

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	<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 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:</p> <ol style="list-style-type: none"><li data-bbox="560 947 1435 1052">1. Posting on the District’s website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.</li><li data-bbox="560 1073 1435 1276">2. Listing in the student handbook the District officials responsible for oversight of the District’s wellness policy and plan along with an invitation to contact those persons with questions or to communicate interest in participating in the development, implementation, and evaluation of the wellness policy and plan.</li></ol>
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 executive directors of Student Services, Elementary Education, and Secondary Education as well as the Director of Support Services are the District officials 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>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</p>

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 WellSat 2/0 (wellsat.org)*
- *Relevant portions of the CDC’s School Health Index (<http://www.cdc.gov/healthyschools/shi/index.htm>)*
- *A district 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 program. Questions may be directed to the Deputy Superintendent, 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	<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 data-bbox="555 1602 1382 1665">• <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 data-bbox="555 1686 1414 1749">• <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 data-bbox="555 1770 1390 1879">• <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)]

The District will allow up to six exempted fundraisers per school year.

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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 will abide by all Smart Snack Food regulations and all United States Department of Agriculture (USDA) and Texas Department of Agriculture (TDA) regulations.

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.

The SHAC will monitor this by soliciting a compliance report from the Child Nutrition department prior to each meeting.

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 gym-

nasiums, 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: Nutrition staff will increase communication regarding nutrition to all stakeholders.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ol style="list-style-type: none"> <li>1. Provided printed menus</li> <li>2. Include nutrition messages on the district website</li> <li>3. Provide nutrition posters and signage in all district cafeterias, classrooms, hallways, and restrooms</li> </ol>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Review mid-semester for compliance</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Funds for posters, signs</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Time to get all signage in place</li> </ul>

<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.	
<b>Objective 1: Develop webpage promoting nutrition.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ol style="list-style-type: none"> <li>1. Nutritional analysis on WISD Child Nutrition site</li> <li>2. Include links to USDA and TDA websites</li> </ol>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Review mid-semester for compliance</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Assignment of responsible person</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>•</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]

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: 100% of students enrolled in Physical Education and Health classes will receive nutrition instruction.</b>	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> <li>1. Develop approved materials</li> <li>2. Integrate into PE/Health curriculum</li> </ol>	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Curriculum</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Time for training</li> </ul>

<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.	
<b>Objective 1: Train all PE and Health teachers regarding nutrition education program.</b>	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> <li>1. Develop curriculum</li> <li>2. Provide training on district professional development days that aligns with nutrition education goals and resources.</li> </ol>	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Curriculum; training resources</li> </ul> Obstacles:

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:

- Elementary students shall participate in moderate or vigorous daily physical activity for at least 30 minutes throughout the school year through physical education classes or recess.
- Students in grades 6-8 must enroll in four semesters of course work that involves moderate or vigorous physical activity such as physical education class or athletics.
- *Students in grades 9-12 must enroll in two semesters of physical education or its equivalent.*

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.

<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: WISD will identify at least 3 activities that will promote fitness activities for all students?</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Secondary: 1. Provide options for physical activity during the lunch period.  Elementary: 2. Provide recess for all students 3. Promote fun runs at participating campuses.	Baseline or benchmark data points: • Current status  Resources needed: • Materials  Obstacles: • Supervision needs; safety
<b>Objective 2: 100% of students will have access to drinking water at all times during the school day</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
1. Ensure that all water fountains are working. 2. Promote water accessibility in all classrooms 3. Educate teachers on this goal 4. Expand filtered water stations	Baseline or benchmark data points: • Current status  Resources needed: • Funds for filtered water stations  Obstacles: •

<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: Promote brain breaks that incorporate fitness and movement into the academic portion of the day.</b>	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> <li>1. Train staff on importance of brain breaks.</li> <li>2. Create brain break resource list for different grade levels</li> <li>3. Integrate the resource list into current curriculum documents</li> </ol>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>•</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Brian break resource list</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Time to construct this list</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: Communicate to stakeholders the availability of district facilities.</b>	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> <li>1. Develop communication.</li> <li>2. Post this information on district website</li> </ol>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>•</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Communication messages; procedures</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Actual availability of facilities</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.

<b>GOAL:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
<b>Objective 1:</b> All campuses will build their master schedules to allow for at least 10 minutes to eat breakfast and 15 minutes to eat lunch from the time the student receives his/her meal and is seated.	
Action Steps	Methods for Measuring Implementation
1. Evaluate current meal time allowances by campus and work with administrators to make necessary adjustments?	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Number of campuses that currently meet the standard</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Average time it takes for a student to receive and meal and be seated</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Constraints of master schedules</li> </ul>

<b>GOAL:</b> The District shall promote wellness for students and their families at suitable District and campus activities.	
<b>Objective 1:</b> All campuses will integrate at least one wellness component in one family night activity during the school year.	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> <li>Incorporate wellness component at any Fun Run or Movie Night.</li> <li>Create a wellness event for the whole district.</li> </ol>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Number of events that currently meet the standard</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Wellness information</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Constraint of appropriate events</li> </ul>