

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

WELLNESS PLAN	<p>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]</p>
STRATEGIES TO SOLICIT INVOLVEMENT	<p>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 personnel, 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:</p> <ol style="list-style-type: none">1. <i>Formally requesting participation and providing contact information of person(s) responsible for the oversight of the District’s SHAC and wellness policy and plan development.</i>2. <i>Publicizing the opportunity to engage in matters of the SHAC on the website and in other district publications</i>
IMPLEMENTATION	<p>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.</p> <p>The Superintendent 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.</p>
EVALUATION	<p>In accordance with law, the District will periodically measure and make available to the public 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. Absent federal regulations to the contrary, the District commits to the evaluation activities described below.</p> <p>At least annually, the SHAC will prepare a report on the wellness policy and this plan by gathering information from each principal</p>

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and appropriate District administrators. The SHAC will assess the District's and each campus's progress toward meeting the goals of the policy and plan by reviewing District- and campus-level activities and events tied to the wellness program.

The SHAC may use one or more of the following tools for that analysis:

- A comprehensive review of district and campus-level activities and events tied to the wellness program.
- Stakeholder input
- Annual audits to measure alignment with defined actions steps, available resources and specified evidence of success.

PUBLIC
NOTIFICATION

To comply with the legal requirement to inform and update the public about the content and implementation of the local wellness policy, the District will maintain 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. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's annual report on the District's wellness policy and plan; 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 the Chief Financial Officer, the District's designated records management officer.

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

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School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that the District establish nutrition guidelines for foods made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, 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 school day is defined as the time period beginning at midnight until 30 minutes after the last bell.

FOODS 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>

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).]

The District will allow the following exempted fundraisers for the 2016-17 and 2017-18 school years:

Campus or Organization	Food / Beverage	Number of Days
Lackland Elementary School	Food and Beverages	6 days
Stacey Jr./Sr. High School	Food and Beverages	6 days

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FOODS MADE
AVAILABLE

There are currently no federal requirements for foods or beverages made available to students during the school day. 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).]

The district will share with parents and grandparents the preference for pre-packaged and store bought materials that identify ingredients to ensure the safety of students with food related allergies.

In addition, the District provides that with the exception of exemption days, foods and beverages made available to students shall be approved by the campus principal. Students will not have access to vending machines containing items that are not considered smart snacks.

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.

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:

Action Steps	Methods for Measuring Implementation
The school district will display posters and wall art in the cafeteria, classrooms, and hallways that promote nutritional eating habits and overall healthy lifestyles.	Resources needed: <ul style="list-style-type: none"> • Posters • Schedule for postings

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	<p>Evidence of Success:</p> <ul style="list-style-type: none"> • Artifacts of posted materials
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<p>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.</p>	
<p>Objective 1:</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Nutrition information will be posted on the district website.</p>	<p>Resources needed:</p> <ul style="list-style-type: none"> • Annual SHAC assessment tool <p>Evidence of Success:</p> <ul style="list-style-type: none"> • Documentation of postings

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.]

For compliance with the state requirement to implement TEA-approved coordinated school health programs, the District will implement *The Great Body Shop* for students in kindergarten through eighth grades.

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

<p>GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p>	
<p>Objective 1:</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Ensure full implementation of Texas Education Agency (TEKS) objectives in science, health, and physical education.</p>	<p>Resources needed:</p> <ul style="list-style-type: none"> • TEKS based activities (example: Teach-Healthier App.) <p>Evidence of Success:</p> <ul style="list-style-type: none"> • Lesson Plans • Artifacts of activities

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:	
Action Steps	Methods for Measuring Implementation
Ensure implementation of nutrition education in activities and other related curriculum offerings.	<p>Resources needed:</p> <ul style="list-style-type: none"> List of planned activities and nutrition related opportunities to include National School Breakfast Week, National Nutrition Month, Eagle to Eagle Café, and the culinary arts program. <p>Evidence of Success:</p> <ul style="list-style-type: none"> Logs and artifacts of activities offered

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:	
Action Steps	Methods for Measuring Implementation
Identify food service and instructional personnel to receive training specific to their assignments.	<p>Resources needed:</p> <ul style="list-style-type: none"> Allocation of time to complete training Training appropriate to identified needs Funds to compensate hourly employees for completion of training and professional development outside of their duty schedule, as appropriate <p>Evidence of Success:</p> <ul style="list-style-type: none"> Professional development agendas SafeSchools training logs
Objective 2:	
Action Steps	Methods for Measuring Implementation
Identify opportunities to provide intentional instruction and discussions about age-appropriate health and nutrition practices throughout all academic areas.	<p>Resources needed:</p> <ul style="list-style-type: none"> Scope and Sequence documents that show when instruction will be provided

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	<ul style="list-style-type: none"> • Toolkit of appropriate activities (Teach-Healthier app for teachers, Great Body Shop) <p>Evidence of Success:</p> <ul style="list-style-type: none"> • Artifacts of completed activities • Lesson plans
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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.]

Students will meet the required physical activity minutes in assigned physical education classes. Elementary students will receive according to campus schedule either a minimum of 30 minutes of daily physical activity or 135 minutes of physical activity weekly. Secondary students will enroll in a physical education or athletics course for at least four semesters at the middle school level.

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:	
Action Steps	Methods for Measuring Implementation
Continue the practice of providing open gym and also vary activities bi-weekly.	<p>Resources needed:</p> <ul style="list-style-type: none"> • Teacher and staff supervision • Schedule reflecting open gym opportunities <p>Evidence of Success:</p> <ul style="list-style-type: none"> • Logs of student participation per activity

GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Encourage the use of fitness tracking devices and other logs to record engagement in physical activities.	Resources needed: <ul style="list-style-type: none"> • Fitness tracking devices/logs • Opportunities and methods for collecting and publishing data Evidence of Success: <ul style="list-style-type: none"> • Participation Logs
Objective 2:	
Action Steps	Methods for Measuring Implementation
Provide strategies and a bank of activities that incorporate movement decreasing prolonged periods of being sedentary.	Resources needed: <ul style="list-style-type: none"> • Time • Bank of Activities Evidence of Success: <ul style="list-style-type: none"> • Identified opportunities used to increase physical activity during instructional blocks and transitions
Objective 3:	
Action Steps	Methods for Measuring Implementation
Implement strategies to encourage students to engage in physical activity during recess.	Resources needed: <ul style="list-style-type: none"> • Bank of strategies • Supplies (jump ropes, balls, etc.) • Identified areas for physical activity Evidence of Success: <ul style="list-style-type: none"> • Artifacts of student participation in physical activity during recess • Emphasis on the importance of not taking recess away as a punishment or for work completion.

GOAL: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for District employees and students.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Incorporate brain based and physical activities into staff training and professional development opportunities emphasizing the need to make it a natural part of our practice.	<p>Resources needed:</p> <ul style="list-style-type: none"> • Time in professional development schedule • Posters of activities for teachers to use in their classroom <p>Evidence of Success:</p> <ul style="list-style-type: none"> • Artifacts of training and professional development offerings

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:	
Action Steps	Methods for Measuring Implementation
Continue practice of offering physical fitness related family engagement activities such as PTSO skate parties, fun runs, and walk-a-thons.	<p>Resources needed:</p> <ul style="list-style-type: none"> • Encouraged use of incentives appropriate to grade level. • Calendar of opportunities. <p>Evidence of Success:</p> <ul style="list-style-type: none"> • Participation logs and artifacts

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 for use outside the school day.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Post and publicize the opportunity for community use of recreational facilities during	<p>Resources needed:</p> <ul style="list-style-type: none"> • Website posting

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<p>non-school hours and scheduled activities on the district website and in other prominent places.</p>	<ul style="list-style-type: none"> • E-newsletter publications • Maintenance of equipment <p>Evidence of Success:</p> <ul style="list-style-type: none"> • Artifacts of community use • Artifacts of postings
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<p>GOAL: The District shall daily provide for elementary school students the appropriate time, supervision, facilities, and equipment necessary for a safe, productive, unstructured, and enjoyable recess period when weather and modified schedules permit.</p>	
<p>Objective 1:</p>	
<p style="text-align: center;">Action Steps</p>	<p style="text-align: center;">Methods for Measuring Implementation</p>
<p>Publish a recess schedule that identifies time and location of recess for each class.</p>	<p>Resources needed:</p> <ul style="list-style-type: none"> • Master schedule • Appropriate number of recess areas • Teacher collaboration to determine use of specific recess locations <p>Evidence of Success:</p> <ul style="list-style-type: none"> • Student engagement in recess • Teacher full implementation of schedules
<p>Objective 2:</p>	
<p style="text-align: center;">Action Steps</p>	<p style="text-align: center;">Methods for Measuring Implementation</p>
<p>Provide resources for equipment to allow for physical activity options at recess</p>	<p>Resources needed:</p> <ul style="list-style-type: none"> • Budget to maintain and add new equipment <p>Evidence of Success:</p> <ul style="list-style-type: none"> • Teacher use of budget allocations to secure materials relevant to their students

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:	
Action Steps	Methods for Measuring Implementation
Master schedules allots 30 minutes for lunch a minimum of 15 minutes of this time will be used for food consumption.	Resources needed: <ul style="list-style-type: none"> • Master schedule Evidence of success: <ul style="list-style-type: none"> • Student use of time

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Share and encourage staff engagement in wellness activities such as District yoga and cardio exercise opportunities, fitness challenges, and Wellness Wednesday publications.	Resources needed: <ul style="list-style-type: none"> • Funds • Continued Wellness Wednesday Publications Evidence of Success: <ul style="list-style-type: none"> • Staff Participation
Objective 2:	
Action Steps	Methods for Measuring Implementation
Ensure availability of appropriate exercise facilities by upgrading staff exercise room facilities	Resources needed: <ul style="list-style-type: none"> • Funds to fix, upgrade, and update equipment Evidence of Success: <ul style="list-style-type: none"> • Staff use • Maintenance logs

Objective 3:	
Action Steps	Methods for Measuring Implementation
Identify alternative spaces for staff engagement in physical activity	<p>Resources needed:</p> <ul style="list-style-type: none"> • Availability of spaces • List of potential spaces to include the TRAC, Lyon Center, cafeterias, etc. <p>Evidence of Success:</p> <ul style="list-style-type: none"> • Staff participation logs • List of spaces utilized
Objective 4:	
Action Steps	Methods for Measuring Implementation
Explore the ability to provide discounts or full gym memberships to teacher and staff to meet the needs of individuals opposed to exercising at work.	<p>Resources needed:</p> <ul style="list-style-type: none"> • Funding • Contact gymnasiums and make a list of available discounts • Determine level of interest on the part of staff <p>Evidence of Success:</p> <ul style="list-style-type: none"> • Staff use