

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 at which the wellness policy and plan are scheduled to be discussed.
2. Allow principals to submit names of parents and community members to assist in the process.

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 Executive Director of School Nutrition 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

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.

At least biannually, the SHAC will prepare a report on the wellness policy and this plan by gathering information from each principal 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 any of the following tools for that analysis:

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

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. 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
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 Records Management Administrator, the District's designated records management officer.

GUIDELINES AND  
GOALS

The following provisions describe the District's nutrition guidelines, 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, 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.

FOODS SOLD

The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold or given away to students during the school day, the District will comply with the federal requirements for competitive foods. 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>

The District has also incorporated the following stricter standards that are not prohibited by federal or state law:

No product using onsite frying as a method of preparation will be permitted for either school meals, a la carte or competitive foods. Foods that have been flash fried by the manufacturer will be baked or heated by another method.

Trans-fat information will be requested on all product specifications to assist the district in reducing the amount of products containing trans fats to a goal of zero trans-fat.

All snack items sold will contain less than 200 calories, less than 230 milligrams sodium, less than 35 percent of weight from total sugars, and less than 35 percent total fat/ less than 10 percent saturated fat/ no trans-fat.

FMNV (foods of minimal nutritional value as defined by USDA) and all forms of candy may not be sold or distributed to students during the school day.

**Other:**

Fruit and/or vegetables will be offered daily on all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits will be packed in natural juice, water or light syrup.

Schools must offer one percent or skim milk at all points where milk is served.

In addition, the District has also incorporated the following grade level specific standards:

**Elementary School:**

French fries and other fried potato products must not exceed three ounces per serving and may not be served more than once per week in elementary school. Only one serving may be purchased at a time.

Elementary schools must serve only milk, unflavored water and 100 percent fruit and/or vegetable juice. No electrolyte beverages may be served or sold.

All elementary school campuses may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises until 30 minutes after the last scheduled class. This does not pertain to food items made available by the School Nutrition Services. Food items may not be purchased from School Nutrition Services and then redistributed to students. Competitive foods may not be distributed to students in the afterschool program until after the district provided snack has been served.

Elementary schools may allow one nutritious snack during the school day under the teacher's supervision. The snack may be in the morning or afternoon but may not be at the same time as the regular meal periods for that class. The snack may be provided by school nutrition services, the teacher, parents or other groups and should be of no cost to students.

The snack may not contain any FMNVs or consist of candy or dessert type items (cookies, cakes, cupcakes pudding, ice cream or frozen desserts). Please see Attachment 1 for a list of recommended snacks.

### **Middle School:**

French fries and other fried potato products must not exceed three ounces per serving and no more than three times per week. Only one serving may be purchased at a time.

All middle school campuses may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises until 30 minutes after the last scheduled class. This does not pertain to food items made available by the School Nutrition Services. Food items may not be purchased from School Nutrition Services and then redistributed to students.

Middle schools may allow one nutritious snack during the school day under the teacher's supervision. The snack may be in the morning or afternoon but may not be at the same time as the regular meal periods for that class. The snack may be provided by School Nutrition Services, the teacher, parents or other groups and should be of no cost to students.

The snack may not contain any FMNVs or consist of candy or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts). Please see Attachment 1 for a list of recommended snacks.

### **High School:**

High Schools may not serve or provide access to FMNV during the school day.

Beverages made available through vending machines on high school campuses will be limited to plain water, calorie-free flavored water or tea, 100% fruit or vegetable juice, low-fat or fat-free milk, and low-calorie electrolyte beverages.

French Fries and other fried potato products must not exceed three ounces per serving, and students may only purchase one serving at a time.

High schools may not serve or provide access to competitive foods during meal service. This does not pertain to food items made

available by the Department of School Nutrition Services. Food items may not be purchased from School Nutrition Services and then be redistributed to students.

**FOODS MADE  
AVAILABLE**

There are 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)]

**GUIDELINES FOR FOOD AND BEVERAGES AT CLASSROOM  
PARTIES OR SCHOOL CELEBRATIONS**

**ELEMENTARY SCHOOLS**

**Classroom Birthday Parties**

Birthdays are encouraged to be celebrated with non-food items or special school recognitions. Campuses are encouraged to celebrate birthdays on a monthly basis. If food is used as part of the event these guidelines should be followed:

Birthday parties must be celebrated during the last period of the day.

Activity must first be coordinated with child's teacher.

Food must be either commercially prepackaged or prepared in a licensed facility. No items may be cooked or prepared at home. Food items offered should be healthy, low-fat items. Food items offered are to be individual portions such as snack-size bags or granola bars. Items that are temperature sensitive are not allowed. Please see Attachment 1 for a list of recommended snacks.

**ELEMENTARY AND MIDDLE SCHOOLS**

**After School Snacks:**

Students should be offered only one after school snack per day. All snacks must be consumed on site. Food will not be accepted from outside sources for distribution to students (parties, holidays, etcetera).

EXCEPTIONS

Schools may have **no more than two** special event days per year. These school events are to be determined by the school principal at the beginning of the school year. Breakfast and lunch must still be available to all students.

The District will not allow exempted fundraisers during the school day; all fundraisers during the school day will include nonfood items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school. Note: The “school day” includes 30 minutes after the last bell for elementary and middle school purposes.

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, and monitoring the types of foods and beverages made available to students during the school day.

**Nutritional Analysis:**

Nutritional analysis and nutrient information will be conducted on the breakfast and lunch menu for elementary, middle and high school and will be posted on the District website.

**Food Safety:**

All food distributed or sold to students must be prepared in a licensed facility.

In special circumstances when food is prepared in the classroom, teachers are responsible to insure the food safety of products prepared in the classroom. Teachers are responsible for enforcement of food sanitation principles to include: adequate handwashing facilities, temperature control for heating, reheating and cooling.

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.

<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: Develop a mobile app to educate parents and students on identifying healthy choices in the cafeteria</b>	
Action Steps	Methods for Measuring Implementation
Work with software company to develop an app that communicates nutrition information, allergens, and pictures of menu items	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Research software vendors</li> <li>Talk to districts using a similar app</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Funding for development and maintenance of app</li> <li>Staff to enter nutrient information into software</li> <li>Staff to enter nutrient information into software</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Cost</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: Promote healthy choices in the school cafeterias</b>	
Action Steps	Methods for Measuring Implementation
Provide students and families with nutritional information for all cafeteria items	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Percent of stakeholders that are requesting nutrition information</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Software to analyze menu items</li> <li>Website to display information</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Limited internet access for some families</li> </ul>



Objective 2: Provide activities outside of school hours to promote wellness	
Action Steps	Methods for Measuring Implementation
Campuses provide wellness events for students, families, and community members	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Number of campus wellness events currently being held annually</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Vendors to set up booths</li> <li>Volunteers to organize events</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Low attendance and participation</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 utilizes CATCH (Coordinated Approach To Child Health) to fulfill the STATE required coordinated school health program. Elementary Health is taught in a classroom setting and middle school health is taught in the required 6<sup>th</sup> grade health course.***

School district will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

Campuses will host at least one event, such as a health fair, to educate and promote to their students and their families the benefits of healthy lifestyle choices.

*Students in grades pre-kindergarten through grade 12 will receive nutrition education that provides the knowledge they need to adopt healthy lifestyles.*

*Kindergarten through grade 5 will teach the Texas Essential Knowledge and Skills for health through campus implementation plans for their coordinated school health program which is in accordance with state and district board policies.*

*Students in grades 6 will be required to take a one-semester health course.*

*Beginning the 2013-14 school year, students in grade 9 and beyond must take a one-semester health course which is in accordance with local graduation requirements.*

*Students cannot be exempt or test-out for their health credit.*

*Health classes will have similar student/teacher ratios as other classes.*

*Secondary level health maximum: 1 teacher to 32 students.*

*Secondary level health classes will be taught by state-certified health instructors. The Healthy Lifestyles course will be taught by state-certified physical education and health instructors.*

*Each K -12 campus will have a coordinated wellness team that meets at least once a semester to address health and wellness issues and the implementation of the wellness policy on the campus. Members of the health team should include: Elementary/Middle School: Coordinated Approach To Child Health (CATCH) team + nurse. High School: School nurse, Physical Education teachers, School Nutrition/Cafeteria representative, parent, health teacher, science teacher, counselor, and administrator.*

*Each year, campuses will provide at least one nutrition education in-service for their staff.*

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: Offer health and nutrition components at all grade levels</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Provide health and nutrition materials to teachers at all program levels to incorporate as needed.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Elementary – how many teachers are utilizing the materials?</li> <li>• Secondary – what percentage of time is devoted to nutrition education?</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Educational materials</li> <li>• Appropriate training for teachers</li> </ul> <p>Obstacles:</p>

	<ul style="list-style-type: none"> <li>• Not enough time for teaching at the elementary level</li> </ul>
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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: After school program (KIN) staff will receive training in nutrition education**

Action Steps	Methods for Measuring Implementation
Provide CATCH training to all KIN staff	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Number of KIN employees currently CATCH trained</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• CATCH materials</li> <li>• Trainer</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Staff turnover</li> <li>• Training time</li> </ul>

**Objective 2: KIN staff will incorporate nutrition education during weekly lessons**

Action Steps	Methods for Measuring Implementation
<p>Establish expectations for KIN staff to select at least one nutrition education lesson weekly</p> <p>Review lesson plans to ensure that nutrition education is being taught weekly</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Review prior lesson plans to know how often nutrition education lessons were taught</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• CATCH lesson book</li> <li>• CATCH training</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Not all staff are CATCH trained</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: Update nutrition education curriculum to include the new Dietary Guidelines.</b>	
Action Steps	Methods for Measuring Implementation
Review current curriculum to determine what needs to be updated	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Assess teacher knowledge of current guidelines</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>2015 Dietary Guidelines</li> <li>Staff training</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Time for training</li> </ul>
<b>Objective 2: Provide training to staff on curriculum once annually.</b>	
Action Steps	Methods for Measuring Implementation
Review updated guidelines and present them in an easy way to understand	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Survey staff to determine where the greatest deficiency lies in nutrition knowledge</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Updated materials</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Staff buy in</li> <li>Time to train</li> </ul>

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.]

Coordinated School Health programs will promote the benefits of physical activity and healthy lifestyle choices. Information will be provided to families to help them make healthy choices and incorporate physical activity into their daily routines. Core content and

elective teachers will be encouraged to build student's capacity for learning through movement and physical activity

Time allotted for moderate to vigorous physical activity will be consistent with state standards and District Board Policy and Regulations, to include at a minimum:

Elementary (K-5): 30 minutes daily or 135 minutes weekly of structured physical activity as part of the PE curriculum

Middle School (6-8): 30 minutes daily for four semesters. Students shall complete one-semester each year (6-8) with the fourth semester flexible (complete anytime during 6-8).

High School: Two – ½ credits (1 credit total) of physical education

All medical exemptions and substitutions for middle and high school will be in accordance with District Board policy and State mandates.

Schools will not remove or pull students from physical education classes unless for administrative reasons such as discipline issues or counseling issues.

All physical education courses will be taught by state-certified physical education instructors who participates in professional staff development opportunities that are aligned with district requirements.

Physical education classes will have student/teacher ratio similar to others.

Elementary maximum: 1 teacher to 44 students

Middle School maximum: 1 teacher to 40 students

High School Maximum: 1 teacher to 40 students

District Physical Education Schedule Guidelines will be implemented to ensure that students enrolled in physical education classes receive regular, age-appropriate physical education. Physical education courses will be an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.

All students enrolled in physical education classes or physical education substitution classes in grades 3 – 12 will participate in fitness testing using the state approved assessment tool. Fitness test results will be shared with the parents.

Physical education courses will provide instruction that meets the Texas Essential Knowledge and Skills and national standards. Adequate equipment is available for all students, and safe, appropriate facilities are provided for physical education classes.

Provide a regularly scheduled daily recess at the elementary level that is a minimum of twenty minutes of recess, of which at least 15 minutes is unstructured. The recess cannot be used for punishment, study hall or tutoring.

Schools that choose to have a lunch recess are encouraged to schedule the recess before lunch because it can increase nutrient intake and reduce food waste.

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: 100% of elementary students will participate in some form of activity during the school day.</b>	
Action Steps	Methods for Measuring Implementation
Gather data from elementary campuses to determine what activity time is available to students every day.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• % of campuses meeting goal</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Staff development and campus support to develop and implement campus wide plans</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Weather</li> <li>• Time</li> <li>• Space</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: Professional development will be offered at least twice per year to train staff on the use of available brain break resources.</b>	
Action Steps	Methods for Measuring Implementation
Utilizing the district staff development system, professional development session will be offered.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Number of staff developments offered on brain breaks in the past two years</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Staff</li> <li>Brain Break resources</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Time</li> <li>Informing teachers of trainings</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: Gather best practices from campuses with successful programs</b>	
Action Steps	Methods for Measuring Implementation
Form a diverse district-wide committee of administrators to create an implementation plan for before/after school physical activity programs at every campus.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>What programs currently exist?</li> <li>Which campuses utilize them?</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Campus data</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Time</li> </ul>

**GOAL:** 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.

**Objective 1: Increase staff knowledge in District wellness opportunities**

Action Steps	Methods for Measuring Implementation
Develop a webinar for district employees Website updates	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Does each campus have a wellness team that actually meets?</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Staff to create website or webinar</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Availability of staff to create and update webinar or website</li> </ul>

**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: 100% of campuses will offer community based events that promote physical activity and healthy lifestyles**

Action Steps	Methods for Measuring Implementation
Survey campuses to determine what family events are being offered and if activity and healthy lifestyles education are included.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Percentage of campuses offering health events</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Campus Improvement Committee involvement</li> <li>Campus data</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Budgets</li> <li>Time</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 public about hours of availability</b>	
Action Steps	Methods for Measuring Implementation
Create signage to advertise open hours for each outdoor facility	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Evaluate current signage</li> <li>Establish open hours for public use</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Signs</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Cost</li> </ul>
<b>Objective 2: Ensure gates are unlocked during posted hours</b>	
Action Steps	Methods for Measuring Implementation
Ensure that custodial staff and campus administrators are allowing community access during posted hours	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Community complaints about locked gates during open hours</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Staff commitment and buy-in</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Coordination with after school programs (KIN, athletics)</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> Schools will set schedules that allow a minimum of 10 minutes to eat breakfast and 20 minutes to eat lunch.	
Action Steps	Methods for Measuring Implementation
<p>Review campus meal schedules annually for compliance</p> <p>Make site visits to observe eating time allotment</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Meal schedules</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Adequate dining space and tables</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Facility space available for seating</li> <li>Cafeteria supervision</li> </ul>

<b>GOAL:</b> The District shall promote wellness for students and their families at suitable District and campus activities.	
<b>Objective 1: Campus leadership will promote wellness activities available at the campus</b>	
Action Steps	Methods for Measuring Implementation
<p>Campus administrators will use social media or other announcements to focus on wellness activities</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Number of campuses using social media to promote events</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Social media account</li> <li>Staff trained to post on social media</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Time and planning for event</li> </ul>
<b>Objective 2:</b> School based communications and advertising will be consistent with a message of health and wellness.	
Action Steps	Methods for Measuring Implementation
<p>Student accessible vending machines will not advertise products that are not Smart Snack regulations compliant.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Check all student vending machines for product advertising</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Location of student vending machines</li> </ul>

	<ul style="list-style-type: none"> <li>• Staff</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Working with vendor to make changes</li> </ul>
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<b>GOAL:</b> The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
<b>Objective 1: Increase employee participation in health incentive programs</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Develop promotional curriculum through different channels (email, staff meetings, social media) to encourage participation Award campuses with highest participation	Baseline or benchmark data points: Establish current participation Resources needed: Promotional materials Staff to coordinate communication Obstacles: Employee motivation, time
<b>Objective 2: Increase employee participation in campus wellness activities</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Award campuses with highest employee participation in campus wellness initiatives	Baseline or benchmark data points: Research current campus wellness activities and staff participation levels Resources needed: Survey tool Method to track participation Obstacles: Staff to coordinate activities and track participation

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## ADDENDUM

### WELLNESS POLICY GLOSSARY

1. **After School Program** – KIN (Kids' Involvement Network) is North East ISD's after school program which provides enrichment activities and supervision for elementary and middle school students enrolled in the program.
2. **A La Carte** - Individually priced food items provided by the school food service department. These items may or may not be part of the reimbursable school meal.
3. **CATCH (Coordinate Approach to Child Health)** - The state approved program that the elementary and middle schools are implementing to help meet the state requirements for a coordinated health program.
4. **Competitive Foods** – Foods and beverages sold or made available to students that compete with the school's operation of the National School Lunch Program, which includes the Summer Food Service Program, After School Care Program and School Breakfast Program. This definition includes, but is not limited to, foods and beverages sold or provided in vending machines, in school stores or as part of school fundraisers. School fundraisers include food sold by school administrators or staff (principals, coaches, teachers, etc.), students or students groups, parents or parent groups, or any other person, company or organization.
5. **Coordinated School Health** - Coordinated School Health (CSH) is a systemic approach of advancing student academic performance by promoting, practicing and coordinating school health education and services for the benefit and well-being of students in establishing healthy behaviors designed to last their lifetime ([Texas Department of State Health Services](#)).
6. **FMNV (Food of Minimal Nutritional Value)** – FMNV are defined in federal regulations as having less than 5 percent of the RDA per serving for eight key nutrients (calories, total fat, saturated fat, protein, calcium, iron, vitamin A, vitamin C). These foods have little nutritional value and are restricted by the U.S. Department of Agriculture under the child nutrition programs. Students in all grade levels should not be allowed to have access to FMNV at any time or anywhere on school premises until 30 minutes after the end of the last scheduled class. Examples of FMNV include: diet and regular carbonated drinks, water ices including popsicles, chewing gum, mints, lollipops, cinnamon candies, candy-coated popcorn, jelly beans, and gummy candies. [Foods of Minimal Nutritional Value Resource](#)
7. **Healthy Lifestyles Course** - The course's curriculum is geared toward encouraging healthy lifestyle choices. Personal fitness, mental and physical health issues, the human body and

the functions of the systems, drug abuse, diseases, pollution, nutrition, and human sexuality and abstinence education are among the many topics that are fundamental to this course.

8. **Moderate to vigorous physical activity ([MVPA](#))** – Moderate physical activity could be brisk walking while vigorous physical activity could be jogging.
9. **Party vs. Special Event Differentiation** – Birthday parties are encouraged to be celebrated monthly and must be celebrated during the last period of the day and coordinated with the teacher. If food items are provided at the party, they should be healthy and low-fat foods and must be prepared commercially or in a licensed facility. Food items offered are to be individual portions such as snack-size bags or granola bars. Please see Attachment 1 for a list of recommended snacks. Items that are temperature sensitive are not allowed. Restricted foods like candies and other FMNV are not allowed at birthday parties.

On designated special event days, students may be given FMNV, candy items or other restricted foods during the school day. The special event days must be submitted by the Principal to the Executive Director of School Nutrition. The request must be made in writing and in advance of the designated day. Schools are allowed no more than 2 special event days per school year. During these events, FMNV may not be given during meal times in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students.

10. **Reimbursable Meal** - A meal provided under the National School Lunch Program, which includes the After School Care Program, and/or School Breakfast Program that meets all USDA requirements and guidelines and for which the schools receive reimbursement.
11. **School Day** – The school day definition for USDA Smart Snacks standards begins at midnight and continues until 30 minutes after the end of the last instruction period of the day. The district after school KIN program is considered part of the school day for students enrolled in the program.
12. **SHI (School Health Index)** – A self-assessment and planning tool schools can use to improve their health and safety policies and programs. The SHI allows campuses to assess the extent to which their school implements the types of policies and practices recommended by the CDC (Centers for Disease Control).
13. **[Texas Essential Knowledge and Skills](#)** - The state standards for what students should know and be able to do.
14. **USDA Smart Snacks standards** – All US schools that participate in the federal child nutrition programs (such as the National School Lunch Program and School Breakfast Program) are required to follow the Smart Snacks standards. The standards establish nutrient and portion

standards, for food items provided through the food service operation AND other organizations during the school day. The standards vary by grade level (Elementary, Middle School and High School). School districts are allowed to have stricter standards than those established in the Smart Snacks standards.

15. **Temperature-Sensitive Foods** – These are foods that require a temperature-controlled environment because they are capable of causing food-borne illnesses. Any food that needs to be kept cold or hot (such as cold salads or pizza) is considered a temperature-sensitive food and is not allowed at classroom birthday parties.

## **ATTACHMENT 1**

### **HEALTHY SNACK RECOMMENDATIONS**

- **Popcorn (low-fat or fat-free)**
- **Whole grain cereal bar**
- **Whole grain crackers**
- **Baked chips**
- **Animal crackers**
- **Graham crackers**
- **Whole grain, low-fat muffins**
- **Low-fat granola bars**
- **Dried fruit**