Displayed poster in complains with TDA</li> </ul>

	Resources needed: <ul style="list-style-type: none"> <li>TDA poster</li> </ul>
<b>Objective 2: All vending machines advertisement are 100% smart snack complaint</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Vending machines are 100% in complaint with documentation.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Exterior advertisements are Smart Snack compliant</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Exterior display</li> </ul>

<b>GOAL: The District shall have the families involved with the SBP and NSLP.</b>	
<b>Objective 1: Food Services participate through the school year inviting parents and grandparents to recognizing National School Lunch Week, National School Breakfast Week, Grandparent Breakfast Week and Thanksgiving Holiday Meal.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Parents and Grandparents are invited throughout the school year to participated with events	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Number of events during the school year will take place</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>School flyers</li> <li>District website</li> <li>Sky alert</li> </ul>
<b>Objective 2: Parent survey</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Parents take a food service survey throughout the school year	Baseline or benchmark data points: Feedback from parents Resources needed: <ul style="list-style-type: none"> <li>Survey</li> </ul>

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]

***The District will implement the nutrition and health education component through instruction of the essential knowledge and skills.***

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition education.

<b>GOAL:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
<b>Objective 1: Child Nutrition shall deliver nutrition education to each student at the elementary along with posters on display.</b>	
Action Steps	Methods for Measuring Implementation
Nutrition signs displayed to promote healthy eating habits Nutrition newsletters delivered.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Displayed throughout the schools</li> <li>• Material delivered to classrooms.</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• TDA and Schools</li> <li>• Child Nutrition office</li> </ul>

<b>GOAL:</b> The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
<b>Objective 1: District staff will promote nutrition education facts and lessons during the school year.</b>	
Action Steps	Methods for Measuring Implementation
Each campus will designate nutrition education throughout the school year	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Elementary education is promoted dur-</li> </ul>

	<p>ing physical education and classrooms.</p> <ul style="list-style-type: none"> <li>• Secondary is promoted in the student health class.</li> </ul>
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<p><b>GOAL:</b> 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.</p>	
<p><b>Objective 1: Each campus committee will determine appropriate annual professional development for staff responsible for nutrition education.</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Each campus will determine the staff involved in the nutrition education program and appropriate professional development opportunities for the staff to attend.</p> <p>Child nutrition director will attend professional development for nutrition education.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Campus advisory committee will meet to determine compliance with the objective</li> </ul> <p>Resources needed: TDA Region 4</p>
<p><b>GOAL:</b> The District shall establish and maintain school gardens and farm-to-school programs.</p>	
<p><b>Objective 1: The district participates in farm-to-school program</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>The district receives Texas local produce from farm-to school</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Support local</li> </ul> <p>Resources needed: TDA resources</p>

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:

- *Students in K – 5 are required 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 through structured activity during a campus’s daily recess.*
- *Students in 6 – 8 are required to take 225 minutes/week for 4 semesters.*

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.

***[Coordinate the goals listed in this section with those listed in FFA(LOCAL).]***

<b>GOAL:</b> 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.	
<b>Objective 1: Each campus will provide a variety of opportunities for physical activities open to all students.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
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.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Number of voluntary physical activities currently available on each campus.</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Staff to create opportunities</li> <li>• Staff to monitor activities</li> <li>• Parent/Community volunteers such as PTO to create and monitor activities.</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Limited facilities</li> <li>• Limited staff to monitor</li> </ul>

<b>GOAL:</b> The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
<b>Objective 1: After receiving appropriate staff development, District teachers will incorporate movement and physical activity into their lessons as appropriate.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Determine appropriate in-service days in which teachers will receive staff development related to the importance of physical activity.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Percentage of teachers who report integrating physical activity in to lessons compared to the previous school year.</li> <li>Ongoing review of lesson plans</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Varied</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li></li> </ul>

<b>GOAL:</b> The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
<b>Objective 1: The district will make district facilities available for community use outside of the school day.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>SISD Secondary Athletics</p> <p>The district will work cooperatively with local youth sports and other groups to provide opportunities for students to participate in physical activity outside the school day.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Ongoing relationship with local youth sports associations.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>District facilities</li> <li>Board Policy regarding facility use</li> </ul>

<b>GOAL:</b> 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.	
<b>Objective 1: The district and campuses will provide training and activities for employees to support life-long fitness and wellness.</b>	
Action Steps	Methods for Measuring Implementation
Each campus will plan and carry-out at least one activity to promote fitness and/or wellness for staff, such as Biggest Loser.	Resources needed: <ul style="list-style-type: none"> <li>List of different activities</li> <li>Vary by activity</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Employee interest</li> </ul>

<b>GOAL:</b> The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.	
<b>Objective 1: Each campus will offer at least one event annually either during or outside of normal school hours that involves physical activity and includes both parents and students in the event.</b>	
Action Steps	Methods for Measuring Implementation
Develop a list of ideas to submit to campus administrators to meet this objective.  Assign staff to organize the event.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Self-reports of campus administrators about the events.</li> <li>Participation rates from year to year</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Dissemination of a list to send to campus administrators</li> <li>Timeline and mechanism for the self-report about the events</li> <li>Informational materials about the event to distribute to students and parents</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Staff time</li> <li>Participation may be low</li> </ul>

<b>GOAL:</b> 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.	
<b>Objective 1: Inform the community of the facilities that are available for use outside of the school day by posting appropriate signage.</b>	
Action Steps	Methods for Measuring Implementation
Encourage the parents, staff, and community to use the school track for walking, jogging or running.	Resources needed: <ul style="list-style-type: none"> <li>Track open</li> </ul> Obstacles <ul style="list-style-type: none"> <li>Inclement weather</li> </ul>

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.

***[Coordinate the goals listed in this section with those listed in FFA(LOCAL).]***

<b>GOAL:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. <b><i>[Two studies regarding recommended seat time for children to eat meals are available at <a href="http://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/bergman2.asp">http://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/bergman2.asp</a> and <a href="http://www.andjrnl.org/article/S2212-2672(15)01248-4/fulltext.">http://www.andjrnl.org/article/S2212-2672(15)01248-4/fulltext.</a>]</i></b>	
<b>Objective 1: Campus cafeterias will be appealing, clean, safe and a comfortable space for students.</b>	
Action Steps	Methods for Measuring Implementation
Campuses schedule multiple lunch periods to ensure time and space for all students.  Custodians are working in cafeterias during service times to ensure clean and safe envi-	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Ongoing of monitoring by campus staff</li> </ul>

<p>ronments.</p> <p>At least one administrator will be on duty at all times during these times.</p>	
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<p><b>GOAL:</b> The District shall promote wellness for students and their families at suitable District and campus activities.</p>	
<p><b>Objective 1: At each athletic event sponsored by the District at which food and beverages are sold, a concession vendor or fund-raising organization will offer at least one food and beverage that meets the Smart Snacks standards when possible.</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Communicate this objective with appropriate organizations and booster clubs responsible for sales in the District.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Self-reports by administration whether this standard was met consistently during the year on the campus</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>A list of Smart Snacks compliant foods and beverages to distribute to organizations and booster clubs that are responsible for concession sales</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Difficult to actively and accurately measure</li> </ul>

<p><b>GOAL:</b> The District shall promote employee wellness activities and involvement at suitable District and campus activities.</p>	
<p><b>Objective 1:</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Annual immunization clinic will take place each fall to provide access to all employees.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>The number of employees who utilized this benefit</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Cooperation of principals</li> </ul>

