

Wellness Plan

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

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]

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. Listing in the student handbook 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

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.

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At least annually, 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 WellSAT 2.0 (www.wellsat.org)
- Relevant portions of the Centers for Disease Control's School Health Index (<http://www.cdc.gov/healthyschools/shi/index.htm>)
- Any additional measures or criteria that SHAC committee and or school board would like or evaluate.

PUBLIC
NOTIFICATION

To comply with the legal requirement to inform and update the public about the content and implementation of the local wellness policy, the District will 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 [FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's annual report on the District's wellness policy and plan; and
6. Any other relevant information.

The District will also publish the above information in appropriate District or campus publications.

RECORDS
RETENTION

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. Questions may be directed to **The District's technology director**, 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).

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NUTRITION
GUIDELINES

All District campuses participate in the United States 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 made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity.

The District’s nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

FOODS SOLD

The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as “Smart Snacks” standards or requirements. The following websites have information regarding meal and Smart Snacks requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>

EXCEPTION—
FUNDRAISERS

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

The District will allow the following exempted fundraisers for the 2016–2017 school year:

Campus or Organization	Food/Beverage	Number of Days
Forsan Elementary	NON- Smart snacks compliant	6

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Campus or Organization	Food/Beverage	Number of Days
Forsan JR/HS	NON- Smart snacks compliant	6

FOODS MADE AVAILABLE

There are currently no federal requirements for foods or beverages made available to students during the school day. The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function. [See CO(LEGAL)]

In addition, the District has established the following local guidelines on foods and beverages made available to students: **During the school day: Any foods and beverages given away or otherwise made available to students must meet the Smart Snack standards, with the exception of celebrations that may occur on campuses and be approved by the 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.

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

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<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 increase participation in federal child nutrition programs by two percent by the end of each school year.</p>	
Action Steps	Methods for Measuring Implementation
<p>Distribute flier regarding school food programs within first two weeks of the school year; send a follow-up letter within first two weeks of second semester.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Participation rates in federal child nutrition programs at beginning and middle <p>Resources needed:</p> <ul style="list-style-type: none"> Development of fliers and follow-up letters Fliers will be distributed with progress notes <p>Obstacles:</p> <ul style="list-style-type: none"> Negative perceptions of school meals Parents choosing not to disclose information related to income or family information to determine eligibility for free or reduced-price meals
<p>Objective 2: By May of each school year, score at least a Gold level on the Smarter Lunchroom scorecard (www.smarterlunchrooms.org/resource/lunchroom-self-assessment-score-card) at each campus.</p>	
Action Steps	Methods for Measuring Implementation
<p>Distribute scorecard to all campus nutrition directors for completion in December and May.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Score on the assessment for each campus in December and May <p>Resources needed:</p> <ul style="list-style-type: none"> Staff access to the scorecard <p>Obstacles:</p> <ul style="list-style-type: none"> Training between December and May to implement the Smarter Lunchroom strategies Time and staff to devote to implementing the Smarter Lunchroom strategies

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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 education 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.

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: At least 70 percent of high school students in each four-year cohort will complete one-half credit of health education as an elective	
Action Steps	Methods for Measuring Implementation
Inform high school counselors that health education should be considered a default elective in the development of four-year graduation plans for most students.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Percentage of each four-year cohort who successfully complete health as an elective <p>Resources needed:</p> <ul style="list-style-type: none"> Certified staff to teach the course <p>Obstacles:</p> <ul style="list-style-type: none"> Students may not have room in their schedules for health as an elective
Objective 2: At least 90 percent of students enrolled in physical education courses throughout the District will achieve at least a semester grade average of 80 on a scale of 100.	
Action Steps	Methods for Measuring Implementation
<p>Create a formula and action plan to obtain the semester grade averages of students enrolled in physical education.</p> <p>Check with PEIMS Coordinator to obtain semester grade averages of students en-</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Average semester grades at the end of the first and second semesters for all District students enrolled in physical

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<p>rolled in physical education</p>	<p>education</p> <p>Resources needed:</p> <ul style="list-style-type: none"> • Support from central administration to obtain grade averages <p>Obstacles:</p> <ul style="list-style-type: none"> • Nutrition education is only a part of the essential knowledge and skills for physical education courses • Even if objective is met we recognize this is only a part of nutrition education
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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 District will meet the required physical activity in elementary school grades by providing at least 30 minutes per day of recess, weather permitting.

At the middle school level, the District will require students, unless exempted because of illness or disability, to be enrolled in physical education or athletics courses for at least four out of the six semesters in grades six, seven and eight.

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: Consistently provide staff and watchdog volunteers at 100 percent of the District identified areas where students can be encouraged to safely walk or ride to school</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Identify the number of staff and watchdog volunteers utilized by the District and the locations at which they are stationed. Eval-</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The locations and number of staff and watchdog volunteers compared to the

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<p>uate where additional staff and watchdog volunteers are needed. Recruit additional watchdog volunteers as needed.</p>	<p>previous school year</p> <ul style="list-style-type: none"> Survey results showing whether the number of students walking or biking to school increased from the previous year <p>Resources needed:</p> <ul style="list-style-type: none"> Application and background check approval to enroll needed positions <p>Obstacles:</p> <ul style="list-style-type: none"> Response and number of volunteers
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Objective 2: Family Fun Night will consist of at least 50% of physical activity to the community.

Action Steps	Methods for Measuring Implementation
<p>Coordinate with PAT and evaluate all activities.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Percentage of activities offered at Family Fun Night. <p>Resources needed:</p> <ul style="list-style-type: none"> Equipment that allows for physical activities. <p>Obstacles:</p> <ul style="list-style-type: none"> May result in a substantial cost of rental equipment and space provided.

GOAL: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Objective 1: At least one campus will implement a before-or after school physical activity program each year

Action Steps	Methods for Measuring Implementation
<p>Would like to see PIPS implemented for the elementary campus.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Is the program implemented <p>Resources needed:</p> <ul style="list-style-type: none"> Support from campus administrators, coaches and employees to provide supervision for these programs <p>Obstacles:</p>

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	<ul style="list-style-type: none"> • Staffing
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GOAL: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for District employees and students.

Objective 1: The District will offer a free or low-cost health assessment to employees at least once per year.

Action Steps	Methods for Measuring Implementation
<p>Seek out providers/ volunteers for this service on behalf of the District.</p> <p>Contract with an entity to provide the service.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The number of employees who participated compared to the previous school year <p>Resources needed:</p> <ul style="list-style-type: none"> • District publications and correspondence to advertise the service <p>Obstacles:</p> <ul style="list-style-type: none"> • Participation rates may be minimal if the service is only provided at one location rather than at the worksite of an employee

GOAL: The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as tracks, playgrounds, and the like, that are available for use outside of the school day.

Objective 1: Inform the community of the facilities that are available for use outside of the school day by including a statement in at least one District or campus publication, by posting information on the District or campus website, or through the use of appropriate signs.

Action Steps	Methods for Measuring Implementation
<p>Create sample wording to be used in a publication or on a website. Create wording for a sign that could be posted at certain facilities.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation of publications, website postings, and signs verifying that the information was communicated <p>Resources needed:</p> <ul style="list-style-type: none"> • A list of the types and locations of facilities that are available for use in the

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	<p style="text-align: center;">District</p> <p>Obstacles:</p> <ul style="list-style-type: none"> • 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.

<p>GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p>	
<p>Objective 1: All campuses will build their master schedules to allow for at least ten minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal as is seated</p>	
Action Steps	Methods for Measuring Implementation
<p>Evaluate current meal time allowances by campus</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The number of campuses that currently meet the standard compared to the previous school year <p>Resources needed:</p> <ul style="list-style-type: none"> • Average time it takes for students to receive a meal and be seated <p>Obstacles:</p> <ul style="list-style-type: none"> • Out dated serving line