

	<b>Goodrich Independent School District Wellness Plan</b>
The yellow highlighted areas are updates as of May 2023.	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:
	<ol style="list-style-type: none"> <li>1. Posting meeting times on website of SHAC meetings with contact information for those planning to attend.</li> <li>2. Listing in the student handbook the name and position responsible for oversight of the district’s wellness policy and plan.</li> <li>3. Posting the wellness plan and SHAC meeting audio on the website.</li> </ol>
IMPLEMENTATION	<p>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.</p> <p>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.</p> <p>The district nurse will assist in the development and oversight of the wellness plan with the SHAC committee. The school nurse will evaluate, assess the implementation of, and report on the wellness plan to the SHAC committee, the principals, and superintendent as required.</p>
EVALUATION	At least every three years, as required by law, the District will measure and make available to the public, via the SHAC website, 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 <b>via the SHAC website page</b>. 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 the <b>SHAC</b> website, the documented information and activity related to the school wellness policy, including:</p> <ol style="list-style-type: none"> <li>1. A copy of the wellness policy [see FFA(LOCAL)];</li> <li>2. A copy of this wellness plan, with dated revisions;</li> <li>3. Notice of any Board revisions to policy FFA(LOCAL);</li> <li>4. The name, position, and contact information of the District Official responsible for the oversight of the Wellness Policy and implementation of this plan;</li> <li>5. Notice of SHAC meeting date, times, and locations.</li> <li>6. <b>The SHAC meeting minutes and audio recording will be posted on the SHAC website as required.</b></li> <li>7. Any other relevant information.</li> </ol> <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.</p>

	Competitive foods and beverages are not part of PUBLIC NOTIFICATION RECORDS RETENTION GUIDELINES AND GOALS NUTRITION GUIDELINES FOODS AND BEVERAGES SOLD Goodrich ISD Wellness Plan—Page 3 Reviewed 4/20/2023 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:
	<ul style="list-style-type: none"> <li>• <a href="http://www.fns.usda.gov/school-meals/nutrition-standardsschool-meals">http://www.fns.usda.gov/school-meals/nutrition-standardsschool-meals</a></li> <li>• <a href="http://www.fns.usda.gov/healthierschoolday/tools-schoolsfocusing-smart-snacks">http://www.fns.usda.gov/healthierschoolday/tools-schoolsfocusing-smart-snacks</a></li> <li>• <a href="http://www.squaremeals.org/Publications/Handbooks.aspx">http://www.squaremeals.org/Publications/Handbooks.aspx</a></li> </ul>
EXCEPTION— FUNDRAISERS	<p>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)]</p> <p>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.</p>
FOODS AND BEVERAGES PROVIDED	<p>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)]</p> <p>Each campus will be allowed 6 days of exemption from Smart Snack standards for school-designated functions i.e., field days, holiday parties</p>
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.
	<p>The SHAC will monitor this by:</p> <ol style="list-style-type: none"><li>1. Nutrition Services will review/compare the nutritional content of any food and beverage marketed to students with the Smart Snack protocol of calculations.</li><li>2. SHAC will be made aware of <b>all</b> fundraisers to collect the data of the number of each and the nutrition calculations. SHAC will provide the Nutrition Services with all food fundraisers to monitor the number and calculations.</li></ol> <p>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.</p> <p>In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition promotion.</p>
<b>GOAL:</b> The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	
<b>Objective 1: All students will be encouraged to select healthy nutrition choices during meal item selection.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Send home backpack flyers with nutrition information within the first two weeks of school.  Post nutrition information on District Website.	Baseline or benchmark data points. <i>Monitor for increase in participation</i> <i>Resources needed:</i> Fliers for participation. District website. <i>Obstacles:</i> Failure to identify students that would benefit, fliers do not get returned, language barriers, stigma.
<b>Objective 2: Encourage non-food fundraisers that are marketed to students, families, and general public even during non-school hours or healthier food option fundraisers.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Review the fundraisers that are being done and encourage those that have healthy food choices or are non-food related	<i>Baseline or benchmark data points:</i> Increase in non-food fundraisers & healthy food fundraisers <i>Resources needed:</i> Staff and volunteers seek alternatives to food fundraisers <i>Obstacles:</i> Finding vendors, popularity of food fundraisers

**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.

<b>GOAL:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
<b>Objective 1: All campuses will have age appropriate posters in the cafeteria regarding healthy food choices.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Posters available for each campus with nutrition theme as age appropriate.	Baseline or benchmark data points: Age appropriate posters at each cafeteria.
Provide students with nutritious and appealing foods and beverages.	Resources needed: Posters, <b>New Posters</b>  Obstacles: Lack of wall space, <b>one cafeteria for Pk-12<sup>th</sup> grade.</b>
<b>Objective 2: Participate in Tamu Ag Healthy Schools Program for nutrition information to some grades each school year.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Periodically send home information sheet appropriate for age and season that the student/class has reviewed in class.	Baseline or benchmark data points: <b>Participate in the Tamu Ag Healthy Schools Program to provide nutrition information to some grades each year.</b>
Participate in the Tamu A&M Ag Program (healthy schools) for different grades to learn about foods and nutrition as appropriate for the school year and student grades.	Resources needed: <b>Tamu Ag Sponsor &amp; other nutrition information.</b>  Obstacles: <b>Gaining interest of most students.</b>
<b>PHYSICAL ACTIVITY</b>	<p>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.]</p> <p>The following addresses how the District meets the required amount of physical activity:</p> <ul style="list-style-type: none"> <li>• All elementary students participate to meet the requirement of 135 min of physical education per week, either by PE class and/or recess</li> <li>• All Middle School students are required to take PE class/athletics every semester</li> <li>• High School students are required to do 2 semesters/1 full credit of PE for graduation</li> </ul>

	<p>Federal law requires that the District establish goals for physical activity in its wellness policy.</p> <p>In accordance with FFA (LOCAL), the District has established the following goal(s) for physical activity.</p>
<p><b>GOAL:</b> 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.</p>	
<p><b>Objective 1: Students who live close enough for walking or biking distance to their campus to do so</b></p>	
Action Steps	Methods for Measuring Implementation
<p>Informative posters for biking and walking safety to school.</p> <p>Identify safe biking routes to campuses</p>	<p>Baseline or benchmark data points: <b>Encourage</b> students walking/or biking to school each year</p> <p>Resources needed: Posters/announcements, crosswalk markings, Caution Bikers signs</p> <p>Obstacles: Rural areas/high traffic routes/distance of most students from school</p>
<p><b>Objective 2: Provide secure bike racks at each campus location</b></p>	
Action Steps	Methods for Measuring Implementation
<p>Each campus will determine a location for bike racks.</p> <p>GISD HS Ag dept. build and design bike racks for each campus <b>and keep them in good working order.</b></p>	<p>Baseline or benchmark data points: Students/Employees utilize racks, <b>encourage use with information provided yearly regarding the bike rack availability and safe routes</b></p> <p>Resources needed: Bike racks and space, <b>SHAC to work with resource officer on safe routes</b></p> <p>Obstacles: Rural area... Security... <b>Age of most children living close to the school.</b></p>
<p><b>GOAL:</b> The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.</p>	
<p><b>Objective 1: After receiving appropriate staff development, district teachers incorporate physical activity within their lesson during the day.</b></p>	
Action Steps	Methods for Measuring Implementation
<p>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.</p> <p><b>Walk Across Texas Participation for increased activity and information via Tamu Ag Health schools Program</b></p>	<p>Baseline or benchmark data points: Observable increase in physical activity in the classroom. Staff/student report increase in physical activity planned in classroom</p> <p>Resources needed: In-service time, materials for class ideas</p> <p>Obstacles: staff buy-in, class time, trainers, limited in-service time/schedule.</p>

Objective 2: Teachers will encourage activity and participation in the Walk Across Texas Program and other activity events as appropriate.		
Action Steps		Methods for Measuring Implementation
Activities involving movement will be encouraged at home and at school for reward in classroom/or motivation. Teachers will allow for and encourage structured Physical activity during recess.		Baseline or benchmark data points: Students will have increased in physical activity during the school day to help increase student health and focus.  Resources needed: Ideas and materials for age appropriate activities and participation with Tamu Ag Health Schools Program  Obstacles: Student buy-in, limited classroom time, cost of rewards.
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 mealtimes
Objective 2: All campuses will encourage students to drink more water and educate on importance of hydration in health.		
Action Steps		Methods for Measuring Implementation
Evaluate students access to water. Water fountains open in middle and high school. Encourage water bottles use on all campuses. New water bottle filling stations were placed in the elementary schools.		Baseline or benchmark data points: Provide students access to water and encourage hydration during the school day.  Resources needed: More information for importance of hydration, water access maintained.

Water stations will be kept clean, cleaned daily and throughout the day as appropriate.	Obstacles: Recent illness worldwide decreased access to water fountains.