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. *(Phone/email)*
2. *(CrisisGo)*

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 School Health 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.

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>)
* *Squaremeals.org*

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 SHAC 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>

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** |
| --- | --- | --- |
| Denver City High School | Concession Food | 4 |
| Valentine’s Day Fund Raiser | candy | 1 |

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)]

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 SHAC will monitor this by:

1. *The SHAC designee will meet and share information with all concerned parties and ask campus administration to check before allowing any foods and beverages that do not meet the Smart Snacks guidelines.*

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.

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| **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:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| Posters are displayed in classrooms and in the cafeterias.  | Baseline or benchmark data points: Check that Posters are in place 3 unannounced times each year.Obstacles: None |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| Healthy food choices integrated into the Physical Education curriculum. | Baseline or benchmark data points:Resources needed: Curriculum materials, lesson plans Obstacles: None |

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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:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| Postings to Facebook and the DCISD web page | Baseline or benchmark data points: * Number of hits on Facebook

Resources needed:* Person to post information

Obstacles:* None
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| **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:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| The district does not advertise food and beverages | Baseline or benchmark data points:* NA

Resources needed:* NA

Obstacles:* NA
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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.

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| **GOAL:** The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors. |
| **Objective 1:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| The District’s food service staff, teachers, and other District personnel Shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings. | Baseline or benchmark data points:Observable materials on premisesResources needed:* Nutrition materials
* District staff

Obstacles:* None
 |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| 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. | Baseline or benchmark data points:* Number of hits on social media

Resources needed:* Social media

Obstacles:* None
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| **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:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| Physical Education and athletic instructors emphasize healthy nutrition habits | Baseline or benchmark data points:* Lesson plans and observation

Resources needed:Obstacles: NONE |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| The district shall encourage students, parents, staff, and community members to use District recreational facilities, such as tracks, playgrounds, etc., that are available outside the regular school day. | Baseline or benchmark data points:* Observation of use, reservation data

Resources needed:* School facilities

Obstacles:* None
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| **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:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| The cafeteria director will inform all staff and provide training in nutrition education. | Baseline or benchmark data points:Resources needed: Nutrition programObstacles: None |

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.]

*[Include below how the District will meet the requirements for physical activity as mandated by Education Code 28.002(l)–(l-1), e.g., 30 minutes of daily recess in elementary school grades, a requirement for students at the middle school level to enroll in a physical education or athletics course for at least four semesters, and the like. Note that the USDA Food and Nutrition Service and the Centers for Disease Control and Prevention (CDC) recommend at least 60 minutes of daily physical activity for children and adolescents.]*

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

* *45 minute PE classes*
* *15 minute recess at lunch*
* *Music and movement in elementary school*
* *Athletic periods*
* *band*

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.

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| **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:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| The district shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities. | Baseline or benchmark data points:Resources needed: time, district curriculum, lesson plansObstacles: * None
 |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| Offer band and music movement classes | Baseline or benchmark data points:* Schedules

Resources needed: * teachers

Obstacles: * None
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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:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| Pre-K walks kids on field trips | Baseline or benchmark data points:* Requisition data

Resources needed: * cooperation from local businesses

Obstacles: None |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| Classroom activity that involve movement and use Moodle | Baseline or benchmark data points:* Curriculum resources

Resources needed: * Internet access

Obstacles: * None
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| **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:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| Share wellness information in email form | Baseline or benchmark data points:Resources needed: * Wellness Wednesday

Obstacles: None |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| Offer weight challenges | Baseline or benchmark data points:* Wellness participants

Resources needed: * technology, challenge leader

Obstacles:* None
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| **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:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| The District communicates with parents/guardians via School Messenger in two languages. | Baseline or benchmark data points:* Number of answered calls

Resources needed:* School messenger

Obstacles:* None
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| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| The District relays information to parents/guardians through the web page and campus and district Facebook accounts. | Baseline or benchmark data points:* Number of hits

Resources needed:* Facebook accounts

Obstacles:* None
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| **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:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| All gates are open at all times.All restrictions are removed for the playgrounds, etc., outside of the school day.Sporting facilities are provided for extra-curricular activities.  | Baseline or benchmark data points:Resources needed: playgrounds, gyms, fieldsObstacles: no respect for provided facilities and money  |

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.

*[Coordinate the goals listed in this section with those listed in FFA (LOCAL).]*

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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** |
| Custodians are assigned to cafeterias and clean daily. Cafeteria staff clean daily.Procedures are in place to help staff and students pick up after themselves. | Baseline or benchmark data points:Resources needed:Obstacles: |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| Administrative staff build adequate time into the schedules.  | Baseline or benchmark data points:Resources needed:Obstacles: |

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| **GOAL:** The District shall promote wellness for students and their families at suitable District and campus activities. |
| **Objective 1:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| Title 1 meetings and Facebook postings | Baseline or benchmark data points:Resources needed: technologyObstacles: none |
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