

TARKINGTON 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]

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. *Publishing information on the District website and in other appropriate District publications*
2. *Providing information at Tarkington ISD School Board meetings*

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 Assistant Superintendent of Curriculum and Instruction 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>)
- Designated internal evaluation tool developed by the School Health Advisory Council.
- Campus principals will work with other campus professionals to collect data and measure implementation. The local wellness plan will be reviewed and revised as needed by the SHAC.

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.

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 Assistant Superintendent

for Curriculum and Instruction, 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	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 <i>Administrator Reference Manual</i> [ARM], Section 20, Competitive Foods)

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

- The district prohibits the sale of diet sodas and deep fat frying as a means of food preparation.

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)]

The District will allow the following exempted fundraisers for the 2018–2019 school year:

Campus or Organization	Food / Beverage	Number of Days
All campuses	Food and/or beverage	6 for each entity

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. *Periodic walk-through observations*
2. *Child nutrition audit procedures*

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: Promote healthy nutrition in the District through signage and other promotional means.	
Action Steps	Methods for Measuring Implementation
Signage and posters promoting healthy habits will be displayed in facilities throughout the District.	Baseline or benchmark data points: Child nutrition audit procedures

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: The District will provide wellness information, including nutrition education to students, families, staff, and the community.	
Action Steps	Methods for Measuring Implementation
A District webpage will be maintained with timely and relevant nutrition education information.	Periodic webpage review

Objective 2: The school cafeteria will serve as a learning laboratory to allow students to apply critical thinking skills in making healthy choices.	
Action Steps	Methods for Measuring Implementation
Signage and other relevant nutrition information will promote opportunities for healthy decision-making.	Child nutrition audit procedures

GOAL: The District shall ensure that food and beverages accessible to students during school hours on District property contain products that meet the federal guidelines for competitive foods.	
Objective 1: The Child Nutrition Department will ensure that all students have affordable access to a variety of nutritious foods that are needed to stay healthy.	
Action Steps	Methods for Measuring Implementation
1. Fresh fruits and vegetables will be offered regularly. 2. Low sodium and low fat items will be available.	Child nutrition audit procedures

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: Utilize a Coordinated Approach to Child Health (CATCH) to promote healthy lifestyles.	
Action Steps	Methods for Measuring Implementation
Implement the <i>Coordinated Approach To Child Health</i> across the District at appropriate grade levels.	Campus stakeholder feedback regarding implementation

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: Nutrition education will serve as a component of comprehensive health education.	
Action Steps	Methods for Measuring Implementation
1. Integrate nutrition education into curriculum in classes as appropriate. 2. Health education classes will stress the benefits of physical fitness	Local curriculum review and campus feedback

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: Training for implementation of <i>CATCH</i> will be provided as needed.	
Action Steps	Methods for Measuring Implementation
1. Update training for staff utilization of the <i>CATCH</i> program to support uniform implementation. 2. Review the Agrilife <i>Learn, Grow, Eat, Go</i> program for possible implementation at grades 3-5.	Training documentation

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

- The District requires students in Kindergarten through grade 5 to participate in moderate or vigorous daily physical activity for at least 30 minutes throughout the school year, as part of the district's physical education program or through structured activity during a campus's daily recess.

- Middle school schedules are developed to allow for at least 30 minutes of moderate or vigorous physical activity daily for at least four semesters.
- High School students meet foundation requirements for moderate or vigorous activity through physical education classes and/or designated allowable activities that include at least 100 minutes of moderate or vigorous activity per five day school week.

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:

Action Steps	Methods for Measuring Implementation
The benefits of physical fitness will be supported through appropriate events, both on campus and in the community as appropriate.	Campus feedback

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: Provide a range of activities both during and outside of the school day

Action Steps	Methods for Measuring Implementation
Tarkington ISD will promote extra-curricular activities that encourage students to be more physically active outside of the school day.	Make available extra-curricular opportunities

Objective 2: Promote healthy lifestyles for students and families

Action Steps	Methods for Measuring Implementation
Utilize the <i>CATCH</i> program to support healthy lifestyles for students and families.	<i>CATCH</i> implementation feedback

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 outside the school day.	
Objective 1: Make recreational facilities available for students, parents, staff, and community members outside of the school day	
Action Steps	Methods for Measuring Implementation
Allow use of designated District recreational facilities for educational, recreational, civic, or social activities when these activities do not conflict with school use or District policy.	Feedback, documented use and calendar data

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: Students will be provided 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 seated.	
Action Steps	Methods for Measuring Implementation
Develop campus schedules to support meal times indicated.	Breakfast and lunch schedules
Objective 2: Lunch times will be scheduled as near the middle of the school day as possible.	
Action Steps	Methods for Measuring Implementation
Develop campus schedules to provide for a regular lunch schedule between the hours of 10:45 a.m. and 1:00 p.m.	Lunch schedules

GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1: Schools will offer healthy choices at school activities where possible.	
Action Steps	Methods for Measuring Implementation
Collaborate with PTA and event/activity sponsors to support healthy choices at school events.	Student and parent feedback Menus where applicable
Objective 2: Demonstrate a commitment to healthy lifestyles.	
Action Steps	Methods for Measuring Implementation
Explore the <i>Agrilife Healthy School Recognized Campus</i> program for possible implementation at TIS.	Meeting documentation Program implementation and designation
Explore the possibility of offering a vaccine clinic at Tarkington Roundup, as well as Pre-K and Kindergarten Roundup events.	Contact TSHS to schedule for uninsured. Contact Walgreens to schedule for insured. Provide outreach and communication

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1: Promote employee wellness with campus-based activities as appropriate	
Action Steps	Methods for Measuring Implementation
1. Implement “biggest loser” challenges at interested campuses. 2. Continue to offer flu and Hep B vaccines to employees through vaccine clinic 2. Designate distance markers at interested campuses to promote walking. 3. Utilize Agrilife resources to promote employee wellness as appropriate at interested campuses.	Principal and employee feedback