

Paducah ISD 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]

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. Sending flyers with date, time, and location of upcoming SHAC meetings home with students.
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 participate 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 Principal is 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>)
- TDA Food and Nutrition website (www.squaremeals.org)
- Center for Disease control and prevention (<https://www.cdc.gov/healthyschools/npao/wellness.htm>)
- Action for Healthy Kids website (<http://www.actionforhealthykids.org/tools-for-schools/revise-district-policy/wellness-policy-tool>)
- Locally developed criteria

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. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's triennial assessment; 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 Superintendent.

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— State rules adopted by the Texas Department of Agriculture (TDA) FUNDRAISERS 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 2018-19 school year:

Campus or Organization	Food / Beverage	Number of Days
School Classes	Any	6(same days for all grades)
School Organizations	Any	6 (Same days for all groups)

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)]

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.

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. Working with Principals and Teachers on what is allowed

2. Only allow advertisement for exempt fundraising days marked on a fundraiser calendar.

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.

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:	
Action Steps	Methods for Measuring Implementation
Information relating to school nutrition will be available in the student handbook and school website	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of students who receive student handbook Resources needed: <ul style="list-style-type: none"> • Access to student handbook before printed, access to post on school website Obstacles: <ul style="list-style-type: none"> • Parents and students do not always pay attention to information provided
Objective 2:	
Action Steps	Methods for Measuring Implementation
Place posters and flyers throughout the cafeteria to catch students attention	Baseline or benchmark data points: <ul style="list-style-type: none"> • A plan of what we will display monthly and how many displays will be made Resources needed: <ul style="list-style-type: none"> • Posters, flyers, and decor to promote healthy eating, nutrition, and exercise Obstacles: <ul style="list-style-type: none"> • Students do not always read information displayed

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:	
Action Steps	Methods for Measuring Implementation
Send home monthly menus and newsletters as well as post on school website	Baseline or benchmark data points: <ul style="list-style-type: none"> Information for monthly newsletter and menus Resources needed: <ul style="list-style-type: none"> Number of students to send information home with Obstacles: <ul style="list-style-type: none"> Getting parents and students to read information provided
Objective 2:	
Action Steps	Methods for Measuring Implementation
Hold a menu advisory board at least annually to inform the community of nutritional information and get their input as well.	Baseline or benchmark data points: <ul style="list-style-type: none"> List all events and activities we may target community members at Resources needed: <ul style="list-style-type: none"> Flyers to invite Obstacles: <ul style="list-style-type: none"> Community involvement

**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]

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: The District will make nutrition information available.

Action Steps	Methods for Measuring Implementation
The Child Nutrition Director will make available a nutrition newsletter for parents/student	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of copies made Resources needed: <ul style="list-style-type: none"> • Nutrition Newsletter subscription Obstacles: <ul style="list-style-type: none"> • Will folks read newsletter

GOAL: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

Objective 1: Provide Dates times and locations of staff development opportunities on nutrition

Action Steps	Methods for Measuring Implementation
Allow staff, including instructional staff, to attend staff development at the regional service center and other venues	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of staff who attended training in past years Resources needed: <ul style="list-style-type: none"> • Funds for transportation and registration for staff development

Objective 2: Food Service Director will work with teachers and staff on education opportunities

Action Steps	Methods for Measuring Implementation
Food Service Director will address teachers and staff via email and/or at teacher in-service days in regards to child nutrition guidelines. Child Nutrition Director will also be available for any questions or concerns regarding the child nutrition department	Baseline or benchmark data points: <ul style="list-style-type: none"> • Time spent with staff and topics discussed in previous years Resources needed: <ul style="list-style-type: none"> • Time with staff Obstacles: <ul style="list-style-type: none"> • Time

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: Participate in Farm to School programs annually

Action Steps	Methods for Measuring Implementation
Child Nutrition Director shall apply for farm to school grants and participate in any and all programs provided by TDA	Baseline or benchmark data points: <ul style="list-style-type: none"> • Previous years activity Resources needed: <ul style="list-style-type: none"> • Information regarding this program from TDA • local food grown, community volunteers

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 developmental[^] appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

Objective 1: Provide a minimum of 30 minutes per day or 135 minutes per week of physical activity for students required to have them.

Action Steps	Methods for Measuring Implementation
Provide a minimum of 30 minutes daily or 135 minutes per week of planned physical activity for students in grades Pre-K through 12th.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of minutes documented each day • Practice or game minutes available each day Resources needed: <ul style="list-style-type: none"> • Physical education teacher

	<ul style="list-style-type: none"> • Pre-K teacher • Coaches
Objective 2:	
Action Steps	Methods for Measuring Implementation
The district will maintain outdoor playgrounds and courts for afterhours use when not being used by the school	Baseline or benchmark data points: <ul style="list-style-type: none"> • Outdoor courts maintained Resources needed: <ul style="list-style-type: none"> • Maintenance will monitor and maintain as needed Obstacles: <ul style="list-style-type: none"> • Time

GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective 1: Inform staff of resources available

Action Steps	Methods for Measuring Implementation
In-Service will be provided to all staff related to the importance of physical activity breaks	Baseline or benchmark data points: <ul style="list-style-type: none"> • Percentage of teachers who integrate physical activity breaks Resources needed: <ul style="list-style-type: none"> • Time for training

Objective 2: Provide instruction in life long activities for students

Action Steps	Methods for Measuring Implementation
Provide instruction in physical activities and sports that students can enjoy and benefit from for years to come.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Time devoted to each activity Resources needed: <ul style="list-style-type: none"> • Instructors/ coaches for each activity

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: Allow sufficient time for students to enjoy their meal	
Action Steps	Methods for Measuring Implementation
Evaluate current lunch and breakfast times with Child nutrition director and Principals to make a proper schedule	Baseline or benchmark data points: <ul style="list-style-type: none"> • Current lunch and breakfast schedule Resources needed: <ul style="list-style-type: none"> • Time

GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1: Inform community of SHAC	
Action Steps	Methods for Measuring Implementation
Send home and post communication around town on when these events will be held	Baseline or benchmark data points: <ul style="list-style-type: none"> • Current lunch and breakfast schedule Resources needed: <ul style="list-style-type: none"> • Time