

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	<p>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:</p> <ol style="list-style-type: none"><li data-bbox="552 945 1440 1018">1. Conducting web-based annual surveys related to nutrition guidelines and wellness goals; or<li data-bbox="552 1039 1440 1113">2. Utilizing social media to communicate information related to nutrition guidelines and wellness goals.
IMPLEMENTATION	<p>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.</p> <p>The District’s Health & Wellness Coordinator 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.</p>
EVALUATION	<p>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.”</p> <p>Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.</p>

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:

- Smarter Lunchrooms' website (<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>)
- Campus Improvement Plans;
- Fitnessgram results; or
- Campus-based survey results, as applicable

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)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
5. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
6. The SHAC's triennial assessment; and
7. 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 Chief Finance Officer, 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 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 that the District establish nutrition

guidelines for foods and beverages sold to students during the school day on each campus that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold 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 AND
BEVERAGES 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> (see the Complete *Administrator Reference Manual* [ARM], Section 20, Competitive Foods)

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 2017-2018 school year:

Campus or Organization	Food/Beverage	Number of Days
Booker T. Washington Elementary School	Food/Beverage	6
Elgin Elementary School	Food/Beverage	6
Neidig Elementary School	Food/Beverage	6
Elgin Middle School	Food/Beverage	6
Elgin High School	Food/Beverage	6
Phoenix High School	Food/Beverage	6

FOODS AND BEVERAGES PROVIDED	<p>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 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)]</p>
MEASURING COMPLIANCE	<p>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.</p>
NUTRITION PROMOTION	<p>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.</p> <p>The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.</p> <p>The SHAC will monitor this by consulting with Child Nutrition Services.</p> <p>Although the District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or 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.</p> <p>In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition promotion.</p>

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: Share educational nutrition information with families and the community via the Elgin ISD website, parent meetings, social media, and other programs and venues as appropriate.	
Action Steps	Methods for Measuring Implementation
Place links for educational nutrition information on the Child Nutrition Department's and campus webpages, and campus Facebook pages.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Links will be updated regularly • Number of Facebook postings <p>Resources needed:</p> <ul style="list-style-type: none"> • Designated staff to access websites and social media <p>Obstacles:</p> <ul style="list-style-type: none"> • People don't always search the District's website

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.	
Objective 1: Food Service staff, teachers or other school personnel will display nutrition messages in the hallways and cafeterias.	
Action Steps	Methods for Measuring Implementation
<p>Place posters containing nutritional facts in school cafeterias and hallways.</p> <p>Distribute Vegetable/Fruit of the Month campus-wide.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of posters in the previous year <p>Resources needed:</p> <ul style="list-style-type: none"> • Funding for posters and other displays <p>Obstacles:</p> <ul style="list-style-type: none"> • People don't always read posters

Objective 2: Food Service staff and campus administration will coordinate professional development opportunities related to nutrition education.	
Action Steps	Methods for Measuring Implementation
Coordinate field trip opportunities for students to local farms.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Students return to campus to prepare foods & incorporate learning into assignments Resources needed: <ul style="list-style-type: none"> • Busses, lesson plans, kitchen equipment Obstacles: <ul style="list-style-type: none"> • Time
Objective 3: Campuses and Food Service staff will establish and maintain school gardens and/or farm-to-school programs.	
Action Steps	Methods for Measuring Implementation
Plan and execute development & maintenance of gardens for student use.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Usage and maintenance Resources needed: <ul style="list-style-type: none"> • Parent/Teacher/Professional volunteers Obstacles: <ul style="list-style-type: none"> • Volunteer coordination

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:

- Elementary schools will ensure the scheduling of 135 minutes of physical activity each week: 90 minutes of PE per week; 10 minutes of structured activity per day.
- Middle school will ensure the scheduling of 135 minutes of physical activity per week will be available to students two of three years.

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: Meet requirements for physical activity as mandated by Education Code 28.002(I)-(I-1).	
Action Steps	Methods for Measuring Implementation
<p>Elementary schools will ensure the scheduling of 135 minutes of physical activity each week: 90 minutes of PE per week; 10 minutes of structured activity per day.</p> <p>Middle school will ensure the scheduling of 135 minutes of physical activity per week will be available to students two of three years.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Daily schedules <p>Resources needed:</p> <ul style="list-style-type: none"> Curriculum guide <p>Obstacles:</p> <ul style="list-style-type: none"> Modified scheduled due to testing

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.	
Objective 1: Maintain designated outdoor recreational facilities that are clean, safe, and accessible to families and the community in order to promote usage outside the school day.	
Action Steps	Methods for Measuring Implementation
<p>Ensure open playscapes and tracks are maintained for usage outside the school day.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Regular maintenance and cleaning schedule <p>Resources needed:</p> <ul style="list-style-type: none"> Maintenance budget <p>Obstacles:</p> <ul style="list-style-type: none"> Inclement weather

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: Provide clean and safe dining areas with sufficient seating for all students during their lunch time.	
Action Steps	Methods for Measuring Implementation
Monitor cafeterias during meal times to maintain cleanliness and enhance safety.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Frequency of cleaning tables and floors; disposal of trash Resources needed: <ul style="list-style-type: none"> • Trash cans, mops, brooms and other cleaning supplies • Assigned staff Obstacles: <ul style="list-style-type: none"> • Staff availability
Objective 2: Provide adequate time for students to eat breakfast and lunch.	
Action Steps	Methods for Measuring Implementation
Provide adequate time for students to receive and consume meals as outlined within the <u>Texas Public School Nutrition Policy</u> (2010).	Baseline or benchmark data points: <ul style="list-style-type: none"> • The minimum recommended "adequate time" after being served is 10 minutes for breakfast and 20 minutes for lunch. Resources needed: <ul style="list-style-type: none"> • Campus schedules Obstacles: <ul style="list-style-type: none"> • Altered schedules due to emergency situations