

Note to wellness plan developer(s): *This template is intended to assist your district in the implementation of the District's wellness policy at FFA(LOCAL). Although the District addresses wellness and health services in many ways, this template is provided to satisfy federal requirements related to a school wellness policy. Be sure to delete the bold and/or italicized notes and developer instructions throughout this regulation and revise provisions as appropriate before finalizing your District's wellness plan. The U.S. Department of Agriculture (USDA) directs each state agency during an administrative review to examine the following records: a copy of the current school wellness policy, documentation demonstrating that the policy has been made available to the public, documentation of efforts regarding required community involvement, the most recent assessment on the implementation of the policy, and documentation demonstrating that the most recent assessment on the implementation of the policy has been made available to the public. In this case, the term "policy" includes both the Board-adopted policy at FFA(LOCAL) and the District's wellness plan.*

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]

[Be sure to refer to your FFA(LOCAL) to determine whether your local school health advisory council (SHAC) is the committee directed by the Board to fulfill the roles listed below. Although not a statutorily required duty of the SHAC, many districts use the SHAC to develop a plan to implement the wellness policy since it is an existing committee required by state law that addresses a variety of health and wellness issues and has a similar composition as the federally required wellness committee.]

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. ***Inviting stakeholders to participate via newsletters, emails, social media, school announcements, and district websites.***
2. ***Collaborate with stakeholders through involvement, feedback, planning, and implementation of the wellness initiatives.***

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 **annually.**

The **Superintendent or designee** 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:

- **USDA Food and Nutrition Service** <https://www.fns.usda.gov>
- **Centers for Disease Control and Prevention (CDC)**
<https://www.cdc.gov>
- **WellSAT** <https://www.wellsat.org>

[The USDA Food and Nutrition Service gives the following examples of effective notification within a community: posting the wellness policy on the school or District's website; sending messages to families notifying them of how they may obtain a copy of or otherwise access the policy; posting a copy of the policy at each school site, such as in the front office or main entrance; presenting the information during a meeting with the Parent Teacher Association/Organization, the Board, and other interested stakeholders; and notifying the community through local newspapers or other media. It is strongly recommended that announcements be made available in the languages that reflect the local community. Add to or modify the District's efforts to notify the public as described below.]

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; and
7. Any other relevant information.

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

[Districts are required to retain the following: the written wellness policy, documentation demonstrating compliance with community involvement requirements, documentation of the triennial assessment, and documentation to demonstrate compliance with the annual public notification requirements.]

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 or designee**, 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).

[If one or more of your campuses does not participate in the federal child nutrition programs, modify the text accordingly. A school district's nutrition guidelines must not be more lenient than the federal and state standards, but a district can develop stricter guidelines as appropriate for the needs of the district. Make sure to encompass any stricter guidelines in the section below.]

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.

[If your District has additional guidelines listed in FFA(LOCAL) related to nutrition guidelines, describe those below along with the objectives, action steps, and methods to measure implementation of the objectives.]

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)

[If the District has stricter standards/guidelines that are not prohibited by the federal meal program requirements or Smart Snacks standards, such as a prohibition on the sale of diet sodas or on the preparation of food by deep fat frying, include those restrictions here.]

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

- **Caffeinated beverages sold to High School students is prohibited.**

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)]

[Determine whether exemptions will be allowed for fundraisers involving food that is not Smart Snacks compliant.]

The District will allow the following exempted fundraisers for the 20__ – __ school year:

Campus or Organization	Food / Beverage	Number of Days

OR

The District will not allow exempted fundraisers; all fundraisers will include nonfood items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

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)]

[Insert local requirements here.]

Students from PK-12 are permitted to bring in their own meals and snacks for their own consumption, but due to concerns about food safety and food allergies, food may not be shared between students. Parents are encouraged to send healthy food options that align with the healthy initiatives.

After the school day, all foods and beverages served or sold to students in aftercare meet federal nutrition standards. This policy applies to all after school programs, including those overseen by outside parties (e.g. the YMCA, BGC).

Lauren’s Law, as mentioned above, allows a parent or grandparent to bring a food product of his or her choice in the above situations and prohibits a school district from adopting any rule, policy, or program that would prohibit this right. Please consult your local attorney if you wish to impose restrictions on the types of foods and beverages that a parent may bring on the occasion of the student’s birthday or to children at a school-designated function.]

In addition, the District has established the following local standards for foods and beverages made available to students:

Elementary school: *(Insert District’s local standards or guidelines.)*

Middle/junior high school: *(Insert District’s local standards or guidelines.)*

High school: *(Insert District’s local standards or guidelines.)*

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.

[If the District allows marketing of food and beverages to students, the District must allow marketing of only those foods and beverages that meet the competitive foods (Smart Snacks) standards during the school day. This would include advertisements accessible to students during the school day on a school campus, as these terms are defined in the Smart Snacks regulations (the midnight before to 30 minutes after the end of the official school day and all areas of the property under the jurisdiction of the school that are accessible to students during the school day). The regulation does not require schools to immediately replace items that do not meet these standards, but the District should be aware of this requirement. Describe below the District’s efforts and plans to ensure compliance, including any phase-in guidelines or any stricter standards for marketing of foods and beverages.]

The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

The SHAC will monitor this by:

1. *Limiting commercial marketing to only products that meet USDA smart snack nutrition standards.*
2. *Identifying a school official who provides support and assumes responsibility for wellness policy implementation.*

Although the District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SHAC will periodically monitor these and make recommendations when replacements or new contracts are considered.

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

[Coordinate the goals listed in this section with those listed in FFA(LOCAL). The remaining sections of this template list two objectives under each goal along with a column for action steps and another column reflecting the methods for measuring implementation. Revise the tables and contents according to the District’s needs.]

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: <i>Printed materials promoting healthy foods will be displayed throughout the cafeterias throughout the school day.</i>	
Action Steps	Methods for Measuring Implementation
<i>All printed material will be reviewed and approved by the Director of Child Nutrition.</i>	Resources needed: <ul style="list-style-type: none"> • <i>Seek printed materials to display age-appropriate marketing for students.</i> Measure of success: <ul style="list-style-type: none"> • <i>Increased participation.</i>
Objective 2: <i>Using Food as a Reward or Punishment</i>	
Action Steps	Methods for Measuring Implementation
<i>Prohibit teachers or staff from using food as a reward in classrooms to encourage</i>	Resources needed: <ul style="list-style-type: none"> • <i>Support and enforcement.</i>

<p>achievement or desirable behavior unless required in an IEP.</p> <p>Prohibit teachers or staff from using food as a punishment in classrooms or cafeterias to correct undesirable behavior with no exceptions.</p>	<p>Measure of success:</p> <ul style="list-style-type: none"> • Student wellbeing.
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<p>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.</p>	
<p>Objective 1: Community engagement through nutrition and wellness promotions.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Nutrition education will be offered in the school cafeteria as well as in the classroom with coordination between the food service staff, teachers, and administration.</p> <p>Schools will conduct nutrition education activities and promotions that involve parents, students, staff, and community.</p>	<p>Resources needed:</p> <ul style="list-style-type: none"> • Community partners <p>Measure of success:</p> <ul style="list-style-type: none"> • Promote healthy habits that last a lifetime.
<p>Objective 2: Promote water consumption in place of sugary drinks.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Free drinking water will be available to students in every cafeteria during mealtimes.</p> <p>Water fountains will be maintained in each building so that free water is available throughout the school day for students and staff.</p>	<p>Resources needed:</p> <ul style="list-style-type: none"> • Post signage promoting benefits of drinking water. <p>Measure of success:</p> <ul style="list-style-type: none"> • Hydration throughout the day.

<p>GOAL: The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.</p>	
<p>Objective 1: Promote healthy food and beverage choices for students</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Monitor food and beverage advertisements accessible to students and ensure they</p>	<p>Resources needed:</p> <ul style="list-style-type: none"> • Trained teachers and staff.

align with the USDA smart snack nutrition standards.	Measure of success: <ul style="list-style-type: none"> Overall wellbeing of our students
Objective 2: Promote healthy food and beverage choices for students	
Action Steps	Methods for Measuring Implementation
Partner with businesses that align and promote student wellbeing.	Resources needed: <ul style="list-style-type: none"> Recruit Partners in Education Measure of success: <ul style="list-style-type: none"> Overall wellness of our students.

GOAL: <i>[List any other goal in the District's FFA(LOCAL) related to nutrition promotion not identified above.]</i>	
Objective 1: We are proud of the nutritious meals we provide and will take the following steps to encourage participation	
Action Steps	Methods for Measuring Implementation
Conduct annual surveys of students and families to learn about their food preferences. Conduct taste tests of new recipes to gather feedback prior to adding them to the menu.	Resources needed: <ul style="list-style-type: none"> Find multiple ways to collect information. Measure of success: <ul style="list-style-type: none"> Meal participation increase.
Objective 2: Promote Fruits, Vegetables & Milk Consumption	
Action Steps	Methods for Measuring Implementation
Display unflavored milk, fresh fruits, and vegetables in the cafeteria line to encourage students to select them as part of their school meal.	Resources needed: <ul style="list-style-type: none"> Collaborate with vendors Measure of success: <ul style="list-style-type: none"> Meal participation increase

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]

[Describe how the District implements the state-required coordinated health program component of nutrition education by listing one of the current TEA-approved

coordinated school health programs and describing the setting in which the program is offered.]

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

[Coordinate the goals listed in this section with those listed in FFA(LOCAL).]

GOAL: The district shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Students in grades PK-12 receive nutrition education as part of the coordinated health programs and enrichment curriculum, intended to provide them with the knowledge and skills to promote healthy eating habits and protect their health.	Resources needed: <ul style="list-style-type: none"> Trained staff Measures of success: <ul style="list-style-type: none"> Healthy lifestyles
Objective 2: 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.	
Action Steps	Methods for Measuring Implementation
All food and nutrition services staff shall receive annual training consistent with current USDA professional standards	Resources needed: <ul style="list-style-type: none"> Training opportunities Measure of success: <ul style="list-style-type: none"> Trained staff

GOAL: Seek ways to build relationships with local producers and strive to build connections and support our local economy	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Source locally grown and locally produced food in our meals.	Resources needed: <ul style="list-style-type: none"> Local farms Measures of success:

	<ul style="list-style-type: none"> • Increase fruit and vegetable consumption.
Objective 2:	
Action Steps	Methods for Measuring Implementation
Encourage and support hands on learning through school gardens and students visiting local farms to see where food comes from.	<p>Resources needed:</p> <ul style="list-style-type: none"> • Local farms <p>Measures of success:</p> <ul style="list-style-type: none"> • Increase fruit and vegetable consumption

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.]

[Include below how the District will meet the requirements for physical activity as mandated by Education Code 28.002(l)–(l-1), e.g., 30 minutes of daily recess in elementary school grades, a requirement for students at the middle school level to enroll in a physical education or athletics course for at least four semesters, and the like. Note that the USDA Food and Nutrition Service and the Centers for Disease Control and Prevention (CDC) recommend at least 60 minutes of daily physical activity for children and adolescents.]

The following addresses how the District meets the required amount of physical activity:

- *Provide elementary school students 180 minutes of physical education every week throughout the school year.*
- *Provide middle school students 240 minutes of physical education every week throughout the school year.*
- *Provide high school students 240 minutes of physical education every week throughout the school year.*

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.

[Coordinate the goals listed in this section with those listed in FFA(LOCAL).]

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:

Action Steps	Methods for Measuring Implementation
All schools will provide physical activity opportunities before and after school for students in all grade levels, this can include physical activity clubs, intramurals, and other activities.	Find and incorporate community partners to provide extended physical activity opportunities for all students and community members.

Objective 2:	
Action Steps	Methods for Measuring Implementation
District facilities & playground available for student & community use.	Community engagement & surveys.

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:	
Action Steps	Methods for Measuring Implementation
Partner with local wellness providers to promote healthy lifestyles for employees and students.	<p>Resources needed:</p> <ul style="list-style-type: none"> Parent liaisons identify resources and activities that are appropriate for students and employees. <p>Measures of success:</p> <ul style="list-style-type: none"> Track attendance and survey participants.

GOAL: The District will promote mental health safety to all students and employees

Objective 1:	
Action Steps	Methods for Measuring Implementation
Partner with community organizations to provide age-appropriate mental health resources and training. Document training sessions and provide refresher courses as needed.	<p>Resources needed:</p> <ul style="list-style-type: none"> Material, trainers, and meeting locations. <p>Measures of success:</p> <ul style="list-style-type: none"> Peer support.

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.

[Coordinate the goals listed in this section with those listed in FFA(LOCAL).]

GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

[Two studies regarding recommended seat time for children to eat meals are available at

<http://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/bergman2.asp> and [http://www.andjrnl.org/article/S2212-2672\(15\)01248-4/fulltext.](http://www.andjrnl.org/article/S2212-2672(15)01248-4/fulltext.)]

Objective 1:

Action Steps	Methods for Measuring Implementation
<p>Schools will schedule meal periods at appropriate times that meet student needs.</p> <p>Provide students with enough time to consume their meal once seated.</p> <p>Consider recess before lunch in elementary schools.</p>	<p>Resources needed:</p> <ul style="list-style-type: none"> Support the correlation between good nutrition and academics. <p>Measures of success:</p> <ul style="list-style-type: none"> Increased meal participation, reduced absences and visits to the school nurse.