

WELLNESS
PLANWELLNESS 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, 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 time the Wellness Policy and Plan are scheduled to be discussed at SHAC meetings.
2. Listing on the District’s website the name and position of the person responsible for oversight of the District’s wellness plan along with an invitation to contact that person if the reader is interested in participating in the development, implementation and evaluation of 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 Senior Executive Director of Student Support Services 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.fns.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>)
- USDA food toolkit for Child Nutrition Programs (<https://www.fns.usda.gov/usda-foods/usda-foods-toolkit-child-nutrition-programs>)
- Action for Healthy Kids Wellness Policy Tool (<http://www.actionforhealthykids.org/tools-for-schools/revise-district-policy/wellness-policy-tool>)

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.
8. The District will also publish the above information in appropriate District or campus publications.

RECORDS
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GUIDELINES AND
GOALSGUIDELINES
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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 Student Records Specialist, the District's designated records management officer.

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).

NUTRITIONAL
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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:

- Prohibit preparation of food by deep fat frying.

- Elimination of diet sodas offered to students.
- Foods restricted by the USDA Smart Snacks guidelines should not be provided or given away in schools (except on exemption days.)

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
Elementary and Middle Schools	Food and Beverage	3 days
High Schools	Food and Beverage	6 days

In addition, external vendors are not allowed on school grounds during the school day. Concession stands operated during the school day should follow the Smart Snacks guidelines unless an exemption day is used. School stores must follow Smart Snack guidelines and should follow time and place guidelines.

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 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)]

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

- Elementary school: Time and place requirement: Foods of Minimal Nutritional Value should not be provided or given away to students during the school day.

- Middle/junior high school: Time and place requirement: The Food Service Department may sell competitive foods from 30 minutes before the meal service period through 30 minutes after the meal service period of the school campus. ONLY outside of this designated period can individuals and groups sell competitive foods on the school campus.
- High school: Time and place requirement: The food service department may sell competitive foods during the meal service period where reimbursable meals are sold or consumed on the school campus. ONLY outside of this designated time period and designated location can individuals and groups sell competitive foods on the campus.
- In addition, students are not allowed to have food delivered to school from commercial establishments.
- Parents may provide food for their own child's consumption, but food may not be provided for other children anywhere on school premises throughout the school day. Class parties should be on exemption days.

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. Smart Snack items sold to students by the Food Service Department will be reviewed by the Nutrition Sub Committee annually.

2. 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 1: 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: Coordination of nutrition messaging will be strategically aligned with Wellness Coordinators and Food Service staff	
Action Steps	Methods for Measuring Implementation
Implement annual monthly topics promoted in the PE classes and wellness messages promoted in the cafeteria	Baseline or benchmark data points: <ul style="list-style-type: none"> • Current monthly wellness materials Resources needed: <ul style="list-style-type: none"> • Collaboration of materials from Wellness coordinators and Food Service team Obstacles: <ul style="list-style-type: none"> • Training and development of materials

GOAL 2: 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 shall provide opportunity for engagement with families and the community to learn about the programs offered by LISD in promoting healthy nutrition habits.	
Action Steps	Methods for Measuring Implementation
Create opportunity to provide the Roving Chef Program to the elementary campuses	Baseline or benchmark data points: <ul style="list-style-type: none"> • Current program Resources needed: <ul style="list-style-type: none"> • Curriculum • Kitchen, recipes, products Obstacles:

	<ul style="list-style-type: none"> • School availability
Objective 2: The district shall provide opportunity for students to engage in healthy eating at home.	
Action Steps	Methods for Measuring Implementation
Implementation of the Eat the Alphabet program	Baseline or benchmark data points: <ul style="list-style-type: none"> • Current program Resources needed: Recipes, product, funding Obstacles: <ul style="list-style-type: none"> • Collaboration with school and the Texas Medical Foundation

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 3: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: Nutrition education through TEA approved CATCH curriculum will be incorporated into elementary and middle school teaching curriculum to promote healthy eating.	
Action Steps	Methods for Measuring Implementation
Implement CATCH curriculum to elementary and middle school students. Fully formed Campus CATCH teams that meet on a regular basis.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Previous curriculum used to teach healthy eating habits Resources needed: <ul style="list-style-type: none"> • CATCH training for new teachers. • Approved release-time for staff who need professional development related to incorporate CATCH curriculum into lesson plans. Obstacles:

	<ul style="list-style-type: none"> • Change in previous methods of instruction. • Funds to send new teachers to training.
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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 following addresses how the District meets the required amount of physical activity:

- *Leander ISD elementary school students shall require a minimum of 135 minutes a week of moderate to vigorous physical activity through 30 minutes of daily recess.*
- Leander ISD middle school students shall require students in 6th – 8th grade to participate in at least 30 minutes of moderate to vigorous activity within a physical education, or equivalent class, every day for 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 4: 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: The gym and school yard will be supervised and available for student use during lunch and recess. The school will provide access to stocked recess carts for students to use.

Action Steps	Methods for Measuring Implementation
Use Fuel up to Play 60 grant funds to purchase recess carts for elementary campuses.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Current inventory of recess equipment and recess procedures. Resources needed: <ul style="list-style-type: none"> • Campuses will need to design a system for providing access to the cart. Obstacles:

	<ul style="list-style-type: none"> Determining who will replace equipment when broken or lost.
Objective 2: School policies and practices support that physical activity is not withheld as punishment for students.	
Action Steps	Methods for Measuring Implementation
Principals will implement LISD Quality Recess Guidelines.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Principal feedback questionnaire on the current implementation of LISD Quality Recess Guidelines. <p>Resources needed:</p> <ul style="list-style-type: none"> Best practices outline for alternative forms of punishment. More detailed framework for implementing guidelines. <p>Obstacles:</p> <ul style="list-style-type: none"> Recess has typically been taken away as a punishment. Recess has typically been used to make up academic work and tutorials.

GOAL 5: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate	
Objective 1: The school will increase the amount of before and after school programs available to all students through a range of programs that meet the needs, interests, and abilities of all students.	
Action Steps	Methods for Measuring Implementation
<p>Identify each campus' current offerings and compile a master list.</p> <p>Implement a system to approve and select appropriate programs and ensure each campus, or administration, selects a target number of programs.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Current before and after school program offerings. <p>Resources needed:</p> <ul style="list-style-type: none"> System to approve and select appropriate before and after school programs. District administrator to oversee process. <p>Obstacles:</p>

	<ul style="list-style-type: none"> • Cost associated with participating in these programs. • Finding staff to volunteer to oversee the additional programs • Facility space to host additional programs.
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GOAL 6: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective 1: Each teacher will incorporate physical activity into daily lessons.

Action Steps	Methods for Measuring Implementation
Teachers will incorporate 10 minutes of physical activity for approximately every 40 minutes of instruction.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Current physical activity incorporated into daily lessons. <p>Resources needed:</p> <ul style="list-style-type: none"> • Instructional coaches to assist teachers in lesson development that involves physical activity. • Professional development sessions throughout the year <p>Obstacles:</p> <ul style="list-style-type: none"> • This can be a non-traditional form of instruction.

OTHER 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.

<p>GOAL 7: The District shall communicate healthy eating behaviors consistent with the nutrition education messaging in the classrooms via digital signage and other forms of communication.</p>	
<p>Objective 1: The Director of Child Nutrition Service and food service staff will promote healthy nutrition messages via digital and paper signage that are consistent with classroom content.</p>	
Action Steps	Methods for Measuring Implementation
<p>Use Fuel up to Play 60 Grant funds to purchase and install digital displays that promote consistent healthy nutrition messaging.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Current paper signage in the cafeteria <p>Resources needed:</p> <ul style="list-style-type: none"> • Development of consistent messaging to be loaded weekly on the digital displays. <p>Obstacles:</p> <ul style="list-style-type: none"> • Ensuring all digital displays are installed on campuses. • Developing the messaging to be loaded on the digital displays.
<p>Objective 2: The campus CATCH team will work with food service staff to coordinate consistent messaging in the classroom.</p>	
Action Steps	Methods for Measuring Implementation
<p>Form a Campus CATCH team at all elementary and middle school campuses that meets at least four times a year.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Campuses vary in Campus CATCH team meetings. <p>Resources needed:</p> <ul style="list-style-type: none"> • Campus leadership to participate on the Campus CATCH team. • Guidance in the development of consistent messaging in the classroom. <p>Obstacles:</p> <ul style="list-style-type: none"> • Making time for the Campus CATCH team to meet and recruiting volunteers.

GOAL 8: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1: Leander ISD campuses will focus on health and wellness at least one campus event.	
Action Steps	Methods for Measuring Implementation
Campus CATCH teams will host an event, or participate in an event on campus that highlights health, wellness, and physical activity.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Current campuses participating in a “CATCH” type event. <p>Resources needed:</p> <ul style="list-style-type: none"> • Principals, PTA, CATCH communicating to plan the event, or create an opportunity to highlight wellness. • Advertisement of events. <p>Obstacles:</p> <ul style="list-style-type: none"> • Events are already scheduled to be hosted, encouraging campus CATCH teams to “piggyback” on those events.