

WELLNESS PLAN

This document, referred to as the “wellness plan” (the plan), is intended to supplement 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 wellness policy and plan are scheduled to be discussed.*
2. *Listing in the student handbook the name and position of the person(s) responsible for oversight of the district’s 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 Centers 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

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)]

The District will allow up to 6 exempted fundraisers for the school year for each campus.

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:

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

The Irion County ISD recognizes the strong relationship between nutrition and learning. To support this relationship, the district has adopted the following guidelines for providing food to students other than at breakfast and/or lunch. The intent of these guidelines is to encourage the consumption of nutritious food by students and to limit access to high-fat, high sugar items during the school day. A description of the U.S. Department of Agriculture guidelines and how they impact Texas may be found on the internet at www.squaremeals.org.

All foods sold to students during the school day, including fundraisers will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods or beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores and snack or food carts. School staff will not provide students with foods of minimal nutritional value, like candy, sodas, etc. except during the six exceptions allowed during the school year.

The elementary campus may have up to three school-wide party days which are exempt from the prohibition against foods of minimal nutritional value. The district will still provide a list of healthy party ideas to parents and teachers.

Classroom birthday recognitions are an important, time-honored tradition. During these recognitions, parents and teachers are encouraged to consider nutritional foods or nonfood recognitions. Regardless, snacks for birthday recognitions must occur after lunch.

Junior and High School campuses may not serve competitive foods, including fundraising, to students anywhere on campus from 30 minutes before to 30 minutes after meal periods except for those food items made available by the school food service department.

MEASURING COMPLIANCE

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.

<p>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.</p>	
<p>Objective 1: The District will participate in federal child nutrition programs each year.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Distribute information regarding school food programs within the first two weeks of the school year. Distribute information regarding supplemental food programs offered by the District within the first two weeks of school.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Participation rates in federal child nutrition programs each semester. <p>Resources needed:</p> <ul style="list-style-type: none"> • Development of handouts to give to parents/care givers • Personnel to distribute fliers <p>Obstacles:</p> <ul style="list-style-type: none"> • Sometimes information sent home do not reach parent/guardian • Parents choosing not to disclose information related to income or family information to determine eligibility for free or reduced-price meals
<p>Objective 2: District will use marketing and advertising to promote nutritious food and beverage choices.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Fliers from USDA will be posted in cafeteria and throughout campuses advertising healthy food and beverage choices</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Monthly walk through of cafeteria and campuses to document the number of educational fliers posted <p>Resources needed:</p> <ul style="list-style-type: none"> • Fliers from USDA • Staff to hang posters <p>Obstacles:</p>

	<ul style="list-style-type: none"> Limited number or variations of USDA
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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: Parents will have access to nutrition education through publishing of monthly newsletters.

Action Steps	Methods for Measuring Implementation
<p>No less than 9 monthly newsletters within the school calendar year aimed at promoting healthy nutrition choices and positively influencing the health of students will be sent home to parents and posted on District wellness page on internet</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Copies of newsletters will be kept on file as well as how many copies were sent home to parents <p>Resources needed:</p> <ul style="list-style-type: none"> Literature to send home to families Staff to copy newsletters and distribute to homeroom teachers Staff to upload monthly newsletter to District's website. <p>Obstacles:</p> <ul style="list-style-type: none"> Students not sharing information with parents Some families may not have internet access

Objective 2: Monthly school breakfast and lunch menus will be posted on the District's website and/or Facebook page. Menus will also be sent home with elementary students.

Action Steps	Methods for Measuring Implementation
<p>Develop menus that are in compliance with state and federal guidelines and post no later than the first of the month</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Menus will be filed in the Food Service Director's records <p>Resources needed:</p> <ul style="list-style-type: none"> Staff to create and distribute menu Staff to post menu to website <p>Obstacles:</p> <ul style="list-style-type: none"> Not all families have access to internet

	<ul style="list-style-type: none"> Fliers don't always make it home to parents/guardians
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In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition education.

**NUTRITION
EDUCATION: FEDERAL
LAW REQUIRES THAT
THE DISTRICT**

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: Students will receive nutrition education as part of the physical education curriculum in grades K-12

Action Steps	Methods for Measuring Implementation
<p>The Physical Education teacher will include a minimum of 12 essential topics on healthy eating during the school year. The school health educator is a resource for these topics.</p> <p>A COORDINATED HEALTH PROGRAM WITH A NUTRITION SERVICE IS REQUIRED AS A COMPONENT AT THE ELEMENTARY AND MIDDLE SCHOOL LEVELS. [SEE EHAA]</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> PE teacher's lesson plans will be on file and will indicate the inclusion of nutrition concepts <p>Resources needed:</p> <ul style="list-style-type: none"> Information on essential topics on healthy eating Staff to research topics and make copies of the information to give to the PE teacher <p>Obstacles:</p> <ul style="list-style-type: none"> None identified

Objective 2: Secondary students will be offered Health as an elective course.

Action Steps	Methods for Measuring Implementation
<p>Health education will be included as an elective on the choice sheets that go out to all high school students</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Document how many students chose to take the Health course as an elective <p>Resources needed:</p> <ul style="list-style-type: none"> Certified staff to teach the course Four-year plans to accommodate health as an elective <p>Obstacles:</p> <ul style="list-style-type: none"> Students may not have room in their schedules for health as an elective

	<ul style="list-style-type: none"> Decreased interest by students in taking Health as an elective
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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: Physical education and health education teachers will be adequately prepared and will participate in professional development activities to effectively deliver the program.

Action Steps	Methods for Measuring Implementation
Staff responsible for nutrition education will be given information on professional development opportunities	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Staff will receive certificates documenting that professional development courses were completed <p>Resources needed:</p> <ul style="list-style-type: none"> Educational opportunities offered through the Region XV Service Center Guest speakers with nutrition education training to deliver an inservice to staff <p>Obstacles:</p> <ul style="list-style-type: none"> Limited continuing education courses in nutrition Staff may have difficulty finding substitutes to teach their classes when courses are available

Objective 2: Nutritional education will be incorporated into “core” subject instruction when possible.

Action Steps	Methods for Measuring Implementation
Staff will be provided professional development opportunities that teach them how to incorporate nutrition education into their core subjects	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Records of staff training or verification that a guest speaker offered nutrition education training Teachers lesson plans indicating when nutrition education was included in core curriculum

	<p>Resources needed:</p> <ul style="list-style-type: none"> • Educational courses that offer teachers training on how to incorporate nutrition education into their lesson plans • Guest speakers with nutrition education to offer in-services to staff <p>Obstacles:</p> <ul style="list-style-type: none"> • Limited education courses offered dealing with incorporation of nutrition education into core curriculum • Difficulty finding substitute teachers to teach while staff goes to in-services
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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:

- *All District elementary students will receive 225 minutes of physical education per week throughout the school year.*
- *All District middle school students will enroll in a physical education course or athletics course for at least four semesters.*
- *All District high school students are required to take the equivalent of one academic year of physical education.*

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.

<p>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.</p>	
<p>Objective 1: The District will encourage students, parents, staff, and community members to use the District’s recreational facilities that are available outside of the school day.</p>	
Action Steps	Methods for Measuring Implementation
<p>Students, families, and staff will be encouraged to participate in at least 60 minutes of physical activity per day.</p> <p>Students will be encouraged to participate in extracurricular sports and interscholastic sports.</p> <p>District will ensure, to the extent practicable, that its grounds and facilities are safe and will conduct necessary inspections and repairs.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of fliers sent home that have information about extracurricular sports and camps will be documented in SHAC minutes • Maintenance records on repairs <p>Resources needed:</p> <ul style="list-style-type: none"> • Information about after-school sports and physical activity opportunities through the YMCA or other recreational outlets <p>Obstacles:</p> <ul style="list-style-type: none"> • Limited opportunities in a small community • Some parents may have difficulty getting their children to activities because of work commitments, limited transportation, or lack of funds. • Limited motivation
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<p>GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.</p>	
<p>Objective 1: Physical activity will be encouraged in the curricula throughout the school day.</p>	
Action Steps	Methods for Measuring Implementation
<p>Teachers will incorporate movement and kinesthetic learning approaches into core subject instruction when possible.</p> <p>Annual professional development opportunities and resources will be made available on the connections between learning and movement.</p> <p>Teachers will serve as role models by being physically active alongside students whenever feasible.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Teacher’s lesson plans on file • Continuing education certificates on file <p>Resources needed:</p> <ul style="list-style-type: none"> • Educational opportunities through Region XV Education Service Center and other agencies or online trainings • Background materials on the connections between learning and movement • <p>Obstacles:</p> <ul style="list-style-type: none"> • Limited courses • Difficulties finding subs to teach while staff goes to in-service
<p>Objective 2: Teachers will be encouraged to provide short (3-5 minute) physical activity breaks to students during and/or between classroom time at least three days per week.</p>	
Action Steps	Methods for Measuring Implementation
<p>The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks.</p> <p>Resources and ideas are available through USDA and the Alliance for a Healthier Generation</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Percentage of teachers who report integrating physical activity breaks on a regular basis compared to the previous school year <p>Resources needed:</p> <ul style="list-style-type: none"> • Creation and dissemination of a survey to District teachers • Ideas and resources through USDA and Alliance for a Healthier Generation <p>Obstacles:</p> <ul style="list-style-type: none"> • Validity of self reports

	<ul style="list-style-type: none"> • Willingness of teachers to incorporate the practice.
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<p>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.</p>	
<p>Objective 1: The District will offer a free workout facility to employees</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Market this to all employees so that they know it is available</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Percentage of teachers who report using the facility yearly <p>Resources needed:</p> <ul style="list-style-type: none"> • Creation and dissemination of survey to District teachers • District publications and/or correspondence to advertise the service <p>Obstacles:</p> <ul style="list-style-type: none"> • Motivation of staff to use the service • Time constraints
<p>Objective 2: The District will offer participation opportunities in a fitness challenge once a year.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Provide incentives and market to employees. Encourage participation through weekly emails that list daily physical activities that must be performed to accumulate points and to weigh in weekly in District Nurse's office. If staff gains weight during the week, they must pay a dollar for every pound. The staff who loses the most weight for the week gets the money.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of participants compared to the previous year <p>Resources needed:</p> <ul style="list-style-type: none"> • District publications and correspondence to advertise the service. • Money for incentives <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff's willingness to participate

<p>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.</p>	
<p>Objective 1: The District will develop and/or sponsor a family physical incentive program.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>SHAC will develop or find resources in the community for a family physical activity program.</p> <p>The program will be posted on the District’s website and fliers will be sent home with elementary students that give the information to parents/guardians</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of participants in the program compared to previous year <p>Resources needed:</p> <ul style="list-style-type: none"> • Links to resources with ideas for family physical activity ideas • District correspondence describing the activity and logistics • Staff to post information on website • Staff to help develop and coordinate the activity <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff willingness to coordinate the program • Family willingness to participate in the program • Time constraints for participants
<p>Objective 2: The District will encourage students and their families to use the District’s recreational facilities that are available outside of the school day.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>The District will maintain outdoor recreational facilities (track, tennis courts, playground equipment) so that they may be utilized by students, staff, parents, and community members</p>	<p>Baseline or benchmark data points</p> <ul style="list-style-type: none"> • Maintenance records of any repairs made to equipment <p>Resources needed:</p> <ul style="list-style-type: none"> • Maintenance staff/groundskeeper for upkeep and repair of facilities <p>Obstacles:</p> <ul style="list-style-type: none"> • Motivation by participants • Inclement weather

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: All campuses will build their master schedules to allow for at least 10 minutes for 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 meal time allowances by campus. Work with campus administrators to adjust master schedules as necessary.	Baseline or benchmark data points: <ul style="list-style-type: none"> Master schedules on file documenting amount of time students have to eat meals Resources needed: <ul style="list-style-type: none"> Average time it takes for students to receive meal and be seated Obstacles: <ul style="list-style-type: none"> Master schedules take into account several issues, including required time for instruction and federal regulations
Objective 2: The District will ensure active staff monitoring of students to ensure safe and comfortable environment	
Action Steps	Methods for Measuring Implementation
Staff schedule will be developed and implemented to ensure that adequate monitoring is in place for all meal times Homeroom teachers will explain students' roles while in the cafeteria (being respectful to staff and fellow students, etc)	Baseline or benchmark data points: <ul style="list-style-type: none"> Staff cafeteria monitoring schedule on file in campus administrators' offices Resources needed: <ul style="list-style-type: none"> Staff to monitor students Any applicable training for staff Obstacles: <ul style="list-style-type: none"> Student understanding and willingness to follow their role

	<ul style="list-style-type: none"> • Possibility of unacceptable noise and activity levels
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<p>GOAL: <i>The District shall promote employee wellness activities and involvement at suitable District and campus activities.</i></p>	
<p>Objective 1: The District will provide a flu shot and vaccine clinic for all employees or work in coordination with community partners to provide this service.</p>	
Action Steps	Methods for Measuring Implementation
<p>Work with local health organizations to set up clinic locations and dates. Market these dates to employees.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation of when and how information was shared with employees • How many employees utilized the clinic? <p>Resources needed:</p> <ul style="list-style-type: none"> • Local health organization to host the clinic • District correspondence to advertise the service <p>Obstacles:</p> <ul style="list-style-type: none"> • Low participation rates