

# WALLER ISD WELLNESS PLAN

## 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. *Holding 2 meeting per school year*
2. *Monitoring Wellness in District continuously*

## 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.

Kevin Moran, Assistant Superintendent for Administration, 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."

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Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

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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:

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- 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 area 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.

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## RECORDS RETENTION

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program.

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## 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).

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## 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

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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 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.

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## 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(LLEGAL)]

## 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.

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## 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

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Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District.

<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: Posters will be displayed to encourage wellness</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Posters hung in all cafeterias, classrooms, and other appropriate settings at all campuses by the beginning of the 2017-2018 School Year.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Hang posters in all 8 campuses</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Supplies/Funds</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Visibility by all</li> </ul>

<b>GOAL:</b> 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.	
<b>Objective 1: District School Nutrition website will provide nutritional resources</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Nutritional Resources for Parents to be offered on the district School Nutrition Website.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Add helpful nutritional links and information to website</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Online access; links/information</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Access to online</li> </ul>

**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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<b>GOAL:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
<b>Objective 1: Classrooms will incorporate nutrition education on healthy eating.</b>	
Action Steps	Methods for Measuring Implementation
Nutrition education offered in all Physical Education/Health classes.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Ensure all student receive nutrition education</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Nutrition Curriculum/Materials</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Reaching every student</li> </ul>

<b>GOAL:</b> The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
<b>Objective 1: Nutrition education will be incorporated in other areas.</b>	
Action Steps	Methods for Measuring Implementation
Nutrition education offered in other areas of curriculum where appropriate, such as science or home economics.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Ensure all student receive nutrition education</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Nutrition Curriculum/Materials</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Reaching every student</li> </ul>

**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 Students receive at least 60-89 minutes per week of physical activity*
- *Secondary Students are required to take the equivalent of one academic year of physical education or equivalent activity*

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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.

<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.	
<b>Objective 1: Safe playground, gym, and other facilities of physical activity will be available.</b>	
Action Steps	Methods for Measuring Implementation
All areas will be easy to access and safe for physical activity	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• All areas of district will be properly maintained to ensure safety.</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Maintenance staff/knowledge</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Ensuring all areas are checked often for safety</li> </ul>

<b>GOAL:</b> The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.	
<b>Objective 1: Provide an exercise/home activities calendar on District website</b>	
Action Steps	Methods for Measuring Implementation
Provide calendar for all families to incorporate physical activity at homes.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Create calendar</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Physical activities/exercises</li> <li>• Calendar format</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Online access of all families</li> </ul>

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<b>GOAL:</b> 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.	
<b>Objective 1: Provide access to all outdoor facilities in district</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Any child with supervision is encouraged to utilize district facilities for physical activity.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Allow all to use facilities</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Open outdoor facilities</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• All may not live close to utilize facilities</li> </ul>

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.

<b>GOAL:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
<b>Objective 1: Each Lunch period will be 30 minutes</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Allow all students 30 minutes for lunch in a cafeteria facility that is clean, safe, and comfortable.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• All 8 schools will allow 30 minute lunches</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Administration support</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Testing days</li> <li>• Half days</li> </ul>