

Wellness Plan: Pewitt CISD

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

Mission Statement: The mission of Pewitt CISD is to promote a healthy lifestyle for students, parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our district wellness policy which will incorporate nutrition education and standards, physical activity and any other school related activities.

This document, referred to as the “wellness plan”, is intended to complement policy FFA(local), which has been adopted by the Board to comply with the requirements for a school wellness policy. [Section 9A9a) 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 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.

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 Pewitt SHAC District Coordinator 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:

- Smarter Lunchrooms’ website (<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>)
- School Health Index (<https://www.cdc.gov/healthyschools/shi/index.htm>)

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:

- A copy of the wellness policy [see FFA(local)];
- A copy of this wellness plan, with dated revisions;
- Notice of any Board revisions to policy FFA (local);
- The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan
- Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
- The SHAC's triennial assessment; and
- 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 Pewitt SHAC District Coordinator.

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 US 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>

Exception—Fundraisers

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.

Food 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 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.

Goals/Objectives/Action Steps

Nutrition Promotion and Education

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.	
Action Steps	
Distribute handout regarding school food programs within the first two weeks of the school year; send a follow-up letter within first two weeks of second semester.	

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.	
Action Steps	
Distribute nutritional information as part of the menu calendar sent home with students, posted on school website and displayed in the local paper.	

Education

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Action Steps

All students will complete a one semester health education course as part of graduation requirements.

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.

Action Steps

Encourage all teachers to integrate physical activity into the academic curriculum.

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.

Action Steps

Distribute monthly wellness informational fliers to District Staff as well as offer various wellness activities for the staff to participate in, facilitated by staff members.

School Based Activities

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

Action Steps

SHAC will distribute and/or post health/wellness information in high traffic areas during District and Campus activities.

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Action Steps

District and Campus leadership will incorporate mini-challenges as part of a professional development wellness education training and other professional development trainings offered in the district.

