

Wellness and Health Services

FFA (Regulation)

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The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities:

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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
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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 the SHAC Meeting dates and times on the District website.*
2. *Solicit involvement in SHAC from campus administrators, coaches and district personnel.*

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 Chief of Athletics and Public Relations 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>)

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 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 Pamela Brown in the Human Resources Office, the District's designated custodian of records.

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).

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.

With the passage of the Healthy, Hunger-Free Kids Act of 2010, Federal and state regulations regarding schools that participate in the National School Lunch Program (NSLP), School Breakfast Program (SBP), At-Risk After School Care Program (ASCP), Child and Adult Care Feeding Program (CACFP) and Summer Food Service Program (SFSP), require these schools to provide access to free, fresh, potable water in school food service areas where meals are served or consumed to all K-12th grade students during the operation of these programs.

By providing drinking water as an alternative to sugary drinks, schools can support children's ability to learn and their health overall.

Free potable water must be available and unrestricted during meal periods.

Child Nutrition Services will provide cups of water free of charge upon student request.

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)

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 2020-2021 school year:

Campus or Organization	Food / Beverage	Number of Days
Lancaster ISD	Campus-Level discretion	6 days per campus per year

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 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. District assessment (Campus Walkthroughs)

2. The SHAC will monitor this by regular communication with the Child Nutrition Director at scheduled meetings.

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.

The District establishes the following goals for nutrition promotion:

GOAL 1: 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 post healthy messages in the cafeteria.	
Action Steps	Methods for Measuring Implementation
<p>Cafeteria will post healthy food messages in dining area.</p> <p>Work with Sodexo and Communications department to print posters.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Posters will be visible <p>Resources needed:</p> <ul style="list-style-type: none"> • Poster material from the Parent Teacher Resource Center or other sources <p>Obstacles:</p> <ul style="list-style-type: none"> • None
Objective 2: The campus nurses will promote health by providing healthy eating tips to campus principals to read each six-weeks.	
Action Steps	Methods for Measuring Implementation
<p>School nurses will provide healthy eating tips for the school principal.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Healthy announcements made each six-weeks <p>Resources needed:</p> <ul style="list-style-type: none"> • Healthy eating tips <p>Obstacles:</p>

	<ul style="list-style-type: none"> • None
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GOAL 2: 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: Post in an easily accessible location on the District’s or each campus’s website the monthly school breakfast and lunch menus. Nutritional information on each meal may be obtained by contacting the Cafeteria Manager.

Action Steps	Methods for Measuring Implementation
District Chef will develop menus that are in compliance with this objective and are designed in advance.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Monthly menus are posted on the district or campus website Resources needed: <ul style="list-style-type: none"> • Menus developed by Sodexo Obstacles: <ul style="list-style-type: none"> • Not all families may be aware of posting of information on the website

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.

The District establishes the following goals for nutrition education:

GOAL: 1 The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: Provide resources and information that supplement the nutrition education program to cafeteria managers.

Action Steps	Methods for Measuring Implementation
Health teachers will work with cafeteria staff to advise students and promote healthy eating options during breakfast and lunch.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Lessons

	<ul style="list-style-type: none"> Resources needed: None Obstacles: None
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GOAL 2: 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: Work with district curriculum staff to identify and highlight TEKS that promote nutritional education.

Action Steps	Methods for Measuring Implementation
SHAC Committee will research programs that contain nutrition curriculum and provide to physical education and health teachers.	Baseline or benchmark data points: <ul style="list-style-type: none"> Lessons provided to physical education and health teachers Resources needed: <ul style="list-style-type: none"> https://www.nal.usda.gov/fnic/curricula-and-lesson-plans Obstacles: None

GOAL 3: 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: Health and Physical Education teachers will be required to attend trainings annually.

Action Steps	Methods for Measuring Implementation
Teachers will attend professional development approved by their direct supervisor that aligns and supports health and nutrition education.	Baseline or benchmark data points: <ul style="list-style-type: none"> Professional development records Resources needed: <ul style="list-style-type: none"> Professional development opportunities Obstacles: <ul style="list-style-type: none"> Limited professional development

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*
 - All students will be provided with at least 135 minutes of PE and / or recess weekly.
- *Middle*
 - Counselors will ensure all students meet the physical education requirements by scheduling students in the appropriate courses as necessary.
- *High School*
 - Counselors will ensure all students meet the physical education requirements by scheduling students in the appropriate courses as necessary.

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.

The District establishes the following goals for physical activity:

GOAL 1: 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: Campuses will have other activities that promote physical activities.

Action Steps	Methods for Measuring Implementation
Students will be encouraged to participate in other physical activities such as JROTC, band, step teams, dance, cheerleading clubs, pep squads and other activities.	Baseline or benchmark data points: <ul style="list-style-type: none"> • List of campus clubs and activities that support and promote physical activities Resources needed: <ul style="list-style-type: none"> • Staff access to physical education curriculum documents

	<ul style="list-style-type: none"> • Staff volunteers to serve as sponsors for additional clubs <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition
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GOAL 2: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective 1: Provide examples of integrating physical activity into the classroom.

Action Steps	Methods for Measuring Implementation
Each campus will be provided with strategies on how to actively engage students with movement in the classroom.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Strategies provided <p>Resources needed:</p> <ul style="list-style-type: none"> • Movement strategies <p>Obstacles:</p> <ul style="list-style-type: none"> • Time or classroom management

GOAL 3: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Objective 1: District shall promote participation in sports and other physical activities.

Action Steps	Methods for Measuring Implementation
<p>Actively recruit students on the campus.</p> <p>Conduct interest meetings and have counselors to gather information on student interest.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Participation numbers on each campus <p>Resources needed:</p> <ul style="list-style-type: none"> • Time <p>Obstacles:</p> <ul style="list-style-type: none"> • None

GOAL 4: 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: The District will provide opportunities for staff to participate in physical fitness activities.	
Action Steps	Methods for Measuring Implementation
<p>Advertise internal and external opportunities to exercise or participate in physical activities.</p> <p>Work with The City of Lancaster, City and Parks Division, to provide discounts at health facilities, parks and gyms.</p> <p>Actively promote city facilities and discounts to students and district employees.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Advertisements <p>Resources needed:</p> <ul style="list-style-type: none"> • Facilities <p>Obstacles:</p> <ul style="list-style-type: none"> • Limited number of participants

GOAL 5: 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: Communicate and promote opportunities to parents that support their child’s participation in physical activity outside the day.	
Action Steps	Methods for Measuring Implementation
<p>Campus administrators will inform parents of opportunities for their students to participate in physical activity outside the school day.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Communication through website, newsletter and social media <p>Resources needed:</p> <ul style="list-style-type: none"> • None <p>Obstacles:</p> <ul style="list-style-type: none"> • None

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.

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities:

GOAL 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Objective 1: Provide an adequate amount of time for students to eat meals in a comfortable environment.	
Action Steps	Methods for Measuring Implementation
<p>Campus administration will schedule adequate amount of time for students to each lunch and breakfast.</p> <p>FSMC (Food Service Management Company) will ensure the lunchroom is branded and decorated in a way that reflects positive health messages.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Campus schedules <p>Resources needed:</p> <ul style="list-style-type: none"> • Positive health materials <p>Obstacles:</p> <ul style="list-style-type: none"> • None
Objective 2: Provide a sanitized clean cafeteria for food consumption.	
Action Steps	Methods for Measuring Implementation
<p>Campus custodians and FSMC will ensure cafeteria is clean before, during and after lunch periods.</p> <p>Campus custodians and FSMC will ensure waste baskets are emptied when full.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • FMSC cleanliness checks <p>Resources needed:</p> <ul style="list-style-type: none"> • Professional development for Child Nutrition Staff • Custodial personnel <p>Obstacles:</p> <ul style="list-style-type: none"> • None

GOAL 2: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1: Provide wellness education and information to staff, students, and their families.	
Action Steps	Methods for Measuring Implementation
<p>Announcements will be made and parents will be provided with promotional materials regarding healthy eating and exercising.</p> <p>Campuses and departments will be encouraged to host Staff Wellness Challenges and include physical activities during campus and district events.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Annually <p>Resources needed:</p> <ul style="list-style-type: none"> None <p>Obstacles:</p> <ul style="list-style-type: none"> None

GOAL 3: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1: The District will utilize its health insurance provider to encourage wellness by communicating the preventative services and wellness challenges promoted.	
Action Steps	Methods for Measuring Implementation
<p>Encourage Wellvia participation during district insurance enrollment and the use of other benefits available to employees.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Documentation of when and how information was shared with employees <p>Resources needed:</p> <ul style="list-style-type: none"> Contact your insurance <p>Obstacles:</p> <ul style="list-style-type: none"> Coverage may change