

Wellness Plan written by SHAC Committee

STUDENT WELFARE

WELLNESS AND HEALTH SERVICES

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. *List volunteers -SHAC opportunity to participate for DISD volunteers.*
2. *Post meeting notices, agendas and minutes on district web-site.*
3. *List information of SHAC in the student handbook.*
4. *Notice to all PTA Presidents telling them about SHAC and solicit participation.*

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 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>)
- *Smart Snacks in school Nutrition Standards*

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)];
1. A copy of this wellness plan, with dated revisions;
2. Notice of any Board revisions to policy FFA(LOCAL);
3. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's triennial assessment; and
6. 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 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)

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

- *No additional standards adopted.*

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 2016–2017 school year:

Campus or Organization	Food / Beverage	Number of Days
Elementary Schools	Field Days, Carnivals Campus Administration approved events.	Maximum of 6 days/school year.
Secondary Schools	Mascot day, homecoming, carnivals. Campus Administration approved events.	Maximum of 6 days/school year

OR

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)]

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

For any school, Elementary, Middle or High School:

Denton ISD has no restrictions on foods given away to students.

Any foods sold to students during the school day, must meet the smart snack guidelines.

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. *Child Nutrition will submit a list of smart snacks offered for sale during the school day.*

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:	
Action Steps	Methods for Measuring Implementation
1. Implement Farm Fresh Friday each month during the school year in the school cafeterias as directed by the Child Nutrition Coordinator	Baseline or benchmark data points: <ul style="list-style-type: none">• 100% cafeteria compliance Resources needed:

	<ul style="list-style-type: none"> • Specially-ordered fresh produce and educational materials <p>Obstacles:</p> <ul style="list-style-type: none"> • Availability of food product and labor resources
Objective 2:	
Action Steps	Methods for Measuring Implementation
1. Offer new menu items each month to promote variety and encourage participation in the NSLP and SBP	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • 100% compliance <p>Resources needed:</p> <ul style="list-style-type: none"> • New food products <p>Obstacles:</p> <ul style="list-style-type: none"> • Availability; Cost; Food Allergies

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
1. Develop and maintain a comprehensive Child Nutrition webpage and Facebook page to communicate and market nutrition program information and activities	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Ongoing reviews and postings <p>Resources needed:</p> <ul style="list-style-type: none"> • Labor <p>Obstacles:</p> <ul style="list-style-type: none"> • Available labor resources
Objective 2:	
Action Steps	Methods for Measuring Implementation
1. Print and distribute monthly elementary breakfast and lunch menus	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • 100% of elementary students receive a printed menu <p>Resources needed:</p>

	<ul style="list-style-type: none"> Financial and labor resources Obstacles: <ul style="list-style-type: none"> Available funds; Dual language needs
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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 shall have authority and control over advertising on district property.	Baseline or benchmark data points: <ul style="list-style-type: none"> Requests for approval of items to be offered on campuses. Resources needed: <ul style="list-style-type: none"> Information with district approval. Vendors on the district approved list. Obstacles: <ul style="list-style-type: none">
Objective 2:	
Action Steps	Methods for Measuring Implementation
Monitor vending machines on time control to make sure times are set for after school hours.	Baseline or benchmark data points: <ul style="list-style-type: none"> Reports per principals on vending machine hours. Resources needed: <ul style="list-style-type: none"> Definition of after school hours: Midnight to 30 minutes after school. Times the vending machines are set for. Obstacles: <ul style="list-style-type: none"> Information not available.

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:	
Action Steps	Methods for Measuring Implementation
At the principal's discretion, nutrition education will be provided via media announcements.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Number of media announcements per school year as reported by school principals upon request. <p>Resources needed:</p> <ul style="list-style-type: none"> Media, youtube, nutrition education information. <p>Obstacles:</p> <ul style="list-style-type: none"> Students may not be present for all announcements.
Objective 2:	
Action Steps	Methods for Measuring Implementation
<p>*At elementary level, K-5th grade students will receive nutrition education through classroom teacher and in P.E.</p> <p>*At the secondary level, health education classes will include a lesson on healthy eating behaviors.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Lesson Plans Secondary: Number of students enrolled in health classes. <p>Resources needed:</p> <ul style="list-style-type: none"> Written lesson plans Units of study on line. <p>Obstacles:</p> <ul style="list-style-type: none"> Students might not be present for all educational lessons.

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
Identify appropriate events at which nutrition education could be promoted.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Number of events during the school year at which nutrition education was either communicated or distributed.

	Resources needed: <ul style="list-style-type: none"> Smart snacks guidelines on nutrition and health services websites. Sample mini-lesson for staff to teach at an event. Obstacles: <ul style="list-style-type: none"> SHAC may not be aware of all District sponsored events.
Objective 2:	
Action Steps	Methods for Measuring Implementation
Students will be encouraged to keep hydrated throughout the school day. This can be accomplished at the teacher's discretion by frequent trips to the water fountain or use of personally owned water bottles.	Baseline or benchmark data points: <ul style="list-style-type: none"> Notification from school nutrition that water is available during meal times and students informed of water bottle policy. Resources needed: <ul style="list-style-type: none"> Signs/education where water bottles are not permitted. Obstacles: <ul style="list-style-type: none"> Students may not have access to water containers.

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
Safe schools will be used to deliver education to staff regarding healthy eating.	Baseline or benchmark data points: <ul style="list-style-type: none"> Safe school documentation regarding completion of course. Resources needed: <ul style="list-style-type: none"> Access to the computer. Time to complete the course. Obstacles: <ul style="list-style-type: none"> Number of safe school required courses
Objective 2:	
Action Steps	Methods for Measuring Implementation
	Baseline or benchmark data points:

The district will make available a list of nutrition educational resources and/or lessons.	<ul style="list-style-type: none"> • Requests for resources by teachers. • Lessons Plans. Resources needed: <ul style="list-style-type: none"> • List of resources for lessons. • List of facilities or organizations that offer programs/presentations on nutrition. Obstacles: <ul style="list-style-type: none"> • Teachers not using the resources.
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GOAL: The District shall establish and maintain school gardens and farm-to-school programs.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Survey Schools who have school gardens with Denton ISD. Provide information on how they started the program and the instructions to participate.	Baseline or benchmark data points: <ul style="list-style-type: none"> • SHAC could request a summary from participating schools. • Post information for schools to refer to. Resources needed: <ul style="list-style-type: none"> • Computer • SHAC member to request information from campuses. • Personnel to manage information . Obstacles: <ul style="list-style-type: none"> • No interest in participating.

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:

*Required weekly Physical Education classes

*Fitnessgram

*Athletic opportunities (optional)

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:	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Each Campus will allow opportunities for participation in voluntary physical activities during the school day such as recess, breaks, and friendly competition. 	<p>Baseline or benchmark data points: Number of voluntary physical activities currently available on each campus</p> <p>Resources needed:</p> <ul style="list-style-type: none"> Staff to monitor activities Parent/Community volunteers such as watchdog program to create/monitor activities <p>Obstacles:</p> <ul style="list-style-type: none"> limited facilities limited staff to monitor
Objective 2:	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Our campuses will install the necessary bike racks and helmet storage facilities to encourage bike riding to school 	<p>Baseline or benchmark data points: surveys showing the number of students using the facilities this year and previous years</p> <p>Resources needed: Bike racks and storage sheds</p> <p>Obstacles:</p> <ul style="list-style-type: none"> Budget

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
Teachers will incorporate physical activity into the classrooms by using brain breaks, which is a pause	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> surveys

in instruction followed by movement or stretching by the students	Resources needed: <ul style="list-style-type: none"> • Nothing Obstacles: <ul style="list-style-type: none"> • Time Restraints
Objective 2:	
Action Steps	Methods for Measuring Implementation
Time will be allowed throughout the school year, for training related to the importance of physical activity. Teachers will use removal of recess or minutes of recess as a last resort. They will consider alternative forms of movement instead of sitting out recess.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Percentage of teachers who report integrating physical activity into lessons compared to the previous school year Resources needed: <ul style="list-style-type: none"> • creation and dissemination of a survey to district teachers • Time for training during in-service days Obstacles: <ul style="list-style-type: none"> • Validity of self-reports • Limited staff development 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
Campuses will offer a range of activities that meet the needs, interest, and abilities of all students, including students with disabilities and students with special health care needs.	Baseline or benchmark data points: <ul style="list-style-type: none"> • survey Resources needed: <ul style="list-style-type: none"> • creation and dissemination of a survey to district teachers Obstacles: <ul style="list-style-type: none"> • Time restraints • Validity of self reports
Objective 2:	
Action Steps	Methods for Measuring Implementation
High schools and Middle schools will offer interscholastic sports programs	Baseline or benchmark data points:

	<ul style="list-style-type: none"> the number of different programs offered at the school Resources needed: survey Obstacles: <ul style="list-style-type: none"> time-restraints
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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
The district will provide employees information about the TRS challenge and encourage teachers to participate in groups or individually.	Baseline or benchmark data points: <ul style="list-style-type: none"> documentation of website postings Resources needed: <ul style="list-style-type: none"> Internet, Computer Obstacles: <ul style="list-style-type: none"> Lack of participation due to time and other obligations
Objective 2:	
Action Steps	Methods for Measuring Implementation
The district will provide the information about the EIC(employee information center) and how it meets the needs physically, emotionally and financially for the employees.	Baseline or benchmark data points: <ul style="list-style-type: none"> documentation of website postings Resources needed: <ul style="list-style-type: none"> Internet, Computer Obstacles: <ul style="list-style-type: none"> participation rates may be minimal if service is only provided at one location

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 will provide fun runs, field days and festivals throughout the year to encourage physical activity with family involvement.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> self-reports of campus administration about the events <p>Resources needed:</p> <ul style="list-style-type: none"> informational materials about the event to district to students and parents <p>Obstacles:</p> <ul style="list-style-type: none"> staff time participation rates may be low
Objective 2:	
Action Steps	Methods for Measuring Implementation
<p>Schools will encourage parents to be involved at the campus level by;</p> <ul style="list-style-type: none"> *participating in PTA sponsored events. *Campuses who participate in the Watchdog program encourage father's to sign up. *Encourage parents to volunteer on their child's campus as their schedule allows. *Educate parents about opportunities on campus and outside of school, where their children can be physically active. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> record of schools and number of participants <p>Resources needed:</p> <p>someone to organize and plan the watchdog's days and email them their schedules</p> <p>Obstacles:</p> <ul style="list-style-type: none"> time restraints from parents jobs

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
Inform the community of the facilities that are available for use outside of the school day by positing on at least one District website or through the use of appropriate signs	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Documentation of publications, website posting and signs verifying that the information was communicated <p>Resources needed:</p> <ul style="list-style-type: none"> a list of the types and locations of facilities that are available for use in the district <p>Obstacles:</p> <ul style="list-style-type: none"> measuring how many people/organizations use the facilities

Objective 2:	
Action Steps	Methods for Measuring Implementation
Evaluate appropriate lighting for evening use of facilities	Baseline or benchmark data points: <ul style="list-style-type: none"> • reports from maintenance Resources needed: List of the locations of facilities that are available for use in the district Obstacles: <ul style="list-style-type: none"> • Time Constraints

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.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Conduct time study for breakfast at (1) high school, (1) middle school, and (2) elementary schools	Baseline or benchmark data points: <ul style="list-style-type: none"> • 100% of students have at least 10 minutes to eat Resources needed: <ul style="list-style-type: none"> • Labor Obstacles: <ul style="list-style-type: none"> • None
Objective 2:	
Action Steps	Methods for Measuring Implementation
Conduct time study for lunch at (1) high school, (1) middle school, and (2) elementary schools	Baseline or benchmark data points: <ul style="list-style-type: none"> • 100% of students have at least 20 minutes to eat

	Resources needed: <ul style="list-style-type: none"> • Labor Obstacles: <ul style="list-style-type: none"> • None
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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
Encourage parents and families to participate in campus/district activities such as: Fun Runs, Boosterthon, field day events.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Numbers of parents/families participating Resources needed: <ul style="list-style-type: none"> • Advertising, Person to coordinate the events. Obstacles: <ul style="list-style-type: none"> • Parents do not see the information. • Parents do not sign up
Objective 2:	
Action Steps	Methods for Measuring Implementation
Schools will send home district approved flyers with information regarding community events and activities promoting good health and active lifestyles.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Individual reports of participation. Resources needed: <ul style="list-style-type: none"> • flyers approved and provided to schools Obstacles: <ul style="list-style-type: none"> • Parents do not read the notices

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.
Objective 1:

Action Steps	Methods for Measuring Implementation
Encourage employees to take advantage of wellness activities that include: on campus exercise classes, wellness testing with blood work assessments, prevention programs and classes.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> level of campus participation. number of employees signing up for lab draws number of employees signing up for the disease prevention classes. Resources needed: Advertising, person(s) to coordinate sign up., classroom space, organization to do the lab draws and send results to employees. <p>Obstacles:</p> <ul style="list-style-type: none"> Lack of employee participation.
Objective 2:	
Action Steps	Methods for Measuring Implementation
Encourage employees to participate in the Flu shot clinics provided by the district.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Numbers of employees signing up for flu shots <p>Resources needed:</p> <ul style="list-style-type: none"> Advertising, Person to coordinate sign up, Clinic/health organization to conduct the flu shot clinic and provide the vaccine. <p>Obstacles:</p> <ul style="list-style-type: none"> Lack of employee participation.

GOAL: <i>[List any other goal in the District's FFA(LOCAL) related to other school-based activities not identified above.]</i>	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Encourage employees to visit the district insurance website, learn what the district insurance has available on that site to help them improve their health and disease prevention and control.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Number of employees visiting the website <p>Resources needed:</p>

	<ul style="list-style-type: none">• Get information out to employees about resources on that website.• Insurance website maintained Obstacles: <ul style="list-style-type: none">• Employees not participating
	<ul style="list-style-type: none">•