

Goodrich Independent School District

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 Posting meeting times on website of SHAC meetings with contact information to attend.
- 2 Listing in the student handbook the name and position responsible for oversight of the district’s wellness policy and 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 [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.”

	<p>Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.</p> <p>The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes or any District-developed self-assessment.</p>
PUBLIC NOTIFICATION	<p>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 have available on its website to document information and activity related to the school wellness policy, including:</p> <ol style="list-style-type: none"> 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 SHAC meeting date, times, and locations. 6. Any other relevant information. <p>The District may also publish the above information in appropriate District or campus publications.</p>
RECORDS RETENTION	<p>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 Personnel Director, the District's designated records management officer.</p>
GUIDELINES AND GOALS	<p>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).</p>
NUTRITION GUIDELINES	<p>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.</p> <p>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.</p>
FOODS AND BEVERAGES SOLD	<p>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</p>

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 exempted fundraisers; fundraisers will not be limited to nonfood items or foods that meet the Smart Snacks standards, for 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)]

Each campus will be allowed 6 days of exemption from Smart Snack standards for school-designated functions i.e., field days, holiday parties.

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. Nutrition Services will review/compare the nutritional content of any food and beverage marketed to students with the Smart Snack protocol of calculations.

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: All students will be encouraged to select healthy nutrition choices during meal item selection.	
Action Steps	Methods for Measuring Implementation
<p>Servers in cafeteria will encourage students to take all items available on the food line.</p> <p>All foods available during will be governed under the Smart Snack ruling, the day defined as MN to before to 30 min after the end of the official school day and all areas of the property under the jurisdiction of the school that accessible to students during the day.</p> <p>Parents/Guardians who choose to have lunch with their child/children will have a designated table. For the safety of our students who have allergies or any other medical conditions, food that a parent/guardian brings will only be given to their child/children.</p>	<p>Baseline or benchmark data points:</p> <p>Each child is encouraged to get all items on the food line</p> <p>Resources needed:</p> <p>Education of all food staff</p> <p>Obstacles:</p> <p>Food line time and resources</p> <p>Enforcement during school day</p>
Objective 2: Healthy choices will be reinforced with non-staff interaction during meal selection times.	
Action Steps	Methods for Measuring Implementation
<p>Display food choice posters and menu in the cafeteria</p>	<p>Baseline or benchmark data points:</p> <p>All campuses have food choices posters</p> <p>Resources needed:</p> <p>Age appropriate posters</p> <p>Obstacles:</p> <p>Where posters are visible</p>

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 promote healthy eating behaviors. for all students.

Action Steps	Methods for Measuring Implementation
<p>Send home backpack flyers with nutrition information within the first two weeks of school.</p> <p>Post nutrition information on District Website.</p>	<p>Baseline or benchmark data points:</p> <p>Monitor for increase in participation</p> <p>Resources needed:</p> <p>Fliers for participation.</p> <p>District website.</p> <p>Obstacles:</p> <p>Failure to identify students that would benefit, fliers do not get returned, language barriers, stigma.</p>

Objective 2: Encourage non-food fundraisers that are marketed to students, families, and general public even during non-school hours

Action Steps	Methods for Measuring Implementation
<p>Review the fundraisers that are being done and encourage those that have healthy food choices or are non-food related</p>	<p>Baseline or benchmark data points:</p> <p>Increase in non-food fundraisers</p> <p>Resources needed:</p> <p>Staff and volunteers seek alternatives to food fundraisers</p> <p>Obstacles: Finding vendors, popularity of food fundraisers</p>

**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: All campuses will have age appropriate posters in the cafeteria regarding healthy food choices.

Action Steps	Methods for Measuring Implementation
<p>Posters available for each campus with nutrition theme as age appropriate.</p>	<p>Baseline or benchmark data points:</p> <p>Age appropriate posters at each cafeteria</p>

Provide students with nutritious and appealing foods and beverages.	Resources needed: Posters Obstacles: Lack of wall space,
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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:

- All elementary students participate to meet the requirement of 135 min of physical education per week, either by PE class and/or recess
- All Middle School students are required to take PE class/athletics every semester
- High School students are required to do 2 semesters/1 full credit of PE for graduation

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 who live close enough for walking or biking distance to their campus to do so	
Action Steps	Methods for Measuring Implementation
Informative posters for biking and walking safety to school. Identify safe biking routes to campuses.	Baseline or benchmark data points: Increase of students walking/or biking to school each year Resources needed: Posters/announcements, crosswalk markings, Caution Bikers signs Obstacles: Rural areas/high traffic routes
Objective 2: Provide secure bike racks at each campus location	
Action Steps	Methods for Measuring Implementation
Each campus will determine a location for	Baseline or benchmark data points:

bike racks GISD HS Ag dept. build and design bike racks for each campus	Students/Employees utilize racks Resources needed: Bike racks and space Obstacles: Cost... rural area... security....
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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: After receiving appropriate staff development, district teachers incorporate physical activity within their lesson during the day

Action Steps	Methods for Measuring Implementation
Determine appropriate in-service days and give information of how important physical activity breaks can be during the school day and even in classroom time	Baseline or benchmark data points: Observable increase in physical activity in the classroom. Staff/student report increase in physical activity planned in classroom Resources needed: In-service time, materials for class ideas Obstacles: staff buy-in, class time, trainers, limited in-service time/schedule.

Objective 2: Teachers will use non-sedentary reward systems in classroom and students will not be disciplined by sedentary methods during recesses and/or PE.

Action Steps	Methods for Measuring Implementation
Activities involving movement encouraged for reward in classroom/or motivation. Teachers will allow for structured physical activity during recess, not sedentary activity if discipline needed	Baseline or benchmark data points: Students will have increase in physical activity in classroom which will increase student focus and help with classroom management Resources needed: Ideas and materials for age appropriate student reward activities Obstacles: Teacher resistance, knowledge of benefit, limited classroom time, cost of materials

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: All campuses will build their master schedules to allow for at least 10 minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated

Action Steps	Methods for Measuring Implementation
Evaluate current mealtime allowances by campus Work with campus administrators to adjust master schedules as necessary	Baseline or benchmark data points: The number of campuses that meet the standard compared to previous year Resources needed: Average time it takes for students to receive a meal and be seated Obstacles: Master schedules consider several issues, only one of which is mealtime