



**Hughes Springs**  
INDEPENDENT SCHOOL DISTRICT

# District 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 school’s 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 development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC), along with the District Site Based Committee, 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.

## **IMPLEMENTATION**

Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus.

The curriculum director 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.

Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials by posting them on our website.

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>

### **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, [www.hsisd.net](http://www.hsisd.net), 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 assessment; and
7. Any other relevant information.

### **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 Curriculum Coordinator, 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 each school year:

All campuses will have six days per year for exempted fundraisers. These six days will be determined by the campus administration.

### **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 a school-designated function, such as a classroom party. [See CO(LEGAL)]

### **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 having the cafeteria manager to analyze each product with the Smart Snack calculator on the USDA's website.

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 for 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.

**Action Steps Methods for Measuring Implementation**

Display posters of healthy nutrition messages in cafeterias, campus hallways, and in classrooms.

**Baseline or benchmark data points:**

- Are posters displaying healthy nutrition messages posted, and where are they displayed?

**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.

**Action Steps Methods for Measuring Implementation**

Distribute information regarding school food programs within first two weeks of the school year and send periodic reminders to parents regarding the NSLP.

**Baseline or benchmark data points:**

- Posts on social media
- Flyers sent home with students; Emails sent to parents

**GOAL:**

Consistently post in an easily accessible location on the District's website the monthly school breakfast and lunch menus

**Action Steps Methods for Measuring Implementation**

Develop menus that are in compliance with state/federal standards and are posted no later than the first day of the month of service.

**Baseline or benchmark data points:**

- Observe if menus are posted

**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.

**Action Steps Methods for Measuring Implementation**

Display healthy nutrition education posters.

**Baseline or benchmark data points:**

- Are posters displaying healthy nutrition messages posted, and where are they displayed?

**GOAL:**

The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

**Action Steps Methods for Measuring Implementation**

The District will encourage all classroom teachers to integrate physical activity into the academic curriculum (e.g., brain breaks, energizers, etc.) where appropriate. Health will be a required course for graduation.

**Baseline or benchmark data points:**

- Principals will gather information from teachers as to how often they integrate physical activity into academic times. Master schedules, transcripts.

**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.

**Action Steps Methods for Measuring Implementation**

Training will be offered

**Baseline or benchmark data points:**

- Sign-in sheets, training records

**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. [SeeBDF,EHAA,EHAB, and EHAC.]

The following addresses how the District meets the required amount of physical activity:

- *Time allotted for physical activity will be consistent with state standards; K-5 students will have 135 minutes a week of moderate to vigorous physical activity; Grades 6-8 will have 135 minutes a week, or 225 minutes every two weeks for at least four semesters of moderate to vigorous physical activity.*

Federal law requires that the District establish goals for physical activity in its wellness policy. Parents can request in writing their child's physical fitness assessment (FitnessGram) results at the end of the school year by contacting the Curriculum Director or Campus Principal.

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.

**Action Steps Methods for Measuring Implementation**

Students can enroll in PE, band, or athletics.

**Baseline or benchmark data points:**

- Enrollment records, participation numbers

**GOAL:**

The District shall provide appropriate staff development and resources and encourage teachers to integrate physical activity into the academic curriculum where appropriate with programs such as Go Noodle.

**Action Steps Methods for Measuring Implementation**

Training offered for staff when needed, resources offered to staff

**Baseline or benchmark data points**

- Resources, Sign-in sheets, training records

**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 and at school.



### **Action Steps Methods for Measuring Implementation**

The district will advertise school/community events – such as the Wildflower 5K, DECA 5K, etc. The district will encourage participating in PE class, athletics and other extra curriculums that include physical activity (such as band, cheerleading and dance team).

#### **Baseline or benchmark data points:**

- Number of participants

#### **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 outside the school day in accordance with HSISD policy. [See GKD]

### **Action Steps Methods for Measuring Implementation**

Recreational facilities will be made available to the public and community youth sports leagues, such as flag football & youth basketball, as appropriate.

#### **Baseline or benchmark data points:**

Use of facilities outside of the school day

## **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 healthy 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.

### **Action Steps Methods for Measuring Implementation**

Schedules will reflect sufficient time to eat meals in the school cafeteria.

#### **Baseline or benchmark data points:**

- Master schedules

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

**Action Steps Methods for Measuring Implementation**

Publicity for applicable community wellness events or youth recreational leagues

**Baseline or benchmark data points:**

Promotion of activities on social media

Use of HSISD facilities to promote participation in these events