

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 the 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 along with an invitation to contact that person if the reader is interested in participating in the development, implementation, and evaluation of the wellness policy and plan.

IMPLEMENTATION

The 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 superintendent 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 the 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 the principal and appropriate District administrators. The SHAC will assess the District'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 WellSat 2.0 (www.wellsat.org)
- Relevant portions of the Center for Disease Control's School Health Index (<http://www.cdc.gov/healthyschools/shi/index.htm>)

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 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 superintendent, 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).

**NUTRITION
GUIDELINES**

The District campus participates 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 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 2016-17 school year:

Campus or Organization	Food/Beverage	Number of Days
Kopperl Basketball Tournament – Junior Class Concession	Both	2

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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)]

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.

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: Provide healthy nutrition messages in numerous locations.

Action Steps	Methods for Measuring Implementation
Food & Nutrition Services will <ul style="list-style-type: none"> • display menus and posters in each campus cafeteria, and • post menus and links to nutrition websites on the district webpage. 	Baseline or benchmark data points: <ul style="list-style-type: none"> • Displays and postings will be reviewed prior to each SHAC meeting. Resources needed: <ul style="list-style-type: none"> • Printed material, such as menus and posters • District webpage

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Objective 2: Provide fitness information in numerous locations.	
Action Steps	Methods for Measuring Implementation
Coaches and P.E. teachers will post fitness and wellness information in gyms and other appropriate common areas.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Displays and postings will be reviewed prior to each SHAC meeting. Resources needed: <ul style="list-style-type: none"> • Printed materials • Student-created materials

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: Maintain Food & Nutrition Services webpage with information for parents and community.	
Action Steps	Methods for Measuring Implementation
Keep information on the Food & Nutrition Services webpage current.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Monthly breakfast and lunch menus • Current pricing information • Current-year free and reduced meal applications in English and Spanish Resources needed: <ul style="list-style-type: none"> • Documents and links to documents listed above
Objective 2: Provide nutrition information for parents.	
Action Steps	Methods for Measuring Implementation
Include nutrition information in regular communication with parents, such as newsletters and weekly folders.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Mid-year and end-of-year report of wellness activity Resources needed: <ul style="list-style-type: none"> • Written communication to be included

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GOAL: The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.	
Objective 1: District displays food and nutrition posters provided by the Texas Department of Agriculture (TDA).	
Action Steps	Methods for Measuring Implementation
Food & Nutrition Services staff will post posters in campus cafeteria service and dining areas as space allows.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Displays and postings will be reviewed prior to each SHAC meeting. Resources needed: <ul style="list-style-type: none"> • TDA posters

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]

The District will implement the nutrition services and health education component through instruction of the essential knowledge and skills related to nutrition and health and the SPARK program, a program approved by the Texas Education Agency, in the District’s physical education, health education, and science courses.

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

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: All students will be presented information that promotes healthy eating practices for proper nutrition.	
Action Steps	Methods for Measuring Implementation
Health education will be addressed and emphasized through several curriculum areas at various grade levels (science, biology, physical education, etc.)	Baseline or benchmark data points: <ul style="list-style-type: none"> • Campus administration will document grade level and subject areas where nutrition education is taught. Resources needed:

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	<ul style="list-style-type: none"> Textbooks, supplemental materials, lesson plans
Objective 2: At least 90 percent of students enrolled in physical education courses throughout the District will achieve at least a semester grade average of 80 on a scale of 100.	
Action Steps	Methods for Measuring Implementation
Create a formula and action plan to obtain the semester grade averages of students enrolled in physical education.	Baseline or benchmark data points: <ul style="list-style-type: none"> Average semester grades at the end of the first and second semesters for all District students enrolled in physical education. Resources needed: <ul style="list-style-type: none"> Support from central administration to obtain grade averages

GOAL: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the students' school activities, as appropriate.	
Objective 1: Teachers will integrate nutrition education with content TEKS as appropriate throughout the school year.	
Action Steps	Methods for Measuring Implementation
As part of regular instructional planning, teachers will look for opportunities to incorporate information, discussion and examples.	Baseline or benchmark data points: <ul style="list-style-type: none"> Mid-year and end-of-year report of wellness activity Resources needed: <ul style="list-style-type: none"> Lesson plans TEKS
Objective 2: One-hundred percent of students will have access to drinking water at all times during the school day.	
Action Steps	Methods for Measuring Implementation
Include in enrollment and registration materials that students are permitted to carry personally owned water bottles at all times	Baseline or benchmark data points: <ul style="list-style-type: none"> Documentation from the school nutrition department that water was available during meal periods as required by

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	<p>federal standards, and that students were informed of water bottle policy</p> <p>Resources needed:</p> <ul style="list-style-type: none"> • Easily accessible water fountains • Guidance/signs on any locations where water bottles may not be permitted (computer labs, etc.)
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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: The campus advisory committee will determine appropriate annual professional development for staff responsible for nutrition education.

Action Steps	Methods for Measuring Implementation
<p>At the first campus advisory committee meeting of the school year, the committee must determine the staff involved in the nutrition education program and the appropriate professional development opportunities for those staff to attend.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Minutes of the campus advisory committee meeting to determine compliance with the objective <p>Resources needed:</p> <ul style="list-style-type: none"> • Qualified professional presenters • Scheduled dates for professional training

Objective 2: All child nutrition job descriptions will be updated to require at least the minimum qualifications as required by federal law.

Action Steps	Methods for Measuring Implementation
<p>Superintendent will review and update current job descriptions for child nutrition positions</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Document job descriptions that were revised during the school year <p>Resources needed:</p> <ul style="list-style-type: none"> • The current minimum qualifications of child nutrition 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]

The District will meet the required physical activity in elementary school grades by providing at least 30 minutes per day of physical education/recess, weather permitting.

At the middle school level, the District will require students, unless exempted because of illness or disability, to be enrolled in physical education athletics courses for at least four out of the six semesters in grades six, seven, and eight.

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: The school will provide a variety of opportunities for physical activities open to all students.

Action Steps	Methods for Measuring Implementation
The school will provide at least 2 opportunities for students to participate in physical activity outside of P.E. classes or competitive sports. Examples: Daily recess, Jump Rope for Heart, Field Day.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Mid-year and end-of-year report of wellness activity Resources needed: <ul style="list-style-type: none"> • Vary by activity

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GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
Objective 1: Campus administrator will facilitate opportunities for teacher to gain knowledge in integrating physical activity into academic curriculum.	
Action Steps	Methods for Measuring Implementation
<p>Campus administrators will ensure opportunities for teachers to share ideas and strategies for integrating physical activity into academic curriculum.</p> <p>Campus administrators will monitor follow through with integration through teacher lesson plans.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Ongoing review of lesson plans Mid-year and end-of-year report of wellness activity <p>Resources needed:</p> <ul style="list-style-type: none"> Varied

GOAL: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
Objective 1: The district will make district facilities available for community use outside of the school day.	
Action Steps	Methods for Measuring Implementation
<p>KISD Secondary Athletics The district will work cooperatively with Kopperl Youth Sports Association (KSA) and other groups to provide opportunities for students to participate in physical activity outside the school day.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Ongoing relationship with KSA <p>Resources needed:</p> <ul style="list-style-type: none"> District facilities Board Policy regarding use

GOAL: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for District employees and students.	
Objective 1: The district will provide training and activities for employees to support life-long fitness and wellness.	
Action Steps	Methods for Measuring Implementation
<p>The campus will plan and carry-out at least 1 activity to promote fitness and/or wellness for staff.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Mid-year and end-of-year report of wellness activity <p>Resources needed:</p>

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	<ul style="list-style-type: none"> Vary by activity
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GOAL: The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.

Objective 1: The campus will offer at least one event annually either during or outside of normal school hours that involves physical activity and includes both parents and students in the event.

Action Steps	Methods for Measuring Implementation
Develop a list of ideas to submit to the campus principal to meet this objective. Assign a campus staff member to organize the event.	Baseline or benchmark data points: <ul style="list-style-type: none"> Report from campus principal about the events Participation rates from year to year Resources needed: <ul style="list-style-type: none"> Dissemination of a list to send to campus staff Informational materials about the event to distribute to students and parents

GOAL: The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as tracks, playgrounds, and the like, that are available for use outside of the school day.

Objective 1: Make school facilities available through the District’s facility request system, as required by school policy and procedures.

Action Steps	Methods for Measuring Implementation
Communicate the availability of school facilities to the community. Provide request forms for individuals or groups who wish to use a specific facility.	Baseline or benchmark data points: <ul style="list-style-type: none"> Documentation of publications, website postings, and signs verifying that the information was communicated Documentation of times facility requests are made and used Resources needed: <ul style="list-style-type: none"> Request forms A list of the types of facilities that are available for use

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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: The principal will build a master schedule to allow for at least ten minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is eating.	
Action Steps	Methods for Measuring Implementation
Evaluate current meal time allowances Adjust master schedules as necessary	Baseline or benchmark data points: <ul style="list-style-type: none"> The number of lunch periods that currently meet the standard and those that do not Resources needed: <ul style="list-style-type: none"> Average time it takes for students to receive a meal and be seated

GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1: Provide cost effective wellness opportunities for students and families.	
Action Steps	Methods for Measuring Implementation
District/campus will host <ul style="list-style-type: none"> shot clinics, and annual Pink-out 	Baseline or benchmark data points: <ul style="list-style-type: none"> Self-reports by administration whether this standard was met consistently during the year on the campus. Resources needed: <ul style="list-style-type: none"> A list of Smart Snacks compliant foods and beverages to distribute to organizations and booster clubs that are responsible for concession sales

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

Objective 1: The District will utilize its health insurance provider to encourage wellness by communicating the preventive services covered at 100 percent during each enrollment period.

Action Steps	Methods for Measuring Implementation
Work with the District's health insurance provider to determine what services are covered at 100 percent.	Baseline or benchmark data points: <ul style="list-style-type: none">• Documentation of when and how information was shared with employees Resources needed: <ul style="list-style-type: none">• A list of services covered at 100 percent