

**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. Allowing school food service staff to participate in making decisions and guidelines that will affect the school nutrition environment.
2. Asking Principals to address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education and physical activity.
3. Hold meetings soliciting the input of community and parental members of the committee.

**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 Superintendent’s 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

**STUDENT WELFARE**  
**WELLNESS AND HEALTH SERVICES**

**FFA**  
**(REGULATION)**

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.

The SHAC members from each campus will conduct a review of their respective campuses in the fall semester of each year to identify areas for improvement.

These groups will report their finding to the campus principal and develop with him/her a plan of action for improvement.

The SHAC will hear reports from each campus group after each review period. Before the end of each school year the committee will recommend to the Superintendent any revisions to the student nutrition/wellness plan it deems necessary.

The SHAC, via the food service director or a participating member of the SHAC, will report quarterly to the Superintendent the progress of the committee and the status of compliance by the campuses and report quarterly to the Board by a SHAC committee member.

The Superintendent or designee shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

**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.

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 pro-

**STUDENT WELFARE**  
**WELLNESS AND HEALTH SERVICES**

**FFA**  
**(REGULATION)**

gram. Questions may be directed to the Deputy superintendent, 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).

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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.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

Pittsburg ISD endeavors to help all students attain the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. Teachers and staff are encouraged to model healthy eating and physical activity as a valuable part of daily life for our students. With this goal in mind the PISD has developed the following policies for student health and well-being.

**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

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(REGULATION)

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>
- <https://foodplanner.healthiergeneration.org/calculator>

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 2016 – 17 school year:

Campus or Organization	Food/Beverage	Number of Days
Primary School	None	0
Elementary School	Chips, candy, pickles	6
Intermediate	Chips, candy, pickles, sodas	6
Junior High	Chocolate candy	6
High School	Candy/snacks	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)]

**Local Requirements:** In addition, the District has established the following local guidelines on foods and beverages made available to students:

- Foods and beverages brought to school for birthdays and other school-designated functions shall be store bought for consumer safety purposes.

**STUDENT WELFARE**  
**WELLNESS AND HEALTH SERVICES**

**FFA**  
**(REGULATION)**

- Foods and beverages brought to school for birthdays and other school-designated functions will occur only after the school lunch service has been concluded.
- Due to the consideration of students with food allergies, parents and grandparents who come to have breakfast or lunch with their child/grandchild may only provide food to their child/grandchild.

**Meals served through the National School Lunch and Breakfast Programs will:**

- be served in clean and pleasant settings
- be appealing and attractive to children
- all students will have access to water in all feeding areas during meal times
- offer a variety of fruits and vegetables
- serve only low-fat (1%) and fat-free milk and nutritionally –equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that all grains served are whole grain
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- discourage students from sharing their foods and beverages with one another during meals or snack times due to concerns about allergies and other restrictions on some children's diets.
- Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level. Parents are highly encouraged to dine with students in the cafeteria.
- Schools should not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during meal times.

**Breakfast:**

- to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation
- notify parents and students of the availability of the School Breakfast Program through newsletter articles, take-home materials, or other means.

**Meal Times and Scheduling:**

- PISD will provide a minimum of 10 minutes for breakfast and 20 minutes for lunch.
- provide all students access to hand-washing or hand-sanitizing before they eat meals or snacks.
- make every effort to schedule club, or organizational meeting or activities at times other than meal times
- All students will be given free access to drinking water during meal times

**Free and Reduced-Priced Meals:**

Pittsburg ISD places a high value on each student and vows to make every effort to prevent any social stigma or overt identification of students receiving free and reduced meals by implementing an electronic payment system that provides for the privacy of each student.

**Summer Food Service Program:**

Pittsburg will offer a Summer feeding program for at least six weeks each summer between the last day of the academic school year and the first day of the following school year.

**Competitive Food Sales:**

Food and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

**Elementary Schools (PK – 6<sup>th</sup>).** Students in the elementary grades have limited knowledge or skill in selecting nutritious snacks and meals. Food and beverages sold individually on these campuses should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables. All foods and beverages sold outside of the reimbursable school meals must meet the nutritional standards of the Smart Snack calculator.

<https://foodplanner.healthiergeneration.org/calculator/>

**Middle/Junior High and High Schools:** In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day must follow the Smart Snacks guidelines:

<https://foodplanner.healthiergeneration.org/calculator/>

Middle/Jr. High drinks will be 100% fruit juice, 1% unflavored mild, fat free flavored mild and water.

High School level has no restriction on caffeine.

\*Snacks, Smart Snack compliant or not, must not be sold in competition with school meal service or consumed in the meal service area.

### **Fundraisers:**

A fundraiser is an event that includes any activity during which currency, tokens, tickets, donation for, or other forms of payment are exchanged for the sale or purchase of a product. This includes payment that is made toward a future purchase. There is no limit on fundraisers that meet the Competitive Food and Beverage Nutrition Standards. Any food and/or beverage item that meets the standards may be sold on the school campus during the school day. CEs should define what types of food and/or beverages are allowed to be sold on campus in their local wellness policy.

### **Snacks:**

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the pri-

**STUDENT WELFARE**  
**WELLNESS AND HEALTH SERVICES**

**FFA**  
**(REGULATION)**

mary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

**Rewards:**

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

**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.

\*Please see Appendix A for the Competitive Food and Beverage Nutrition Standards PISD has determined to follow.

**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.

<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.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Pittsburg ISD will comply with all restrictions and regulations of the Healthy Hunger-Free Kids Act of 2010.	PISD will use cafeteria inspections, both local and state, student surveys, and data resulting from the Administrative review of the program to determine the effectiveness of our implementation.



**STUDENT WELFARE**  
**WELLNESS AND HEALTH SERVICES**

**FFA**  
**(REGULATION)**

<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning, and will provide clean, safe, and pleasant settings and adequate time for students to eat.	Student surveys HHFKA 2010 Guidelines
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Students in prekindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors Teachers are encouraged to integrate nutrition education into core curriculum areas such as mathematics science social studies, and language arts as applicable.	Core curricular integration Campus Improvement Plans
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Students will receive positive, motivating messages, both verbal and nonverbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.	Observation Student surveys

**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.

<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
PISD will provide nutritional information to parents and will post menu information on the website.	PISD will maintain a web page for the Child Website
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
PISD will communicate with parents through	PISD will maintain documentation of the

**STUDENT WELFARE**  
**WELLNESS AND HEALTH SERVICES**

**FFA**  
**(REGULATION)**

the use of fliers, school handouts, mail, phone calls, emails, the emergency call system and newspaper announcements.	types of communication methods used with parents.
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**GOAL:** The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.

<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
PISD will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.	Campus Principals will monitor their campuses for the purpose of allowing only nutritious food advertisements.
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Schools will consider student need in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.	Student surveys SHAC minutes CIP DIP

**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.

<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
PISD will coordinate efforts to promote healthy lifestyles for all students and staff including nutritional foods, health services, drug and violence prevention, and suicide prevention	Each year the Campus and District committees will review and document the effectiveness of our efforts to promote healthy lifestyles for all students and staff.
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
PISD uses the SPARK program as a coor-	PE classroom assessment of student

**STUDENT WELFARE**  
**WELLNESS AND HEALTH SERVICES**

**FFA**  
**(REGULATION)**

designated health program including nutrition services and health education	participation in the SPARK activities.
<b>Objective 3:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The District will follow health education curriculum standards and guidelines as stated by the Texas Education Agency.	CIP DIP

<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>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Students at PISD are provided, as a part of our curriculum, physical education classes in all grade levels. In addition, high school students have the option of taking Lifetime, Nutrition, and Wellness, and Child Development classes as well as a series of Health Science courses.	Student schedules will demonstrate the participation of our students in nutrition education.

<b>GOAL:</b> 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.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
PISD joins the Region VIII Education Service Center's Professional Development Cooperative each year. Teachers and Child Nutrition staff receive professional development in the areas of nutrition and in adequately preparing and delivering students safe and nutritious meals.	Participation records of teacher and child nutrition staff participation will demonstrate the professional development training provided to staff.
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The District will offer breakfast, lunch, and after-school snack programs and will participate in the USDA National Breakfast and Lunch program and comply with all Healthy Hunger-Free Kids Act 2010 policy requirements. Students and staff are highly encouraged	HHFKA 2010

**STUDENT WELFARE**  
**WELLNESS AND HEALTH SERVICES**

**FFA**  
**(REGULATION)**

aged to promote and participated in these programs.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.	Menus

**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]

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>Action Steps</b>	<b>Methods for Measuring Implementation</b>
In all grades, PISD delivers a physical education program that provides appropriate fitness activities for all students. We also provide opportunities for all students to participate in a variety of extracurricular athletic programs beginning in grade 7 and continuing until grade 12.	School master and student schedules.

**STUDENT WELFARE**  
**WELLNESS AND HEALTH SERVICES**

**FFA**  
**(REGULATION)**

In the elementary grade levels (PK-6) recess is provided for students on a daily basis.	School schedules
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
PISD offers an Adventures in outdoor education for students in grades 9-12 where students learn about a variety of survival, and competitive skills	School master and student schedules.

<b>GOAL:</b> The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
PISD is a member of the Region VIII Education Service Center professional development cooperative. As a member, our teachers are able to attend staff development in their content areas. Brain based learning has been a component of the staff development which encourages teachers to get students up and moving as a leaning strategy.	<ul style="list-style-type: none"> <li>• Staff development records</li> <li>• Lesson plans</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>Action Steps</b>	<b>Methods for Measuring Implementation</b>
PISD offers students the opportunity to participate in extra-curricular athletic activities that include sports, marching band, and cheer.	School master and student schedules will demonstrate the level of participation.

<b>GOAL:</b> 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.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Our SHAC committee has recommended and implemented a variety of activities for District employees, their families, and com-	<ul style="list-style-type: none"> <li>• Sign in sheets for the blood work, body scans, mammograms and vaccine clinics</li> </ul>

**STUDENT WELFARE**  
**WELLNESS AND HEALTH SERVICES**

**FFA**  
**(REGULATION)**

community members, that includes, but is not limited to, mammograms, The Biggest Loser contests, Blood work, body scans, exercise class, and a vaccine clinic.	<ul style="list-style-type: none"> <li>Weekly documentation of weigh-ins for The Biggest Loser</li> </ul>
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<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.	
Action Steps	Methods for Measuring Implementation
In PISD multiple groups use the track and football facilities after school for community group activities, and summer league programs, we provide open gym times, and community use of other facilities.	Implementation can be measured via facility scheduling and visual observation.

**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.	
Action Steps	Methods for Measuring Implementation
PISD will provide a minimum of 10 minutes for breakfast and 20 minutes for lunch	School schedules
Action Steps	Methods for Measuring Implementation
PISD will provide all students access to hand-washing or hand-sanitizing before they eat meals or snacks.	Hand sanitizers in all feeding areas.

Competitive Food Nutritional Standards Chart			
(Competitive food or beverage items sold during the school day must meet the standards as described in this chart.)			
Beverage Standards			
Type of Beverage	School Level		
	Elementary	Middle	High
<i>Water (with no added ingredients)</i>			
• Plain water	Any size	Any size	Any size
• Plain carbonated water	Any size	Any size	Any size
<i>Milk</i>			
• Plain unflavored low fat (1%) milk	≤8 fl oz	≤12 fl oz	≤12 fl oz
• Plain or flavored fat-free milk and approved milk alternatives	≤8 fl oz	≤12 fl oz	≤12 fl oz
<i>Fruit or Vegetable Juice</i>			
• 100% Fruit or vegetable juice	≤8 fl oz	≤12 fl oz	≤12 fl oz
• 100% fruit or vegetable juice diluted with water – <u>with or without carbonation</u> – with no added sweeteners	≤8 fl oz	≤12 fl oz	≤12 fl oz
<i>Other Beverages for High School Students</i>			
• Other lower calorie flavored and/or carbonated beverages that are labeled to contain ≤40 calories per 8 fl oz, or ≤60 calories per 12 fl oz	-----	-----	≤12 fl oz
• Other very low calorie flavored and/or carbonated beverages that are labeled to contain ≤5 calories per 8 fl oz, or ≤10 calories per 20 fl oz	-----	-----	≤20 fl oz