

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

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:

1. *Post dates, times, and sites of upcoming SHAC meetings on the District's website at which the wellness policy and plan are scheduled to be discussed*
2. *Listing in the student handbook the position of the person responsible for oversight of the District's wellness policy.*

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 Garrison ISD 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

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>)
- *Nutrikids*
- *Walker Food Services*

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 pro-

gram. Questions may be directed to the district 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 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/healthierschoolday/tools-schools-focusing-smart-snacks>

**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 not allow exempted fundraisers; all fundraisers will include nonfood items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

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)]

Elementary and Middle School

Classroom Celebrations. Teachers should obtain permission from the campus principal prior to holding any classroom celebrations. Classroom celebrations are only acceptable when they are tied to specific learning outcomes. Teachers should consult federal guidelines for nutrition prior to allowing food consumption in class

High school: Designated person's should be on file to deliver foods or beverages to these individuals

*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.

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 nutritional programs

Action Steps	Methods for Measuring Implementation
Advertisement Materials to parents within the first week of school and to all incoming students throughout the year regarding the school food program	Baseline or benchmark data points: <ul style="list-style-type: none"> • Participation numbers • Visual representation • Update each Semester • Total number of posters Resources needed: <ul style="list-style-type: none"> • Enrollment packets
Action Steps	Methods for Measuring Implementation
Explanation of food choices	Baseline or benchmark data points: <ul style="list-style-type: none"> • Monthly Menus Resources needed: <ul style="list-style-type: none"> • Technology

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 share nutritional information with parents and community

Action Steps	Methods for Measuring Implementation
Monthly Menus Online	Baseline or benchmark data points: <ul style="list-style-type: none"> • Website links and Wellness website

	Resources needed: <ul style="list-style-type: none"> • Technology
Action Steps	Methods for Measuring Implementation
Scheduled accompanying lunch days	Baseline or benchmark data points: <ul style="list-style-type: none"> • Dates Resources needed: <ul style="list-style-type: none"> • Facilities • Schedule Obstacles: <ul style="list-style-type: none"> • Access
Action Steps	Methods for Measuring Implementation
Distribute information about food access programs within the school and community such as food drive, angel tree, food pantry, etc.	Baseline or benchmark data points: Website links on Wellness website Resources needed: <ul style="list-style-type: none"> • Technology

GOAL: The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.

Objective 1: All vending machines and sign displays available to students will be Smart Snack compliant

Action Steps	Methods for Measuring Implementation
Teacher access areas secure	Baseline or benchmark data points: <ul style="list-style-type: none"> • Secure teacher lounge Resources needed: <ul style="list-style-type: none"> • Locks and Expectations

**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: Staff will integrate nutritional education facts into each grade level as appropriate	
Action Steps	Methods for Measuring Implementation
Teachers will post food service menus and briefly discuss food items	Baseline or benchmark data points: <ul style="list-style-type: none"> • Visible food service menu Resources needed: Paper and Printer
Action Steps	Methods for Measuring Implementation
Students will have access to drinking water either from water bottles or water fountains	Baseline or benchmark data points: <ul style="list-style-type: none"> • Available water stations Resources needed: <ul style="list-style-type: none"> • Easily accessible water fountains

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: The district will continue to require one semester of health curriculum at the High School	
Action Steps	Methods for Measuring Implementation
Students will take Health class in 9th grade	Baseline or benchmark data points: <ul style="list-style-type: none"> • Master schedule Resources needed: <ul style="list-style-type: none"> • Staff and health curriculum

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: Encourage staff development opportunities on nutrition	
Action Steps	Methods for Measuring Implementation
Allow staff, to attend staff development at the Region 7 service center	Baseline or benchmark data points: <ul style="list-style-type: none"> • Staff participation Resources needed: <ul style="list-style-type: none"> • Funding for registration
Objective 2: Opportunity for food service manger to educate staff about nutritional facts	
Action Steps	Methods for Measuring Implementation
Present oppourtunities for staff members to become educated on guidelines and child nutrition	Baseline or benchmark data points: <ul style="list-style-type: none"> • Date of training Resources needed: <ul style="list-style-type: none"> • Time

GOAL: The District shall establish and maintain school gardens and farm-to-school programs.	
Objective 1: Implementation of a agricultural curriculum based garden for grades 8-12	
Action Steps	Methods for Measuring Implementation
Agriculture department fosters a gardening environment for students 8-12	Baseline or benchmark data points: <ul style="list-style-type: none"> • Curriculum Resources needed: <ul style="list-style-type: none"> • Gardening products

**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 requires students to participate
- Middle School Students complete 4 Semester of Physical Activity with a certified professional
- High School requires 2 Semesters of physical activity

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: Students will benefit from physical activity as appropriate throughout the school day	
Action Steps	Methods for Measuring Implementation
Provide a minimum of either 30 minutes a day or 150 minutes per week of physical activity for students Pre-K through 5th grade	Baseline or benchmark data points: <ul style="list-style-type: none"> • master schedule Resources needed: <ul style="list-style-type: none"> • staff

GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
Objective 1: Provide exposure to teachers in regards to physical activity	
Action Steps	Methods for Measuring Implementation
Local professional development opportunity for PE director to discuss physical activity	Baseline or benchmark data points: <ul style="list-style-type: none"> • participation Resources needed: <ul style="list-style-type: none"> • time

GOAL: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Extra Curricular Activities 7-12	Baseline or benchmark data points: <ul style="list-style-type: none"> • Participation Resources needed: <ul style="list-style-type: none"> • Facilities and Staff

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: Provide staff the opportunity to participate in the biggest loser challenge	
Action Steps	Methods for Measuring Implementation
Create opportunities for staff members to participate in a weight loss challenge	Baseline or benchmark data points: <ul style="list-style-type: none"> • Participation Resources needed: <ul style="list-style-type: none"> • Organizations
Make available school weight rooms for staff use	Baseline or benchmark data points: <ul style="list-style-type: none"> • Participation Resources needed: <ul style="list-style-type: none"> • Facilities
Offer opportunities for staff members to pre-order meals from the Cafeteria meeting the guidelines of smart snacks	Baseline or benchmark data points: <ul style="list-style-type: none"> • Participation Resources <ul style="list-style-type: none"> • Method for ordering

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.

Objective 1: Inform the community of the facilities that are available for use outside of the school day by posting appropriate signage on site and on district website

Action Steps	Methods for Measuring Implementation
Encourage parents and community members to use outdoor facilities when not in use by students	Baseline or benchmark data points: <ul style="list-style-type: none"> • survey parents about use Resources needed: <ul style="list-style-type: none"> • signs • surveys
Offer opportunities for organized organizations within the community to use school facilities when not in use by the school including: pineywoods football, pineywoods baseball, little dribblers or volleyball	Baseline or benchmark data points: <ul style="list-style-type: none"> • Participation Resources needed <ul style="list-style-type: none"> • Facilities • Designated personal to distribute access

GOAL: Physical education classes will emphasize moderate to vigorous activity

Objective 1: Physical education courses will be structured

Action Steps	Methods for Measuring Implementation
Ensure physical activity courses have structure	Baseline or benchmark data points: <ul style="list-style-type: none"> • Lesson Plans Resources needed: <ul style="list-style-type: none"> • TEKS associated with lesson plans

**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.

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GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Objective 1:

Action Steps	Methods for Measuring Implementation
Schedule at least 30 minutes for each student during lunch period	Baseline or benchmark data points: <ul style="list-style-type: none"> • scheduled time Resources needed: <ul style="list-style-type: none"> • staff

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

Objective 1: Parental involvement at scheduled events

Action Steps	Methods for Measuring Implementation
Schedule events for parents to enjoy participation in wellness activities (Field Day, special lunches, competitions, etc.)	Baseline or benchmark data points: <ul style="list-style-type: none"> • Participation Resources needed: <ul style="list-style-type: none"> • facilities and volunteers

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

Objective 1: The district will provide opportunities for employees to participate in wellness improvement opportunities

Action Steps	Methods for Measuring Implementation
The district will provide labs and check up opportunities along with vaccinations	Baseline or benchmark data points: <ul style="list-style-type: none"> • participation Resources needed: <ul style="list-style-type: none"> • external labs • external medical field workers