

WELLNESS PLAN	<p>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.]</p>
STRATEGIES TO SOLICIT INVOLVEMENT	<p>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:</p> <ol style="list-style-type: none"><li>1. Utilizing the District’s website to post meeting dates and locations and to solicit participation from interested parties.</li><li>2. Utilizing social media to post District wellness goals in action and to invite public comments/suggestions.</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 Health Services Coordinator 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>
EVALUATION	<p>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.

---

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>)
- Texas Education Agency's Coordinated School Health Model: K-12 curriculum ([https://tea.texas.gov/Texas\\_Schools/Safe\\_and\\_Healthy\\_Schools/Coordinated\\_School\\_Health](https://tea.texas.gov/Texas_Schools/Safe_and_Healthy_Schools/Coordinated_School_Health))
- Texas Education Agency's mandated "7 Skills" Guidance Curriculum Model ([https://tea.texas.gov/counseling\\_guide2.pdf](https://tea.texas.gov/counseling_guide2.pdf))

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  
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 Health Services Coordinator, the District's designated records management officer for Wellness.

---

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).
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 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:</p> <ul style="list-style-type: none"><li>• <a href="http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals">http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals</a></li><li>• <a href="http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks">http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks</a></li><li>• <a href="http://www.squaremeals.org/Publications/Handbooks.aspx">http://www.squaremeals.org/Publications/Handbooks.aspx</a> (see the Complete <i>Administrator Reference Manual</i> [ARM], Section 20, Competitive Foods)</li></ul> <p>The District has also incorporated the following stricter standards that are not prohibited by federal or state law:</p> <ul style="list-style-type: none"><li>• No utilization of deep fat frying in schools</li><li>• No sodas (diet or regular) can be sold during any part of the school day</li><li>• All food related fundraisers done during the school day must be compliant with "Competitive Food Restrictions" listed below</li></ul>

#### FUNDRAISER / COMPETITIVE FOODS RESTRICTIONS

- Elementary – May not serve competitive foods to students anywhere on school premises throughout the school day until the end of the last scheduled class.
- Middle Schools – May not serve competitive foods to students anywhere on school premises from 30 minutes before to 30 minutes after meal periods. Any items sold must comply with USDA SMART Snack regulations.
- High Schools – May not serve competitive foods to students during meal periods in areas where reimbursable meals are served and/or consumed. Any items sold must comply with USDA SMART Snack regulations.

#### BIRTHDAY PARTY CELEBRATIONS:

- While we recommend all birthday, celebrations be non-food based (due to the increased number of child allergies, etc.), we leave this at the principal's discretion.
- We request that all birthday party celebrations that include food be restricted to after lunch to ensure that students have access to their nutritious meal prior to birthday snacks.

#### DEFINITIONS:

- Competitive Foods – Foods and beverages sold or made available to students that compete with the school's operation of the NSLP, SBP, and/or ASCP. This definition includes, but is not limited to, food and beverages sold or provided in vending machines, in school stores, or as part of school fundraisers. School fundraisers include food sold by school administrators or staff, students or student groups, parents or parent groups, or any other person, company or organization. This does not pertain to food items made available by the school food service department.
- NSLP – National School Lunch Program
- School Day – The school day begins with the start of the school breakfast period and continues until the end of the last instruction period of the day (last bell).
- SBP – School Breakfast Program

#### 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 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.

---

---

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)]

In addition, the District has established the following local standards for foods and beverages made available to students:

- Elementary school: **None**
- Middle/junior high school: **None**
- High school: **None**

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:

*Child Nutrition and School Administrative Personnel monitoring schools for advertising daily*

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 goals for nutrition promotion:**

<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: The District will work to maintain participation in federal child nutrition National School Lunch Program achieved while all meals were free</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ol style="list-style-type: none"> <li>Utilize continuous improvement in CN Menus, added items, and innovative menu ideas to drive participation</li> <li>Implement Fusion Food Days once a month to test new food ideas targeted at the changing tastes of "Generation Z"</li> </ol>	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Participation rates in federal child nutrition programs and a la carte at beginning, middle, and end of school year</li> </ul>
<b>Objective 2: The District will work to maintain participation in federal child nutrition School Breakfast Program achieved while all meals were free.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ol style="list-style-type: none"> <li>Utilize continuous improvement in CN Menus, added items, and innovative menu ideas to drive participation</li> <li>Implement second chance breakfast at <u>HS's</u> to give athletes finishing practice the opportunity to eat a healthy breakfast before returning to class</li> </ol>	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Participation rates in federal child nutrition programs and a la carte at beginning, middle, and end of school year</li> </ul>

<b>GOAL:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
<b>Objective 1: The District will support the campuses' inclusion of healthy initiative programs that feature wellness goals.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ol style="list-style-type: none"> <li>Increase the number of campuses currently approved to participate in healthy initiative programs such as The Blue Zones Project "Live Long Fort Worth." (<u>currently</u>, LPE, GFE, CRE, and CSE)</li> </ol>	Baseline of benchmark data points: <ul style="list-style-type: none"> <li>Number of EMS campuses recognized as Blue Zone Projects Approved Schools</li> </ul> Obstacles <ul style="list-style-type: none"> <li>Application and approval process</li> <li>Blue Zone Project Relates only to Fort Worth schools in our district</li> </ul>

<b>GOAL:</b> The District shall encourage students, parents, staff, and community members to use the <u>District's</u> recreational facilities, such as tracks, playgrounds, and the like, that are available for use outside of the school day	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ol style="list-style-type: none"> <li>Promote use of facilities on our athletics district home page, under General Information</li> <li>Instruct our coaches that when community members ask to use facilities, they state that our common use areas are free to use.</li> </ol>	<ol style="list-style-type: none"> <li>Website updated each year.</li> <li>Casual observance of after school ball teams, walkers and joggers on tracks and the number of teams using MS fields for a variety of sports.</li> </ol>

<b>GOAL:</b> Bring nationally known instructors to conduct professional development for our elementary PE teachers.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ol style="list-style-type: none"> <li>Canvas EMS Teachers for PD instructors that they know deliver helpful and timely instruction.</li> <li>Contact Instructors and set up either full days or half days, or through TEAMS.</li> </ol>	<ol style="list-style-type: none"> <li>Dates <u>set</u> and Presenters attend.</li> <li>Survey EMS teachers after delivery of the PD.</li> </ol>

<b>GOAL 1:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
--

OTHER SCHOOL  
BASED ACTIVITIES

<b>GOAL 1:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
<b>Objective 1:</b> School administration will ensure that all students have a minimum of 20 minutes for lunch and 15 minutes for breakfast.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ol style="list-style-type: none"> <li>Each campus constructs a daily schedule that incorporates at least 20 minutes of lunch time, not counting passing periods, as well as 15 minutes for breakfast</li> </ol>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Survey of all campuses on daily lunch and breakfast schedules</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Breakfast in a Bag</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Buses running late disrupts breakfast availability</li> </ul>

<b>GOAL 2:</b> The District shall provide quality health screening and services to students at all levels.	
<b>Objective 1:</b> All District campuses will provide vision, hearing, and spinal screenings per state law.	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> <li>Each campus will conduct vision, hearing, and scoliosis screenings per designated schedule, and the school nurse assigned to that campus will record results in student health records.</li> <li>Each student's parent or guardian will be notified of results and action that needs to be taken if results are outside the normal range according to state regulations</li> </ol>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Information from each campus will be compiled and reviewed by the Districts Health Services Coordinator and the Lead Nurse in charge of data collection. Required documentation will be sent to the state each year.</li> </ul> <p>Resources Needed:</p> <ul style="list-style-type: none"> <li>Clinic supplied with appropriate screening equipment</li> <li>Any employee with state certification in vision, hearing, and spinal screening</li> </ul> <p>Obstacles</p> <ul style="list-style-type: none"> <li>Time to conduct screenings during school hours</li> <li>Missed instructional time</li> <li>Student absences</li> </ul>

<b>GOAL:</b> The campus counseling team shall provide opportunities for all students to learn about behavioral health to include social and emotional wellness and skills, and to have access to a counselor when issues arise.	
<b>Objective 1:</b> To improve all students' knowledge about mental health issues and provide them with options and tools to cope with social, <u>emotional</u> and mental health issues when they arise.	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> <li>Each campus will develop presentations, led by the campus counseling team, to inform and educate students on mental health issues and coping skills.</li> <li>Presentations will be age-appropriate and will cover state mandated topics <u>including</u>: suicide awareness, depression, anxiety, drug/alcohol addiction and more.</li> <li>All topics will be done presented through classrooms, assemblies and/or small group discussions.</li> <li>Presentations can be led by either school personnel or outside providers (i.e., Recovery Resource, The Woman's Center), approved by the district.</li> <li>As required by law, presentations will be available to all students with parent approval through district opt-in process.</li> </ol>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Number of presentations held per school year</li> <li>Number of students in attendance at each of the presentations</li> <li>Number of outside presenters</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Meeting facilities, such as classrooms, counseling offices, conference rooms and/or auditoriums</li> <li>Outsider provider sources</li> <li>Annual counseling team updates on internal and external resources</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Increasing need for individual crisis response at all grade levels</li> <li>Limited, community resources</li> <li>Obtaining time for presentations with minimal impact to classroom instruction</li> <li>Clear communication to families regarding and obtaining the new opt-in requirement</li> </ul>