

WELLNESS PLAN	<p>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.]</p>
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> <p><i>1. Publicizing meeting dates on district website</i></p>
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 Executive Director for Curriculum and Instructional Services 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>)

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 Director for Technology Services, 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 *Administrator Reference Manual* [ARM], Section 20, Competitive Foods)

EXCEPTION—
FUNDRAISERS

The District will allow exempted fundraisers: Cooper ISD / Campus Level Discretion / 6 days per campus per year. All fundraisers will include nonfood items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

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.

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: Promotion of healthy nutrition message in cafeteria

Action Steps	Methods for Measuring Implementation
1. Posters displaying healthy options for eating	<ul style="list-style-type: none">Posters will be visible

Objective 2: Promotion of healthy nutrition in classrooms

Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none">Health curriculum at each campus stresses healthy nutritionHealth curriculum implemented through PE and science classes	<ul style="list-style-type: none">PE and health lesson plans

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.

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:

- 135 minutes of weekly moderate or vigorous physical activity in grades K-5
- Grades 6-8 are required to enroll in a physical education or athletics course for at least two semesters in which they participate in moderate to vigorous physical activity for at least 30 minutes per day
- Grades 9-12 offerings include Foundations of PE and Athletics. Required to enroll in a physical education or athletics course for at least two semesters.

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: Appropriate fitness activities provided for all students

Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. CATCH (Coordinated Approach to Child Health) curriculum used at elementary level 2. Adaptive PE available for students with disabilities 3. CATCH Curriculum used at Junior High level 4. High School exemption policy allows students to earn PE credit by marching in band. 	<ul style="list-style-type: none"> • Schedules and policy

GOAL: The District will incorporate the newly adopted Health TEKS into science and physical education

Objective 1: Health TEKS incorporated in Science and PE

Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. CATCH Health curriculum taught in science and PE 	PE and Science lesson plans

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

Objective 1: Staff development for PE personnel

Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. Elementary PE teachers meet at least one time per year for professional development 	<ul style="list-style-type: none"> • Sign in sheets from professional development

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

GOAL: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
Objective 1: Programs made available	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. Summer sports camps available and encouraged for students 2. After school opportunities for physical activities at campus discretion 	<ul style="list-style-type: none"> • Participation rates

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.	
Objective 1: Opportunities provided for District employees	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. Wellness screenings available to all employees. 2. After school opportunities for physical activities at campus discretion 	<ul style="list-style-type: none"> • Participation rates
GOAL: The District shall encourage parents to support their children's participation, be active role models, and include physical activity in family events.	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. Invitations to field days, field trips, booster clubs and community events are provided for parents 	<ul style="list-style-type: none"> • Campus records and calendars

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.

Action Steps	Methods for Measuring Implementation
1. Track and tennis courts at Secondary Campus are open at all times for the community.	<ul style="list-style-type: none">• Participation of usage

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

OTHER 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 SHAC committee shall create a survey to inquire about personal needs across the district to have a better understanding of the needs of the students.

Objective 1: Create a needs assessment of the students in the district

Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none">1. Create survey to send to parents2. Use survey to address needs of students	<ul style="list-style-type: none">• Formulate graphs and charts to visualize student needs• Meeting the needs of the students

GOAL: The District shall provide basic personal hygiene education to students to positively promote the health of the students.

Objective: Promote healthy hygiene habits

Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none">1. Incorporate the districts Health Science classes to create posters stressing personal hygiene2. Personal hygiene products available to students.	<ul style="list-style-type: none">• Visible changes in hygiene practices• Use of products as needed

GOAL: The District shall provide health promotion for staff via district wide health challenges.

Objective 1: Promote healthy habits for staff

Action Steps	Methods for Measuring Implementation
1. Create challenges to encourage healthy lifestyles for staff	Healthier staff, both physically and mentally

GOAL: The district will provide professional resources to promote staff health and wellness.

Objective: Improve mental health for staff to promote the best educators for the students.

Action Steps	Methods for Measuring Implementation
1. Provide healthy habits handouts, inspirational videos and/or small snacks to boost mood and focus	<ul style="list-style-type: none">• Staff retention and positive mental health

