

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

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 the involvement and input of these other interested persons by:

1. Notices on the Springlake-Earth ISD website
2. Having Board approved SHAC members

#### IMPLEMENTATION

Each campus principal is responsible for implementing FFA (LOCAL) and this wellness plan at his or her campus, including submitting necessary information to the SHAC for evaluation.

The Superintendent 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

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.”

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:

- Texas Department of Agriculture-[www.squaremeals.org](http://www.squaremeals.org)
- Smart Snacks in School Nutrition Standards

## 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)];
1. A copy of this wellness plan, with dated revisions;
2. Notice of any Board revisions to policy FFA (LOCAL);
3. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's triennial assessment; 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 program. Questions may be directed to the District's designated records management officer.

## GUIDELINES AND GOALS

The following provisions describe the District's nutrition guidelines, 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 the District to establish nutrition guidelines for foods and beverages sold to students during the school day on each campus to promote student health and reduce childhood obesity.

The District's nutrition guidelines ensure all foods and beverages sold or marketed to students during the school day adhere to all federal regulations and guidance. They are designed to promote student health and reduce childhood obesity.

**FOODS AND BEVERAGES** SOThe 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. These

requirements will be referred to as “Smart Snacks” standards or requirements for purposes of this plan. 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)

The District has also incorporated the following stricter standards that are not prohibited by federal or state law:

- No additional standards adopted.

#### 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 2023-2024 school year:

| Organization Food  | Food/Beverage                               | Number of Days |
|--------------------|---|----------------|
| Elementary/Jr High | Field Trips, Administration Approved Events | 6              |
| High School        | Field Trips, Administration Approved Events | 6              |

OR

The District will not allow exempted fundraisers; 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 their 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 standards for foods and beverages made available to students:

For any school, Elementary, JR High, or High School:

Springlake-Earth ISD has no restrictions on foods given away to students.

Any foods sold to students during the school day must meet the smart snack 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 drinks 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 the District offers. 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:

1. Child Nutrition will submit a list of smart snacks offered for sale during the school day. Although the District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards, 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.

### Implementing Goals 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 different appropriate settings.

Objective 1: The food service department will display healthy nutritional messages in the cafeteria.

Action Steps: Healthy nutritional messages will be posted in the cafeteria four times during the school year.

Resources Needed: Easily visible area to post messages.

Measures of Success: SHAC will receive updates from the food service department.

Obstacles: Time

Objective 2: Offer menu items each month to promote variety and encourage participation in the NSLP and SBP.

Action Steps: Order and provide foods that meet the requirements for participation in the NSLP

Resources Needed: New food products

Obstacles: Availability; Cost; Food Allergies

## 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 adopting and maintaining healthy eating behaviors.

Objective 1: Nutrition education will include information that covers topics such as how to read food labels.

Action Steps: How to read food labels will be taught in Nutrition classes if offered.

Resources needed: Food labels, online resources, Nutrition Instructor

Measure of Success: Receive updates from the Nutrition educator.

Obstacles: Obtaining staff to teach nutrition education

Objective 2: Nutrition education will teach portion control and healthy eating habits

Action Steps: Portion control and healthy eating habits will be taught.

Resources needed: Instructor, online resources.

Measures of Success: Reports from nutrition educator.

Obstacles: Obtaining staff to teach 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:

\*Required weekly Physical Education classes

\*Fitness gram

\*Athletic opportunities (optional)

Federal law requires the District to establish physical activity goals 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 not participating in physical education classes or competitive sports.

Objective 1: Students participating in PE will meet the requirements for physical activity required.

Action Steps: PE and athletic coaches will ensure students engage in appropriate fitness activities.

Resources needed: Fitness equipment, PE classes, athletic program

Measures of Success: Fitness gram and updates from coaches.

Objective 2: Each Campus will allow opportunities for participation in voluntary physical activities during the school day, such as recess, breaks, and friendly competition.

Action Steps: Students will have breaks to engage in physical activity.

Resources needed: Staff to monitor activities—time in the schedule for breaks.

Measures of Success: SHAC members will receive updates from coaches and principals.

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: Students will have a set time for breakfast and lunch each time, allowing sufficient time to eat.

Action Steps: Ensure food is ready at meal times and that students are on time.

Resources needed: Clean cafeteria and classrooms. Ensure there are plenty of staff to ensure food is ready and served on time.

Measures of Success: Receive updates from food service employees, teachers, and administration.

Objective 2: Lunch times will be scheduled to ensure sufficient time to eat in the cafeteria.

Actions Steps: Teachers, students, and dietary staff will adhere to a strict lunch schedule.

Resources Needed: Sufficient dietary staff ensures students do not wait in line for excessive time.

Measure of Success: SHAC will receive reports from students and staff.

Goal 2: The District shall promote employee wellness and involvement in suitable District and campus activities.

Objective 1: Promote employee wellness during the school year.

Action Steps: The school will host a wellness challenge for staff annually. The school nurse will notify all staff of the wellness challenge. She will ensure everyone knows the challenge's dates, time, and requirements.

Resources Needed: Place for record-keeping—funds for prizes.

Measures of Success: The School nurse will track winners and notify staff appropriately.

Objective 2: Promote school and community involvement and wellness.

Action Steps: The school will host immunization clinics, screenings, and classes and encourage community involvement. Schedule and notify all of upcoming clinics, screenings, and classes.

Resources Needed: Area to hold clinic, classes, and screenings

Measure of Success: The School nurse will record all clinics, screenings, and classes offered.