

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 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. (*Insert strategy to be used.*)

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 Assistant Superintendent for Secondary Education 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

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the contrary, the District commits to the evaluation activities described below.

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 Centers for Disease Control's School Health Index
- Relevant portions of the district strategic plan
- Relevant portion of the district Community and Engagement Assessment, District Improvement Plan (DIP), and Campus Improvement Plans (CIP)

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 health and 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 Assistant Superintendent for Business and Finance, the District's designated records management officer.

GUIDELINES AND
GOALS

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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 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 up to 6 exempted fundraisers for the school year for each campus.

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:

AHISD Nutrition Guidelines

The Alamo Heights Independent School District 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 the 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:

- Must meet U.S. Department of Agriculture Smart Snack regulations.
- Competitive food is not to be sold on campus during breakfast or lunch meal service times
- Soda water is prohibited from being sold (i.e., any carbonated beverage that is not water or 100% fruit juice.)
- Guidance: the Child Nutrition office may assist in determining whether or not a fundraiser meets the Smart Snack regulations
- Note: "school day" is defined as midnight the night before to 30 minutes after the final school bell

Snack lines: The AHISD School Health Advisory Council (SHAC) makes recommendations to district administrators about snacks sold in the elementary cafeterias. Parents may limit or restrict the

number and particular snacks that their children are able to purchase by contacting the Director of Child Nutrition at 832-5940.

“Giveaways” (i.e., items given by school staff, not sold)

Nutritious Recommendations (including, but not limited to these):

- Water, fresh fruit, cheese sticks, vegetables (e.g., carrot sticks), whole grain snacks (e.g., crackers), trail mix

School staff shall not provide students with foods of minimal nutritional value (FMNV), like candy, sodas, etc., except during the exceptions days listed below.

School-wide Exemptions from Prohibition of FMNV:

Each elementary campus may have up to three school-wide party days, which are exempt from the prohibition against FMNV. These are designated as End of the Year celebration, Valentine’s Day, and Winter Holidays. Howard ECC may have up to four more exempt school-wide party days to include Halloween, the American Indian Celebration, Rodeo, and Mini Fiesta. Even on these days, a balanced approach to snacks should be considered which might include some snacks not allowed on other school days.

Classroom Birthday Recognitions:

Classroom birthday recognitions are an important, time-honored tradition. They also, however, result in treats with salt, sugar, and fat numerous times a year. During these recognitions, parents and teachers are encouraged to consider nutritious food and/or non-food recognitions (such as receiving a book, etc.). Regardless, snacks for birthday recognitions must occur after lunch.

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

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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.

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: Ensure regular communication from child nutrition department to campuses	
Action Steps	Methods for Measuring Implementation
Director of Children Nutrition attend monthly Principal and Director (PD) meetings	Baseline or benchmark data points: <ul style="list-style-type: none"> Attendance at each meeting Resources needed: <ul style="list-style-type: none"> Yearly dates of PD meetings Obstacles: <ul style="list-style-type: none"> conflicts in schedules
Objective 2: Ensure regular communication from child nutrition department to parents.	
Action Steps	Methods for Measuring Implementation
Director of Children Nutrition maintains an updated webpage	Baseline or benchmark data points: <ul style="list-style-type: none"> weekly updates Resources needed: <ul style="list-style-type: none"> office staff Obstacles: <ul style="list-style-type: none"> prioritizing these updates

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

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services and health education component at the elementary and middle school levels. [See EHAA]

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

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: Physical education courses include maintenance of healthy eating behaviors.	
Action Steps	Methods for Measuring Implementation
Physical education teachers have the training and instructional materials they need	Baseline or benchmark data points: <ul style="list-style-type: none"> • Identify the training needed • Number of teachers trained Resources needed: <ul style="list-style-type: none"> • Fees for training and materials (if any) Obstacles: <ul style="list-style-type: none"> • Time for training • Funds for materials and training
Objective 2: Campuses coordinate with child nutrition department to reinforce maintenance of healthy eating behaviors.	
Action Steps	Methods for Measuring Implementation
Director of child nutrition maintains open communication with campus principals and teachers regarding special events, such as squashaplooza and special offerings in the cafeteria.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Identify number of events done and when Resources needed: <ul style="list-style-type: none"> • Attendance at principal meetings • Two way communication (child nutrition and teachers/staff) Obstacles: <ul style="list-style-type: none"> • Limited staff in child nutrition department to support these events • Lack of awareness of the possibilities with teachers and staff

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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]

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.

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: Offer access to alternative physical activity opportunities 6-12	
Action Steps	Methods for Measuring Implementation
<p>JS & HS counselors notify students of options during course selection process</p> <p>PE staff communicate open hours for facilities and clubs (e.g., post on website, etc)</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Enrollment in courses & clubs • Number of courses & clubs <p>Resources needed:</p> <ul style="list-style-type: none"> • Course description books • Webpages with information <p>Obstacles:</p> <ul style="list-style-type: none"> • Available staff to offer these opportunities • Student interest

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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.

GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Objective 1: Ensure active adult monitoring in cafeterias K-8	
Action Steps	Methods for Measuring Implementation
Staff with monitors & train them	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of monitors & attendance Resources needed: <ul style="list-style-type: none"> • Training (provided by administration) Obstacles: <ul style="list-style-type: none"> • Student understanding of their role (e.g., respectful, etc)
Objective 2: Monitor environment in lunchroom regarding safe and comfortable	
Action Steps	Methods for Measuring Implementation
Establish acceptable levels of noise and activity	Baseline or benchmark data points: <ul style="list-style-type: none"> • Establish a baseline of noise Resources needed: <ul style="list-style-type: none"> • Determine how to measure this Obstacles: <ul style="list-style-type: none"> • Architectural structures (e.g., echoes, floors, etc)

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GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1: Provide access to proactive wellness measures for staff	
Action Steps	Methods for Measuring Implementation
Offer annual flu shots	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Identify number who participate each year <p>Resources needed:</p> <ul style="list-style-type: none"> Head nurse planning time Local options that take insurance Location(s) of central convenience for staff Communication to staff <p>Obstacles:</p> <ul style="list-style-type: none"> Time and locations
Objective 2: Provide access to employee assistance services	
Action Steps	Methods for Measuring Implementation
Communicate employee assistance resources	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Compile annual usage <p>Resources needed:</p> <ul style="list-style-type: none"> Cost of annual Deer Oaks Employee Assistance program <p>Obstacles:</p> <ul style="list-style-type: none"> Communication, awareness, and time