

Avinger ISD Wellness Plan

STUDENT WELFARE WELLNESS AND HEALTH SERVICES

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. <i>Placing notice in the Student Handbook.</i>
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 Superintendent or 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.
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 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. Absent federal regulations to 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 each principal and appropriate District administrators. The SHAC will assess the District's and each campus'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.

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PUBLIC NOTIFICATION	<p>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:</p> <ol style="list-style-type: none">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; and6. Any other relevant information.
RECORDS RETENTION	<p>Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program.</p>
GUIDELINES AND GOALS	<p>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).</p>
NUTRITION GUIDELINES	<p>All District campuses participate 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.</p> <p>The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold, otherwise made available, or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows and exemption for fundraising activities as authorized by state and federal rules.</p>
FOODS 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,</p>

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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)

FUNDRAISERS

The District will not allow exempted fundraisers; all fundraisers will include non-food items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

Time and Place Restrictions:

An elementary school campus may not serve competitive foods (or provide access to them through indirect sales) to students anywhere on the school campus throughout the school day except for those food items made available by the school food service department. Approved foods sold as part of a fundraising event may not be provided to students anywhere on the school campus from 30 minutes before to 30 minutes after meal periods except for those food items made available by the school food service department.

Middle or junior high school campuses may not serve competitive foods (or provide access to them through indirect sales), including fundraising, to students anywhere on the school campus from 30 minutes before to 30 minutes after meal periods, except for those food items made available by the school food service department.

High schools may not serve competitive foods (or provide access to them through indirect sales), including fundraising, to students anywhere on the school campus from 30 minutes before to 30 minutes after meal periods, except for those food items made available by the school food service department.

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Nutritional information indicating compliance with these regulations (nutrient fact label or signed product analysis statement from the manufacturer) will be retained for review purposes by the LEA staff member coordinating the fundraising event. Information will be kept on file for 5 years.

**FOODS MADE
AVAILABLE**

There are currently no federal requirements for foods or beverages made available to students by their parents and/or grandparents 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. In order to provide students with allergies with the safest environment possible for eating, students will not be allowed to share foods in the cafeteria. [See CO(LEGAL)]

**MEASURING
COMPLIANCE**

The District will measure compliance with the nutrition guidelines by reviewing the menus for reimbursable meals, 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: The District will participate in federal child nutrition programs each school year	
Action Steps	Methods for Measuring Implementation
Distribute flier regarding school food programs within first two weeks of the school	Baseline or benchmark data points:

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<p>year; Distribute summer flier regarding locations students can obtain meals during the summer offered by other Districts within the last 2 weeks of school.</p>	<ul style="list-style-type: none"> • Participation rates in federal child nutrition programs at beginning and end of school year. <p>Resources needed:</p> <ul style="list-style-type: none"> • Development of fliers and follow-up letters • Personnel to distribute fliers <p>Obstacles:</p> <ul style="list-style-type: none"> • Fliers and letters sometimes do not reach the parents • Negative perceptions of school meals • Parents choosing not to disclose information related to income or family information to determine eligibility for free or reduced-price meals
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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: 80% of the parents will have access to nutrition education through the publishing of monthly newsletters approved by a Registered Dietitian.

Action Steps	Methods for Measuring Implementation
<p>Publishing up to 9 monthly newsletters within a school calendar year with pertinent nutrition information aimed at promoting healthy nutrition choices and positively influencing the health of students.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of newsletters published by the District. <p>Resources needed:</p> <ul style="list-style-type: none"> • Literature to send to families/community <p>Obstacles:</p> <ul style="list-style-type: none"> • Limited resources/organizations • Access to a Registered Dietitian

Objective 2: Consistently post in an easily accessible location on the District's website the monthly school breakfast and lunch menus, along with the nutritional information of each meal

Action Steps	Methods for Measuring Implementation
<p>Develop menus that are in compliance with this objective and are posted no later than</p>	<p>Baseline or benchmark data points:</p>

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<p>the first day of the month of service. Distribute menus to each student. Make menus available for pick up around the office areas.</p>	<ul style="list-style-type: none"> • The manner in which the menus and nutrition information are communicated to parents currently <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff to create and distribute the menus for posting to the website <p>Obstacles:</p> <ul style="list-style-type: none"> • Not all families have internet access • Parent transportation to school for menu pick-up may not be available • Students may not deliver menus home.
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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. [See EHAA]

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

<p>GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p>	
<p>Objective 1: Continue to offer health class in middle and/or high school. Offer health through 4-H on #FabFridays</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Health education course will be provided at least once to all students in grades 7-12.</p>	<p>Baseline or Benchmark: Master Schedule</p> <p>Resources needed:</p> <ul style="list-style-type: none"> • Certified staff to teach the course • Four-year plans to accommodate health as an elective <p>Obstacles:</p> <ul style="list-style-type: none"> • High mobility rate of students.

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Objective 2: At least 90 percent of students enrolled in physical education courses throughout the District will achieve at least a yearly grade average of 80 on a scale of 100.	
Action Steps	Methods for Measuring Implementation
Check grades of students by either reviewing their report cards or speaking with coaches since we are a very small schools	Baseline or benchmark data points: <ul style="list-style-type: none">• Yearly average of District students enrolled in physical education Resources needed: <ul style="list-style-type: none">• Support from administration/coaches to obtain grade averages Obstacles: <ul style="list-style-type: none">• Nutrition education is only a part of the essential knowledge and skills for physical education courses

PHYSICAL ACTIVITY

The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]

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.

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GOAL: The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students by providing multiple opportunities for participation	
Objective 1: Continue to grow the district non uil sports program for all ages	
Action Steps	Methods for Measuring Implementation
Offer programs such as but not limited to Hots Shots, Archery, Basketball for grades K-5.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The number of students participating as compared to this enrollment <p>Resources needed:</p> <ul style="list-style-type: none"> • Additional sports equipment • More coach volunteers <p>Obstacles:</p> <ul style="list-style-type: none"> • May be hard to find volunteers • May result in a substantial cost
Objective 2: Continue to provide multiple opportunities for physical education.	
Action Steps	Methods for Measuring Implementation
Students will participate in recess and physical education in grades K-6 and Grades 6-12 will be offered P.E. and Athletic classes. Physical activities will be included in #Fab-Fridays.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The number of students participating as compared to enrollment <p>Resources needed:</p> <ul style="list-style-type: none"> • Additional sports equipment • More coach volunteers <p>Obstacles:</p> <ul style="list-style-type: none"> • Including everything in master schedule

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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: After receiving appropriate staff development, at least 60 percent of K-5 teachers who respond to a survey will report that physical activity breaks were regularly incorporated into their lessons.	
Action Steps	Methods for Measuring Implementation
Determine appropriate in-service days in which teachers will receive staff development related to the importance of physical activity breaks.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Percentage of teachers who report integrating physical activity breaks on a regular basis. <p>Resources needed:</p> <ul style="list-style-type: none"> Creation and dissemination of a survey to District teachers Time for training during in-service days <p>Obstacles:</p> <ul style="list-style-type: none"> Validity of self-reports

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 offer a free workout facility to employees.	
Action Steps	Methods for Measuring Implementation
Announce to all employees in staff meetings so that they know it is available.	<p>Baseline: Agenda</p> <p>Resources needed:</p> <ul style="list-style-type: none"> Announcements in staff meetings <p>Obstacles:</p> <ul style="list-style-type: none"> Participation rates may be minimal
Objective 2: The District will encourage staff to participate in physical activities offered on #FabFridays.	
Action Steps	Methods for Measuring Implementation
Encourage participation during #FabFriday discussions that promote healthy living	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> The number of employees who participate. <p>Resources needed:</p>

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	#Fab Friday Master Schedule Obstacles: Planning and Participation
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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) to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities.

GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Objective 1: The district will build their master schedules to allow for at least 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.	
Action Steps	Methods for Measuring Implementation
Evaluate current meal time allowances. Work with campus administrators to adjust master schedules as necessary.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Mealtimes are observed • Resources needed: • Average time it takes for students to receive a meal and be seated Obstacles: <ul style="list-style-type: none"> • Master schedules take into account several issues, only one of which will be meal times.

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<p>GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.</p>	
<p>Objective 1: The District will utilize its health insurance provider to encourage wellness by communicating the preventative services covered at 100 percent during each open enrollment period.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Work with the District's health insurance provider to determine what services are covered at 100 percent.</p> <p>Develop materials and identify methods to share information about services with employees.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation of when and how information was shared with employees <p>Resources needed:</p> <ul style="list-style-type: none"> • A list of preventative services covered at 100 percent <p>Obstacles:</p> <ul style="list-style-type: none"> • Coverage is subject to change • Participation rates of those who are willing to self-report may be low
<p>Objective 2: The District will attempt to provide mobile health vans in any area we can receive services.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Work with local health organizations to set up clinic locations and dates. Market these dates to employees.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation attempts to provide services. <p>Resources needed:</p> <ul style="list-style-type: none"> • District correspondence to advertise the service <p>Obstacles:</p> <ul style="list-style-type: none"> • Participation rates may be low • Being in a rural area, mobile units may not be available.