

# Hallsville Independent School District

## For the Consideration of the Board of Trustees

**Date of Board Meeting:** May 18, 2026

**Topic:** District Wellness Plan Update

**Background and Rationale:**

We are required to inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy (FFA Local), the wellness plan, and any assessments gathered (every three years).

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]

**Relationship to Strategic Plan:** Goals in this plan will be incorporated into the 2026-2027 District Improvement Plan

**Personnel Affected:** none

**Budget Implications:**

- Include in this year's budget
- Amendment of this year's budget required
- Increase in this year's budget required
- Expenditures required for next year's budget
  
- N/A

**Recommendation:**

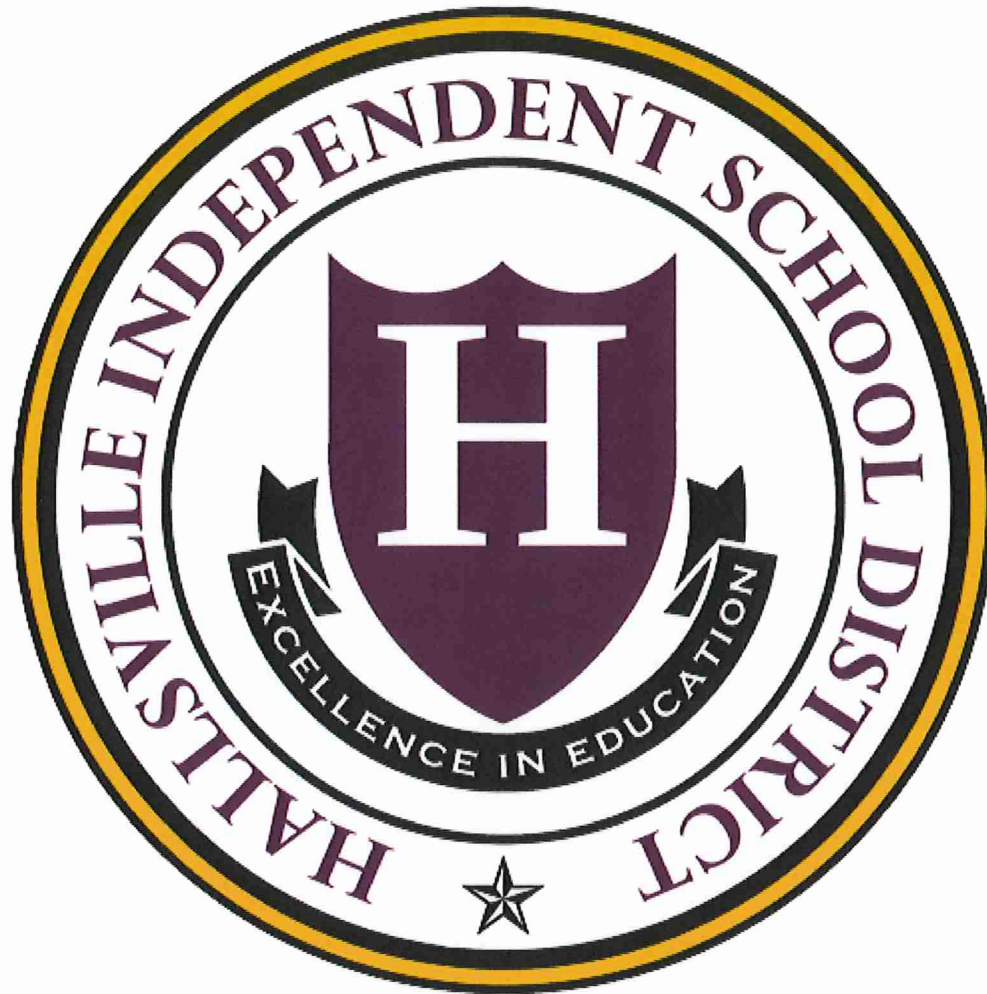
Approve as recommended by SHAC.



\_\_\_\_\_  
Signature  
(Person Bringing Information to the Board)



\_\_\_\_\_  
Superintendent's Signature



# Hallsville I.S.D. Wellness Plan Update 2026

Spanish Version

# Hallsville ISD 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]

The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals;
4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
5. The manner of communicating to the public applicable information about the District's wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

## I. Soliciting Involvement and Input

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC will solicit involvement and input from parents, students, the District's food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

- Including members of those stakeholder groups in SHAC membership.
- Input will be gathered from other district teams, including but not limited to, the HISD Instructional Leadership Team (ILT) and the HISD Nursing team.

## II. Wellness Goals

### Nutrition Promotion & Education

The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. [See EHAA] The District's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.

- Nutrition promotion: The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
  - Staff will be trained in August by the Food Service Director or Campus Lead.
  - Campus cafeteria staff will monitor marketing compliance.
- Nutrition education: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

- Nutrition education will be explicitly taught using the Health Education TEKS and Healthy nutrition and habits will be integrated into other subject areas as appropriate

## Physical Activity

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]

The District establishes the following goal for physical activity: 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.

- All PK-4 elementary schools will offer at least **20 minutes of recess** on all days during the school year that cannot be withheld as punishment.
- All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.
  - All HISD **elementary students** in each grade PK-6 will receive physical education for at least 135 minutes per week throughout the school year.
  - All HISD **secondary students** in middle school and high school are required to take the equivalent of one academic year of physical education.
  - Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
  - All physical education classes at HISD are taught by licensed teachers who are certified or endorsed to teach physical education.

## Other School-Based Activities

The District establishes the following goal to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities: The District allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

- Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
  - Students will be allowed at least 15 minutes to eat breakfast
  - Students will be allowed at least 20 minutes to eat lunch
  - Students are served lunch at a reasonable and appropriate time of the day
- A pleasant cafeteria environment will be maintained that is conducive to students eating, while allowing for socialization.
  - Tables are clean and sanitized between use
  - Students are explicitly taught expectations
  - Expectations are monitored and responded to according to campus and district discipline guidelines
  - No more than 5 minutes of "silent" time

- The District shall promote wellness for students and their families at suitable District and campus activities.

### III. Methods for Measuring Wellness Goals

#### Implementation

Each campus principal is responsible for implementing FFA(LOCAL) and this wellness plan at his or her campus, including submitting necessary information to the SHAC for evaluation.

The assistant superintendent shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

#### 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. This "triennial assessment" will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state- or federally designated model policies. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

### IV. District Standards for Foods & Beverages

#### Foods & Beverages Sold

- The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules. [See CO and FJ]
- *Concession Stands: Foods and/or beverages sold to students at concession stands or other events must meet the Competitive Food and Beverage Nutrition Standards if the sale occurs during the school day on the school campus.*
- 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)]
  - Food and/or beverages sold during an exempt fundraiser must not be sold in competition with school meals served or consumed in the school meal service area.
  - Each campus will keep a record of their exempted fundraisers.

#### Foods & Beverages Provided

The District shall establish standards for all foods and beverages provided, but not sold, 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)]
- If the campus or classroom is designated "peanut free" or another identified allergen, those products will not be allowed in the classroom.
- To promote hydration, free, safe, unflavored drinking water will be available to all students throughout

the school day.

- The District will make drinking water available where school meals are served during mealtimes.
- Students will be allowed to bring and carry approved containers, filled with only water, throughout the day.

## **V. Public Communication**

### **Public Notification**

The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.

### **Records Retention**

The District shall retain all the required records associated with the wellness policy, in accordance with law and the District's records management program. [See CPC and FFA(LEGAL)]