

# Valley View ISD 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 date, time, and agenda of each SHAC meeting.
2. Listing in the student handbook the 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

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.

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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.

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.

RECORDS  
RETENTION

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program.

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).

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NUTRITION  
GUIDELINES

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.

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.

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**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 per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

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

Campus or Organization	Food/Beverage	Number of Days
All Campuses	Campus Choice	6

**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)]

In addition, the District has established the following local guidelines on foods and beverages made available to students: *(Insert District’s local guidelines.)*

**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.

<p><b>GOAL:</b> The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.</p>	
<p><b>Objective 1: The District will increase participation in federal child nutrition programs.</b></p>	
Action Steps	Methods for Measuring Implementation
<p>Distribute information to parents at the beginning of school or upon their child’s enrollment regarding the school food program. Send follow-up information at the beginning of the second semester.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Participation rates in federal nutrition programs at the beginning, middle, and end of the school year.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Fliers, Forms, Letters</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Parents choosing not to disclose information related to income to determine eligibility for free or reduced price meals.</li> </ul>

<p><b>GOAL:</b> 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.</p>	
<p><b>Objective 1: The District will create breakfast /lunch menus that promote healthy nutrition messages and make them easily accessible for parents and students in multiple ways.</b></p>	
Action Steps	Methods for Measuring Implementation
<p>Menus sent home with students and/or mailed home. Post menus on the District website. Place/Post menus in classrooms and office reception areas.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Make sure menus are updated and placed/posted appropriately.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Menu fliers, website</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Lack of internet access for families</li> </ul>

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 CATCH 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 goal(s) for nutrition education.

***[Coordinate the goals listed in this section with those listed in FFA(LOCAL).]***

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<b>GOAL:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
<b>Objective 1: The District will post visual aids in the cafeteria promoting healthy eating habits.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Display posters in the cafeteria that promote appropriate food/drink choices and portion sizes in highly visible areas.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Make sure posters are displayed.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Posters promoting healthy food choices.</li> </ul>

<b>GOAL:</b> The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
<b>Objective 1: The District will provide nutrition education at all campuses.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Knowledge and skills taught in:</p> <p>Health classes</p> <p>PE classes</p> <p>Science classes</p> <p>Family and Consumer Science classes</p> <p>Coordinated School Health Program</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Lesson Plans</li> <li>• Administrative Observations</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Classroom Materials</li> </ul>

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 activity in elementary school grades by providing at least 30 minutes per day of recess and/or PE, 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 or athletic 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.

<b>GOAL:</b> 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.	
<b>Objective 1: The District will provide opportunities in the daily schedule for students to participate in physical fitness activities.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Elementary – Recess, PE Middle School – PE Junior High – Athletics/PE, Marching Band High School – Athletics/PE, Marching Band	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Master Schedule,</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Staff, Instructional Materials</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Participation rate of high school students.</li> </ul>

<b>GOAL:</b> The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
<b>Objective 1: The District will provide opportunities for staff to attend workshops and trainings as needed in order to integrate physical activity into the curriculum.</b>	
Action Steps	Methods for Measuring Implementation
Promote workshops/trainings at Region 11 Encourage teachers to adjust curriculum to include physical activity, especially at the Middle School (block classes)	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Lesson Plans, Training Certificates</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Region 11 workshops list</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Availability of appropriate trainings</li> </ul>

<b>GOAL:</b> The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
<b>Objective 1: The District will provide opportunities for students in 7<sup>th</sup>-12<sup>th</sup> grades to participate in their choice of school-sponsored activities.</b>	
Action Steps	Methods for Measuring Implementation
Junior High athletic practices begin at 7:00 am. High School athletic practices are conducted after school at 3:35 pm. Marching Band practices will be conducted before/after school.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Athletic/Band Schedules</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Staff, Equipment, Practice Plans</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Students who ride the bus cannot participate.</li> </ul>

<b>GOAL:</b> The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.	
<b>Objective 1: The District will promote the benefits of physical activity to families through various methods.</b>	
Action Steps	Methods for Measuring Implementation
Elementary Newsletter Little Eagle Relays Post 7 <sup>th</sup> -12 <sup>th</sup> Athletic Schedules on the school website. Post/Distribute fliers for local youth sports activities (ex. Players in Progress).	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Newsletters, Schedules, Fliers</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Fliers, Newsletter, Schedules</li> </ul> Obstacles: <ul style="list-style-type: none"> <li></li> </ul>

<b>GOAL:</b> 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.	
<b>Objective 1: The District will inform the community of the facilities that are available for use through various methods.</b>	
Action Steps	Methods for Measuring Implementation
The track facility is available to the public outside of school hours. Gymnasiums and athletic fields are available for local youth sports teams.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Website postings, Schedules, Signs</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Possible vandalism</li> </ul>

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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.

<b>GOAL:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
<b>Objective 1: The District will design appropriate schedules to ensure all students have sufficient time to eat meals in a safe environment.</b>	
Action Steps	Methods for Measuring Implementation
<p>The Middle School will have two monitored lunch periods of 34 minutes each.</p> <p>The High School will have two monitored lunch periods of 34 minutes each.</p> <p>The Elementary will have monitored lunch periods with a minimum of 30 minutes each.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Monitor serving times and the amount of time students have to eat.</li> <li>• Master Schedules</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Staff to monitor.</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Meals that take longer to serve than normal.</li> </ul>

<b>GOAL:</b> The District shall promote wellness for students and their families at suitable District and campus activities.	
<b>Objective 1: Each campus will promote wellness opportunities for students at the beginning and throughout the year.</b>	
Action Steps	Methods for Measuring Implementation
<p>Back-to-School Night</p> <p>Class assemblies</p> <p>Little Eagle Relays</p> <p>Daily Announcements</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Documentation of promotion</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Fliers</li> </ul>

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School Website	
Facebook	

<b>GOAL:</b> The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
<b>Objective 1: The District will provide staff the opportunity to participate in wellness activities.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Fitness Challenges Blood Drives	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Compare the number of participants to previous years.</li> <li>• Schedules</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Medical personnel.</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Scheduling conflicts.</li> </ul>