

Wellness Plan

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 dates and times of SHAC meetings at which the wellness policy and plan are discussed.
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 them in the event the reader is interested in the SHAC or the wellness 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 Assistant 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

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.

The SHAC may use any of the following tools for that analysis:

- A District-developed self-assessment

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 program. Questions may be directed to the Assistant 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).

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.

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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.

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)]

The District will allow exempt fundraiser days which will be listed on the district wellness page and in the student handbook.

FOODS MADE AVAILABLE

There are currently no federal requirements for foods or beverages made available by a parent or guardian for his/her own child 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 the 5 school-designated parties listed below. [See CO(LEGAL)]

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

Foods otherwise restricted by current nutritional Smart Snack standards are permitted for parties celebrating the following special days. These parties must be scheduled after the end of the lunch period for the class so that the celebration will not replace a nutritious lunch. These foods must not be served in the food service

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area (areas where reimbursable meals are served) during meal periods. These food items must be provided at no cost to the students.

Fall Party (During the Month of October)

Winter Party (Date school releases for Winter Break),

Valentine Party (on February 14th or Friday prior to 14th if date falls on the weekend)

Spring Party (Date school releases for Easter Holiday)

Student Birthday Party

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.

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 increase participation in federal child nutrition programs by one percent by the end of each school year.	
Action Steps	Methods for Measuring Implementation
Distribute flier regarding school food programs within first two weeks of the school year	Baseline or benchmark data points: <ul style="list-style-type: none"> • Participation rates from the end of each school year. Resources needed: <ul style="list-style-type: none"> • Fliers and personnel to distribute Obstacles: <ul style="list-style-type: none"> • Negative perception of school meals • Sometimes fliers do not make it home

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	<ul style="list-style-type: none"> • Parent concern about disclosing information such as income
Objective 2: Increase awareness of the school lunch program	
Action Steps	Methods for Measuring Implementation
Distribute information at district functions and collect information from parents and students via surveys.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Survey results / Participation percentages <p>Resources needed:</p> <ul style="list-style-type: none"> • Informational handouts / surveys • Personnel to give out handouts and to compile the surveys <p>Obstacles:</p> <ul style="list-style-type: none"> • Time and personnel • Much of the feedback is informal

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: The District will research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding any programs offered by the District.

Action Steps	Methods for Measuring Implementation
Research food access programs available in the community with which the District could partner (backpack programs, summer meal programs, etc.).	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of programs offered <p>Resources needed:</p> <ul style="list-style-type: none"> • Partnerships with community organizations. • Information for families <p>Obstacles:</p> <ul style="list-style-type: none"> • Limited resources and organizations

Objective 2: Consistently post in an easily accessible location on the District’s website the bi-monthly school breakfast and lunch menus, along with the nutritional information.	
Action Steps	Methods for Measuring Implementation
The District Food Service Director will develop and post the menus at least two weeks in advance.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Are the menus posted two weeks ahead of time? Resources needed: <ul style="list-style-type: none"> • Staff and resources for posting menus Obstacles: <ul style="list-style-type: none"> • All nutrition information may not be available • Not all families have internet access

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 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.

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: Healthy lifestyles shall be taught in all physical education and athletic classes.	
Action Steps	Methods for Measuring Implementation
The Athletic Director will communicate the expectation that Healthy Lifestyles are taught in all PE and Athletic classes.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of PE and Athletic classes teaching Healthy Lifestyles. Resources needed: <ul style="list-style-type: none"> • Athletic Director expectation

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	<ul style="list-style-type: none"> • Time <p>Obstacles:</p> <ul style="list-style-type: none"> • None
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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 physical activity in elementary school grades by providing at least 30 minutes of PE and/or recess per day, 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 athletics courses for at least four 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: JISD will implement clubs aimed at fostering appropriate fitness activities.

Action Steps	Methods for Measuring Implementation
Clubs will be created to foster fitness activities	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Activities we participate in <p>Resources needed:</p> <ul style="list-style-type: none"> • Sponsors • Principal Approval • Time <p>Obstacles:</p> <ul style="list-style-type: none"> • Time, People, Interest

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Objective 2: JISD will make available certain play grounds and tracks for physical activity.

Action Steps	Methods for Measuring Implementation
Utilize The park area in front of central office for public use before and after school.	Resources needed: <ul style="list-style-type: none"> • The park Obstacles: <ul style="list-style-type: none"> • None

GOAL: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Objective 1: There will be a physical activity component to Club Excel.

Action Steps	Methods for Measuring Implementation
Implement the physical activity component into the Club Excel schedule.	Resources needed: <ul style="list-style-type: none"> • Time Obstacles: <ul style="list-style-type: none"> • None

Objective 2: JISD will implement clubs aimed at fostering appropriate fitness activities

Action Steps	Methods for Measuring Implementation
Clubs will be created to foster fitness activities	Baseline or benchmark data points: <ul style="list-style-type: none"> • Activities we participate in Resources needed: <ul style="list-style-type: none"> • Sponsors • Principal Approval • Time Obstacles: <ul style="list-style-type: none"> • Time, People, Interest

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<p>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.</p>	
<p>Objective 1: The District will offer a free or low-cost health assessment to employees at least once per year.</p>	
Action Steps	Methods for Measuring Implementation
<p>Seek out providers for this service on behalf of the District. Contract with an entity to provide service</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Yearly participation <p>Resources needed:</p> <ul style="list-style-type: none"> • Advertisement <p>Obstacles:</p> <ul style="list-style-type: none"> • Provide at multiple locations
<p>Objective 2: The District will implement an employee health awareness and encouragement program.</p>	
Action Steps	Methods for Measuring Implementation
<p>Send information on healthy living Have contest for participants Give out prizes for participation</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Participation <p>Resources needed:</p> <ul style="list-style-type: none"> • Prizes • Employee assigned to coordinate <p>Obstacles:</p> <ul style="list-style-type: none"> • None

<p>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 for use outside of the school day.</p>	
<p>Objective 1: Continue to encourage the community to use the facilities available outside of the school day.</p>	
Action Steps	Methods for Measuring Implementation
<p>Keep the areas to be utilized in good condition. Make the areas available.</p>	<p>Resources needed:</p> <ul style="list-style-type: none"> • Signage and information <p>Obstacles:</p> <ul style="list-style-type: none"> • No way to keep up with numbers

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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.

GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Objective 1: All campuses will allow for at least ten minutes to eat breakfast and twenty minutes to eat lunch, from the time a student receives his or her meal and is seated.	
Action Steps	Methods for Measuring Implementation
Ensure students have adequate time to eat.	Resources needed: <ul style="list-style-type: none"> Monitors ensuring compliance Obstacles: <ul style="list-style-type: none"> Personnel

GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1: Provide information on healthy living and nutrition at several district functions	
Action Steps	Methods for Measuring Implementation
Have the Director of Child Nutrition coordinate information booths at major school events such as the Health and Wellness Fair	Resources needed: <ul style="list-style-type: none"> Booth resources Time Personnel Obstacles: <ul style="list-style-type: none"> Time, Personnel, Resources

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GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Objective 1: The District will utilize its health insurance provider to encourage wellness by communicating the preventive services covered at 100 percent during each open enrollment period.

Action Steps	Methods for Measuring Implementation
Work with the District's health insurance provider to determine what services are covered at 100 percent. Share information with employees.	Baseline or benchmark data points: <ul style="list-style-type: none">• Resources needed: <ul style="list-style-type: none">• A list of preventive services covered at 100 percent Obstacles: <ul style="list-style-type: none">• Coverage changes