

STUDENT WELFARE      FFA

WELLNESS AND HEALTH SERVICES      (REGULATION)

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]

The District’s local school health advisory council (SHAC) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

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 solicit involvement and input from 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 on the District website.
2. Presenting at various District stakeholder events.

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.

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 report on the District's wellness policy and plan; and any other relevant information.
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, activities and objectives to implement the Board-adopted wellness goals in policy FFA(LOCAL).

#### NUTRITION GUIDELINES

All District campuses participate in the United States Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP), School Breakfast Program (SBP) and the Supper Program. Federal law requires that the District establish nutrition guidelines for foods made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, 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.

Under the terms of the National School Lunch Program (NSLP) and School Breakfast Program (SBP), Summer Food Service Program (SFSP) and Supper Program agreements the District agrees to serve a lunch, breakfast and/or supper that meets meal requirements including:

#### 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 individual campuses to select 6 exemption days per school year. The Exemption Day Form must be filled out in advance of the fundraiser by each school and kept on file in the main office at the school and a copy is to be sent to Food & Nutrition Services. These records are subject to audit by the Texas Department of Agriculture. No food items may be sold where reimbursable meals are being served.

#### FOODS AND BEVERAGES MADE AVAILABLE

There are currently no federal requirements for foods or beverages made available at no cost to students during the school day. 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. In an effort to promote student health, Irving ISD encourages that all foods offered on the school campus meet the USDA Smart Snack Guidelines. [See CO(LEGAL)]

All foods provided to students, except foods provided by the student's parent or guardian, must be prepackaged with a label of ingredients.

Food deliveries during the school day for students will only be allowed from a parent or guardian. No outside food deliveries from restaurants or delivery service will be allowed.

#### 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.

**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: Healthy eating promotion activities will include marketing materials, food service line placement and incentives to encourage healthy food selection in school cafeterias.**

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>● Harvest of the Month Program</li> <li>● Quarterly Promotions for Healthy Foods in cafeterias</li> <li>● Farm Fresh Challenge promotion</li> <li>● National School Breakfast and Lunch Week</li> <li>● Superintendent’s Student Advisory Council</li> </ul>	<ul style="list-style-type: none"> <li>● Provide sample of marketing materials</li> <li>● Nutrition Promotion Plan</li> <li>● Menu local foods and age-appropriate nutrition education activities for the month of October and April</li> <li>● Develop special menus and marketing materials and promotions to celebrate school breakfast and school lunch</li> <li>● Meet quarterly with each high school group to sample and evaluate new healthy menu items</li> </ul>

**Objective 2: Provide staff with healthy nutrition messages and resources throughout the year to promote healthy nutrition choices.**

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>● Include healthy nutrition messages in monthly Employee Wellness Program newsletters as appropriate</li> <li>● Provide information to staff on nutrition messages and observances promoted by community health organizations such as the American Heart Association, American Diabetes Association, Academy of Nutrition and Dietetics, and others as appropriate</li> <li>● Offer Employee Wellness educational sessions and health challenges that focus on nutrition and promote healthy eating messages</li> <li>● Utilize Wellness Champions and Campus Wellness Teams to promote messaging</li> </ul>	<ul style="list-style-type: none"> <li>● Food Services provides nutrition sessions for staff as requested</li> <li>● AHA - “Go Red” campaign</li> <li>● Monthly Employee Wellness Services classes, workshops, seminars</li> <li>● CATCH Curriculum shared with staff and faculty</li> <li>● Campus Wellness Champion Representatives - PE/Health and Employee Wellness Services work closely with Campus Wellness Champions to promote employee wellness events, publications, and classes</li> </ul>

<b>Objective 2: Offer nutrition education to employees.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>• Include healthy nutrition messages in monthly Employee Wellness Program newsletters as appropriate</li> <li>• Offer Employee Wellness educational sessions relating to nutrition</li> <li>• Provide information to staff on nutrition messages and observances promoted by community health organizations such as the American Heart Association, American Diabetes Association, Academy of Nutrition and Dietetics, and others as appropriate</li> </ul>	<ul style="list-style-type: none"> <li>• Distribute Employee Wellness newsletter with nutrition messages</li> <li>• PD courses available to staff in Eduphoria</li> <li>• Wellness Champions and Campus Wellness Teams</li> <li>• AHA - "Go Red" campaign</li> </ul>

<b>Objective 3: Offer nutrition education to the public at community events throughout the year as appropriate.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>• Have information about nutrition and healthy eating/cooking at District wide events</li> <li>• Coordinate with the District's communities and local community organizations to promote nutrition education to the public at appropriate events and through community initiatives</li> </ul>	<ul style="list-style-type: none"> <li>• Provide community events that support nutrition education:  <ul style="list-style-type: none"> <li>Go Irving!</li> <li>iRun</li> </ul> </li> <li>• Provide nutrition education at ISF Backpacks for Success</li> <li>• Work with City organizations such as healthy snacks for library programs during summer</li> </ul>

	<ul style="list-style-type: none"> <li>• High School – implementation of nutrition education in health classes using Goodheart Wilcox nutrition resources</li> </ul>
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**GOAL 5:** The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students.

**Objective 1:** Campus master schedules will be checked each semester to ensure that all TEA regulations concerning physical education are met by the school district.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>• Elementary campus schedules checked to ensure compliance with the TEA required 135 minutes of structured physical activity per week</li> <li>• Exposure to a wide variety of recreation/leisure sports as well as traditional physical education written into the curriculum</li> <li>• Enhance the quality of physical education curriculum and provide training of physical education</li> <li>• Provide fitness opportunities for students</li> </ul>	<ul style="list-style-type: none"> <li>• Campuses follow TEA guidelines</li> <li>• Physical Education courses follow our IISD comprehensive PE/Health curriculum based on the TEKS</li> <li>• Vast offering of PE courses - Outdoor Adventure Education, Swimming, Foundations of Personal Fitness, Karate</li> <li>• PE Department rotates a variety of equipment such as bowling, tennis, cup stacking, and outdoor games, bikes, gymnastics, heart course, etc.</li> <li>• After school PLC meetings throughout the school year support professional development. Opportunities to attend conferences equal to other subject areas</li> <li>• Fitness opportunities:                         <ul style="list-style-type: none"> <li>5th Grade Track Meet</li> <li>iRun</li> <li>2<sup>nd</sup> Grade Swimming Program</li> <li>ES Kid’s Heart Challenge &amp; MS American Heart Challenge</li> <li>Daily quality PE grades 6-12 (50% MVPA focus in PE)</li> </ul> </li> </ul>

**Objective 2:** Elementary campuses shall provide at least 15 minutes of daily outdoor recess (weather permitting) for all students.

<ul style="list-style-type: none"> <li>● Develop wellness partnerships with wellness groups to promote and take a proactive approach regarding better health</li> </ul>	<ul style="list-style-type: none"> <li>● Employee Wellness Newsletter, social media presence and wellness webpage</li> <li>● Provide Employee Assistance through online resources, virtual and in person meetings</li> <li>● Develop wellness activities and events             <ul style="list-style-type: none"> <li>○ Virtual Wellness Fair</li> <li>○ Virtual Wellness Wall</li> <li>○ Wellness Challenge</li> </ul> </li> <li>● Expand partnerships which already exist:             <ul style="list-style-type: none"> <li>○ T-Mobile</li> <li>○ Camp Gladiator</li> <li>○ Yumlish Nutritional Counseling</li> <li>○ Healthy Bytes Nutritional Counseling</li> <li>○ Assurasource Virtual Counseling</li> </ul> </li> </ul>
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<p><b>GOAL 8:</b> The District shall promote the mental health of students with age-appropriate programs in accordance with the guidelines provided in FFEb (legal).</p>
<p><b>Objective 1: Mental health programs to promote student mental health.</b></p>
<p style="text-align: center;"><b>Action Steps</b></p>
<ul style="list-style-type: none"> <li>● Provide programs in:             <ul style="list-style-type: none"> <li>○ Early mental health prevention &amp; intervention</li> <li>○ Building skills related to managing emotions, establishing, and maintaining positive relationships, and responsible decision-making</li> <li>○ Substance abuse prevention, intervention, and intervention</li> <li>○ Suicide prevention, intervention, and postvention</li> <li>○ Grief-informed and trauma-informed practices</li> <li>○ Positive school climates</li> <li>○ Positive behavior interventions and supports for all students, including those at-risk</li> <li>○ Positive youth development</li> <li>○ Safe, supportive, and positive school climate</li> </ul> </li> </ul>
<p style="text-align: center;"><b>Methods for Measuring Implementation</b></p>
<ul style="list-style-type: none"> <li>● Required programs are offered and lessons are taught at all levels following district guidelines:</li> </ul>