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:

1. Posting on the District’s website the dates and times of SHAC meetings the wellness policy and plan will be discussed
2. Listing on the District’s website the name and position of the person responsible for oversight of the District’s wellness policy and plan along with an invitation to contact that person if the reader is interested in participating in the development, implementation, and evaluation of the wellness policy and plan.

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 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.”

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

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 Well SAT 2.0 (www.wellsat.org)
* Relevant portions of the Center for Disease Control’s School Health Index

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.

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 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

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.

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.

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 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> (see the Complete *Administrator Reference Manual* [ARM], Section 20, Competitive Foods)

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)]

*[Determine whether exemptions will be allowed for fundraisers involving food that is not Smart Snacks compliant.]*

The District will allow the following exempted fundraisers for the 2017\_–2018\_\_ school year:

| **Campus or Organization** | **Food / Beverage** | **Number of Days** |
| --- | --- | --- |
| NA |  |  |
| NA |  |  |

**OR**

The District will not allow exempted fundraisers; all fundraisers will include nonfood items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

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: Any outside food made available to students must be approved by the campus principal.

Middle/junior high school: Any outside food made available to students must be approved by the campus principal.

High school: Any outside food made available to students must be approved by the campus principal.

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.

The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

The SHAC will monitor this by:

1. Reviewing compliance at one of the spring SHAC meetings each school year, where school Administration will provide an annual update on Smart Snacks advertising compliance.

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.

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| **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: Wildorado ISD will strive to promote the school nutrition program through a variety of methods.** |
| **Action Steps** | **Methods for Measuring Implementation** |
| 1. Morning Announcements
2. Fliers sent home
3. On the District website
4. Send home menus each month and posted on district website
 | Baseline or benchmark data points:* Participation rates in federal child nutrition programs at the beginning, middle, and end of the school year.

Resources needed:* Ensure the current menu is available for morning announcements
* Development of fliers
* Development of information for website
* Menus sent home with each student each month

Obstacles:* Fliers and menus do not reach parents
* Negative perceptions of school meals
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| **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. |
| **Objective 1: At least once per semester, a newsletter promoting health and nutrition will be distributed by Wildorado ISD** |
| **Action Steps** | **Methods for Measuring Implementation** |
| 1. SHAC newsletter will be made that includes information that promotes relevant health and wellness topics for students, staff and families at least once per semester.
 | Baseline or benchmark data points: * Number of times per year the newsletter is made and method of distribution.
* Keep copies of newsletter on file.

Resources needed:* Someone to write the newsletter in a professional and accurate manner.

Obstacles:* Newsletter may not reach parents
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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 services and health educa tion component through instruction of the essential knowledge and skills related to nutrition and health and the CATCH program, a program approved by the Texas Education Agency, in the District’s physical education, health education and science courses*.*

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

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| **GOAL:** The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors. |
| **Objective 1: The District will utilize CATCH coordinated health curriculum in grades K-8th.** |
| **Action Steps** | **Methods for Measuring Implementation** |
| 1. Distribute Health Facts Friday literature
2. Devise a method for coordinated delivery across all age groups.
3. Reach For Greatness
 | Baseline or benchmark data points:* Staff self-report compliance with delivery of Health Facts

Resources needed:* Presentation of teaching materials provided to all staff grades K-8
* Staff member to coordinate delivery of education

Obstacles:* Ensuring that Reach for Greatness and Health Facts Friday materials is seen as a priority in the education of students
* Staff and time to coordinate delivery of HFF and R4G across all areas
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| **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: Nutrition promotion will be displayed and visible in high-traffic areas such as in the cafeteria in a visually pleasing manner.** |
| **Action Steps** | **Methods for Measuring Implementation** |
| 1. Ensure signage and posters in the cafeteria and high traffic areas are visually pleasing and provide positive nutrition promotion.
2. Utilize the SHAC Newsletter for nutrition promotion.
 | Baseline or benchmark data points:* Assessment of signage in cafeteria to ensure it is in good shape and changed for variety as often as possible.

Resources needed:* Signage that is visually pleasing and in good shape.

Obstacles:* Finding time to develop and display materials
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| **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: The District will ensure access to trainings and literature that will facilitate the proper deliverance of the nutrition program.**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| 1. Ensure classes/workshops are utilized.
 | Baseline or benchmark data points:* Assessment of enrollment in workshops/classes to ensure utilization of resources.

Resources needed:* Listings of upcoming workshops/classes.

Obstacles:* It may be difficult to attend on certain dates, no substitutes to cover.
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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.]

The following addresses how the District meets the required amount of physical activity:

* The District shall require students in kindergarten through grade 5 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 campus’s daily recess.
* If the District determines, for any particular grade level, that requiring moderate or vigorous daily physical activity is impracticaldue to scheduling concerns or other factors, the District may as an alternative require a student in that grade level to participate in moderate or vigorous physical activity for at least 135 minutes during each school week.
* The District must provide an exemption for a student who is unable to participate in the required physical activity because of illness or disability.
* The District shall require students in grades 6-8 to participate in moderate or vigorous physical activity for at least 30 minutes for at least six semesters during those grade levels as part of the district’s physical education curriculum.
* The District may as an alternative require a student enrolled in a grade level for which the district uses block scheduling to participate in moderate or vigorous physical activity for at least 225 minutes during each period of two school weeks*.*

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.

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| **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: The District will provide opportunities outside of Physical Education classes to be active.** |
| **Action Steps** | **Methods for Measuring Implementation** |
| Encourage teachers, staff, principals, and student organizations to offer opportunities to be active outside of PE when possible:* Bike Safety Day
* Elementary Track Meet
* Extra Recess Reward
* Physical Activity breaks in the classrooms
* Adding Physical Activity to a Field Trip- Free play at the park, hiking etc.
 | Baseline or benchmark data points:* Documentation of extra opportunities provided to be active outside of PE

Resources needed:* Administrator, Principal and classroom teacher support
* Method to document

Obstacles: * It may be difficult to accurately document every opportunity provided to students.
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| **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 outside the school day. |
| **Objective 1: Inform the community of the facilities that are available for use outside of the school day by including in at least one District or campus publication, by posting information on the District’s website, or through the use of appropriate signs.** |
| **Action Steps** | **Methods for Measuring Implementation** |
| Create wording to be used in a publication or on the website. Create wording to be used on posting in certain facilities. | Baseline or benchmark data points:* Documentation of publications, website postings, and signs verifying that the information was communicated.

Resources needed:* A list of types of locations of facilities that are available for use in the District

Obstacles:* Measuring how many people use the facilities
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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.

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| **GOAL:** The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. |
| **Objective 1: All campuses will build their master schedule to allow for at least 10 minutes to eat breakfast and 20 minutes to eat lunch; from the time a student receives his or her meal and is seated.** |
| **Action Steps** | **Methods for Measuring Implementation** |
| Evaluate current mealtime allowances by each campus.Work with campus administrators to adjust master schedules as necessary. | Baseline or benchmark data points:* Documentation if each campus currently meets the standard compared to the previous year.

Resources needed:* Average time it takes for students to receive a meal and be seated.

Obstacles:* Master schedules take into account several issues, only one of which will be meal times.
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| **GOAL:** The District shall promote employee wellness activities and involvement at suitable District and campus activities. |
| **Objective 1: The District will encourage staff to participate in wellness activities.** |
| **Action Steps** | **Methods for Measuring Implementation** |
| The SHAC will offer, through coordination by the school nurse, a wellness challenge each school year for staff members that wish to participate. | Baseline or benchmark data points:* Number of staff members that participate

Resources needed:* Funding
* Support of administrators/principals

Obstacles:* Not all staff will participate
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