

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 involvement and input of these other interested persons by: <ol style="list-style-type: none">1. Posting on the District’s website the dates and times of SHAC meetings.2. Posting all SHAC information on the district website (wiki).3. Placing a SHAC Committee Application on the website
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 <u>Director of Health Services</u> 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:

- Smarter Lunchrooms' website (<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>)
- *Alliance for a Healthier Generation*
- *Cooper Institute Healthy Zone Schools*
- *School Health Index*

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 Larry Peltz, 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).

A school district's nutrition guidelines must not be more lenient than the federal and state standards, but a district can develop stricter guidelines as appropriate for the needs of the district.

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)

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

- Elementary campuses waiver days– may designate three party days and two additional principal discretion days. Each campus must designate party days with the School Health Services Department by August 31st each school year. Each discretionary day must be documented in the quarterly Campus Coordinated Health meeting minutes.
- Secondary campuses waiver days – may designate five waiver days and two additional principal discretion days. Each campus must designate party days with the School Health Services Department by August 31st each school year. Each discretionary day must be documented in the quarterly campus Coordinated Health meeting minutes.
- Food may be provided as a part of the written and approved District educational curriculum or as part of a student’s written individualized education plan (IEP).
- Athletes or UIL student participants may be provided a meal at campus directly after school on a game or UIL event day, with healthy options considered first, or as part of a workout recovery, for example chocolate milk.
- Food may be provided by the school nurse as part of an approved individualized health plan (IHP) or as needed based upon nursing assessment, for example crackers for an upset or hungry stomach.

All foods provided to students, except foods provided by the student’s parent, must be prepackaged with a USDA label of ingredients.

Waiver day foods may include any item that meets the federal Smart Snack guidelines, with only one food item that does not meet the smart snack guidelines with the above prepackaged statement included.

Foods provided as part of the curriculum or on waiver days must be inclusive for all students. Food allergies, diabetes, and other documented food-related special needs must be considered.

FUNDRAISERS

The District will not allow exempted fundraisers; all fundraisers will include nonfood items during the federally defined school day.

Fundraisers involving food shall not be held during the federally defined school day (the period from midnight before to 30

minutes after the end of the school day) on any campus. All fundraisers involving food shall follow federal and state guidelines and definitions of a school day.

Perishable foods may be delivered at the end of the school day

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 has developed procedures and guidelines to create a healthy school environment and minimize disruption of learning and to maintain the health and protect the safety of students who have life-threatening allergies and/or other chronic health condition during the school day. See Celebrations the McKinney Way, Diabetes Policy and Life Threatening Allergy Policies.

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

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

Except as provided by the food service department during meal times, no food shall be given to students during the federally defined school day, unless one of the following exceptions applies:

- Elementary campuses waiver days– may designate three party days and two additional principal discretion days. Each campus must designate party days with the School Health Services Department by August 31st each school year. Each discretionary day must be documented in the quarterly Campus Coordinated Health meeting minutes.
- Secondary campuses waiver days – may designate five waiver days and two additional principal discretion days. Each campus must designate party days with the School Health Services Department by August 31st each school year. Each discretionary day must be documented in the quarterly campus Coordinated Health meeting minutes.
- Food may be provided as a part of the written and approved District educational curriculum or as part of a student’s written individualized education plan (IEP).
- Athletes or UIL student participants may be provided a meal at campus directly after school on a game or UIL event day,

with healthy options considered first, or as part of a workout recovery, for example chocolate milk.

- Food may be provided by the school nurse as part of an approved individualized health plan (IHP) or as needed based upon nursing assessment, for example crackers for an upset or hungry stomach.

All foods provided to students, except foods provided by the student's parent, must be prepackaged with a USDA label of ingredients.

Food deliveries during the school day for students will only be allowed from a parent or guardian. No outside deliveries of food from sources such as UBER, Lyft, or restaurant delivery will be accepted.

Waiver day foods may include any item that meets the federal Smart Snack guidelines, with only one food item that does not meet the smart snack guidelines with the above prepackaged statement included.

Foods provided as part of the curriculum or on waiver days must be inclusive for all students. Food allergies, diabetes, and other documented food-related special needs must be considered.

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.

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. *District developed campus wellness tool*

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.

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 3% by the end of the school year.	
Action Steps	Methods for Measuring Implementation
Distribute information about Breakfast in the Classroom(BIC), Discovery Days at the Elementary level, Grab and Go breakfast/snack items, assure all cafeteria lines are Free and Reduced lunch eligible at the beginning of the school year and each month.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Participation rates in federal child nutrition programs at the beginning, middle and end of school year <p>Resources needed:</p> <ul style="list-style-type: none"> Food Service Provider data including student survey results at the secondary level Nutritional Information Messages in flyer and post able forms Consistent distribution method <p>Obstacles:</p> <ul style="list-style-type: none"> Negative perceptions of school meals Parents choosing not to disclose information Information not reaching parents
Objective 2: Nutritional messages are clearly present in appropriate areas of each campus.	
Action Steps	Methods for Measuring Implementation
Collaboration with Food Service Provider to share educational messages and resources.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> District developed wellness tool campus responses

	<p>Resources needed:</p> <ul style="list-style-type: none"> Educational flyers/posters, etc., Year at a Glance(YAG), TEKS <p>Obstacles:</p> <ul style="list-style-type: none"> Validity of self-reporting
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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: Consistently post in an easily accessed location on the District’s website and/or campus newsletters the monthly breakfast and lunch menus with nutritional information

Action Steps	Methods for Measuring Implementation
Collaborate with Food Service Provider and webmaster to assure access for posting and hard copies are available for sharing.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Current forms of communication Number of times the menus are accessed on the website <p>Resources needed:</p> <ul style="list-style-type: none"> Food Service Provider information Website Flyers and hard copies <p>Obstacles:</p> <ul style="list-style-type: none"> Vendors may vary slightly in nutrition Menus may change due to last minute product variables Not all households have computer 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 (TEKS) and the Texas Education Agency (TEA) approved co-

ordinated health program, CATCH. This will be implemented utilizing the campus coordinated health teams, physical education and health education areas of curriculum.

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: 10% of instructional time in coordinated health related curriculum areas (science, health, PE, nurse, counselor, and cafeteria) will focus on nutrition and maintaining healthy eating behaviors at all campuses.	
Action Steps	Methods for Measuring Implementation
Collaboration between curriculum areas and coordinated health teams on each campus.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Lesson plans and coordinated health minutes will reflect a nutritional component <p>Resources needed:</p> <ul style="list-style-type: none"> Central office appropriate department support YAG <p>Obstacles:</p> <ul style="list-style-type: none"> Nutrition education is only a part of the TEKS for physical education courses.

GOAL: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
Objective 1: Each campus will provide at least 2 examples of cross curricular nutrition education.	
Action Steps	Methods for Measuring Implementation
Collaboration between curriculum coordinators and Food Service Provider.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> District developed wellness tool campus responses <p>Resources needed:</p> <ul style="list-style-type: none"> YAG, TEKS, CATCH <p>Obstacles:</p> <ul style="list-style-type: none"> Seen as only a PE/Health/Nurse/cafeteria related item to teach

GOAL: 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.	
Objective 1: Each campus coordinated health team will determine appropriate resources needed for their campus staff responsible for nutrition education.	
Action Steps	Methods for Measuring Implementation
Campus staff responsible for nutrition education will be determined by the campus administration and coordinated health team through the campus coordinated health team meetings, curriculum coordinators, and the District Year at a Glance (YAG) in the first campus coordinated health meeting at the beginning of each school year.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation in campus coordinated health minutes • District developed wellness tool campus responses <p>Resources needed:</p> <ul style="list-style-type: none"> • District YAG <p>Obstacles:</p> <ul style="list-style-type: none"> • Time • Perception that only PE is responsible

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:

- The District will require all Elementary students, unless exempted by documented disability, medical exemption or illness, to participate in 135 minutes per week of moderate to vigorous physical education activity.
- The District will require the building schedule at each Elementary campus to permit a minimum of 20 minutes of recess daily, this portion of recess minutes cannot be withheld as punishment. Please refer to weather guidelines in the student handbook related to outdoor activities. In inclement weather, (See MISD weather guidelines) indoor recess activities are implemented.
- The District will require all middle school students unless exempted by documented disability or medical exemption, to be enrolled in physical education or athletic courses for at least 4

semesters of the 6 semesters of middle school grades 6, 7 and 8.

- The District will require each secondary student enrolled in a Physical education class to receive 225 minutes of quality Physical Education each week.
- Movement of at least one minute every 60 minutes is encouraged at all grade levels.

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: Various age appropriate fitness activities will be provided at each campus.

Action Steps	Methods for Measuring Implementation
A variety of activities will be promoted to parents and students.	Baseline or benchmark data points: <ul style="list-style-type: none"> • District developed wellness tool campus responses Resources needed: <ul style="list-style-type: none"> • Newsletters • Naviance • Parent call outs Obstacles: <ul style="list-style-type: none"> • Validity of self-reports • Participation rates outside of school time • Student class schedules full

Objective 2: Each Elementary campus will provide 20 minutes of recess daily. If inclement weather indoor recess activities are allowed.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • The District will require the building schedule at each Elementary campus to permit a minimum of 20 minutes of recess daily, this portion of recess 	Baseline or benchmark data points: <ul style="list-style-type: none"> • Current master schedules

<p>minutes cannot be withheld as punishment. Please refer to weather guidelines in the student handbook related to outdoor activities. In inclement weather, (See MISD weather guidelines) indoor recess activities are implemented.</p>	<ul style="list-style-type: none"> • District developed wellness tool campus responses <p>Resources needed:</p> <ul style="list-style-type: none"> • Master schedule • Indoor recess activities • Weather guidelines <p>Obstacles:</p> <ul style="list-style-type: none"> • Perception that recess is not important • Validity of self-reports • Teacher and administrator professional development and understanding
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GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective 1: At least 60% of all campuses will report that physical activity breaks were regularly incorporated into their educational curriculum

Action Steps	Methods for Measuring Implementation
<p>Determine appropriate way to provide professional development to teachers and administrators related to the importance of physical activity and movement in the education and learning.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • GoNoodle Reports • District developed wellness tool campus responses <p>Resources needed:</p> <ul style="list-style-type: none"> • GoNoodle educational flyers and education resources <p>Obstacles:</p> <ul style="list-style-type: none"> • Validity of self-reports • Teacher and administrator professional development and understanding

GOAL: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.	
Objective 1: The District will offer a free or reduced cost health initiative at least once per year	
Action Steps	Methods for Measuring Implementation
<p>Collaboration between nurses and American Heart Association Go Red.</p> <p>Other examples: Scheduling of Baylor Mammography and Blood drives, campus biggest loser events, B/P checks, and vaccine clinics.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • AHA reports • District developed wellness tool campus responses <p>Resources needed:</p> <ul style="list-style-type: none"> • AHA, Canvas Online Computer program, Baylor Mammography van, Red Cross or Carter Blood Mobiles, Blood Pressure cuffs, Passport Health of other vaccine clinics <p>Obstacles:</p> <ul style="list-style-type: none"> • Employee participation outside of the school day or classroom

GOAL: The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.	
Objective 1: Each campus will offer at least 2 events annually either during or outside of school hours that involves physical activity and includes both parents and students.	
Action Steps	Methods for Measuring Implementation
<p>Develop a list of examples used across the district at each campus to share and collaborate on useful ideas.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • District developed wellness tool campus responses <p>Resources needed:</p> <ul style="list-style-type: none"> • Campus developed parent information and education publicizing event <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff time • Participation rates outside of school time

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.

[Two studies regarding recommended seat time for children to eat meals are available at <http://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/bergman2.asp> and [http://www.andjrnl.org/article/S2212-2672\(15\)01248-4/fulltext.](http://www.andjrnl.org/article/S2212-2672(15)01248-4/fulltext.)]

Objective 1: All campuses will allow at least a 30 minute lunch time, 20 minutes for eating, for every student built into their master schedule

Action Steps	Methods for Measuring Implementation
Evaluate and adjust campus master schedules to allow time to get lunch and sufficient time to eat.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Current campus schedules Resources needed: <ul style="list-style-type: none"> • Average time to receive meal and be seated Obstacles: <ul style="list-style-type: none"> • Only one area to take into account in building a master schedule

GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.

Objective 1: All campus food waiver days will follow the District guidelines for Smart Snack inclusion and limited to the number of district days approved

Action Steps	Methods for Measuring Implementation
Distribute waiver day rules and expectations to each campus. Assure Life Threatening Allergy Policy is distributed to campuses. Provide list of Smart Snack compliant foods or access to Smart Snack calculator as needed.	Baseline or benchmark data points: <ul style="list-style-type: none"> • District developed wellness tool campus responses • Waiver day dates reported on time Resources needed: <ul style="list-style-type: none"> • Life Threatening Allergy policy, waiver day food protocols

	<p>Obstacles:</p> <ul style="list-style-type: none"> • Parents provide some of the foods and do not provide a label ahead of time. • Validity of self-reporting.
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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 provide at least one employee wellness focused activity per year.

Action Steps	Methods for Measuring Implementation
Promotion of the Stress Reduction canvas course collaboration between Health/PE/Counseling and Health Services including the professional development received for course completion	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Eduphoria reports of participation <p>Resources needed:</p> <ul style="list-style-type: none"> • Canvas Online Computer program, evidence based health information <p>Obstacles:</p> <p>Employee participation outside of the school day or classroom</p>

Objective 2: The District will utilize its health insurance provider to encourage wellness by communicating the preventative services covered at 100% during open enrollment.

Action Steps	Methods for Measuring Implementation
Collaboration between Human Resources and Health Services to determine what services are offered for prevention at no cost and publicizing to employees, for example vaccine coverage.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation of how and when information is shared with employees • Reports if available of employee participation from the insurance carrier or HR <p>Resources needed:</p> <ul style="list-style-type: none"> • A list of preventative services covered at 100% or low cost <p>Obstacles:</p> <ul style="list-style-type: none"> • Coverage is subject to change • Not all employees participate in the District insurance carrier insurance coverage

