

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	<p>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:</p> <ol style="list-style-type: none"><li data-bbox="552 945 1442 1018">1. <i>HPISD Wellness Policy and Plan will be available on our website for viewing.</i><li data-bbox="552 1039 1442 1113">2. <i>SHAC meetings will be open to anyone interested in attending.</i>
IMPLEMENTATION	<p>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.</p> <p>The Superintendent/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.</p>
EVALUATION	<p>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.”</p>

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>)
- TSHAC school health self evaluation tool.
- Squaremeals.org

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 Superintendent/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).
NUTRITION GUIDELINES	<p>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.</p> <p>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.</p>
FOODS AND BEVERAGES SOLD	<p>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:</p> <ul style="list-style-type: none">• 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)
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.

The District will allow the following exempted fundraisers for the 2017–18 school year:

Campus or Organization	Food / Beverage	Number of Days
Elementary	Varied foods and drinks	2 days

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.

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:

- All outside vending or advertising must have administrator approval.

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
Hang promotional signs in the cafeteria	Baseline or benchmark data points: <ul style="list-style-type: none"> • 2 signs on each serving line Resources needed: <ul style="list-style-type: none"> • New signs provided by vendors Obstacles: <ul style="list-style-type: none"> • Ability to get the signage/cost
Objective 2:	
Action Steps	Methods for Measuring Implementation
Catch promotion in the PE classroom	Baseline or benchmark data points: <ul style="list-style-type: none"> • Previous CATCH curriculum Resources needed: <ul style="list-style-type: none"> • Catch curriculum Obstacles: <ul style="list-style-type: none"> • Training for the staff

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
Nutritional information will be posted on the schools website for families to refer to.	Baseline or benchmark data points: <ul style="list-style-type: none"> • No nutritional postings at this time Resources needed: <ul style="list-style-type: none"> • Current nutritional information that our families would enjoy learning about Obstacles:

	<ul style="list-style-type: none"> Keeping the information current and updated
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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.

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:	
Action Steps	Methods for Measuring Implementation
Catch will be taught by PE teachers on each campus K-8	Baseline or benchmark data points: <ul style="list-style-type: none"> Already taught in elementary but not in MS Resources needed: <ul style="list-style-type: none"> Catch training/ Catch materials Obstacles: <ul style="list-style-type: none"> Available trainings/ online options for training

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:	
Action Steps	Methods for Measuring Implementation
Wellness Wednesday Promotion	Baseline or benchmark data points: <ul style="list-style-type: none"> Currently doing this on both campuses Resources needed: <ul style="list-style-type: none"> Ideas for integrating the nutritional information with the physical activities Obstacles: <ul style="list-style-type: none"> Involvement of the entire student population

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:	
Action Steps	Methods for Measuring Implementation
Continue cafeteria Region 16 trainings as offered. PE teacher education for the Catch curriculum.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Region 16 trainings for cafeteria staff/teachers, Catch training for PE teachers <p>Resources needed:</p> <ul style="list-style-type: none"> Trainings offered locally or online <p>Obstacles:</p> <ul style="list-style-type: none"> Available trainings

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.

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

- 30 minutes daily recess for elementary students
- Middle school PE/ Athletics 4 semester minimum
- 2 semesters of PE required for freshmen students/ or 2 yrs of marching band

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
Opportunities available throughout the day for physical activity i.e. read and ride, sensory room, Wellness Wednesday, gyms and work out facilities, and playground	Baseline or benchmark data points: <ul style="list-style-type: none"> All areas currently in use Resources needed: <ul style="list-style-type: none"> none Obstacles: <ul style="list-style-type: none"> Allotment of time

GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Teachers will be encouraged to provide breaks from learning with physical movement used to help them refocus.	Baseline or benchmark data points: <ul style="list-style-type: none"> Some teachers are already incorporating these activities Resources needed: <ul style="list-style-type: none"> Tools/ideas Obstacles: <ul style="list-style-type: none"> Taking time to incorporate this daily into the classroom

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:	
Action Steps	Methods for Measuring Implementation
Adjust eating times when needed to allow students plenty of time to eat.	Baseline or benchmark data points: <ul style="list-style-type: none"> • 30 minutes is always allowed for eating Resources needed: <ul style="list-style-type: none"> • none Obstacles: <ul style="list-style-type: none"> • Time consideration

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Formation of a wellness committee	Baseline or benchmark data points: <ul style="list-style-type: none"> • No committee at this time Resources needed: <ul style="list-style-type: none"> • Ideas for staff wellness promotions Obstacles: <ul style="list-style-type: none"> • Staff involvement / interest