

LULING ISD SCHOOL WELLNESS PLAN

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; 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:

1. *Posting on the District’s website and social media the dates, times and sites of upcoming SHAC Meetings during which the wellness policy and plan are scheduled to be discussed.*
2. *Listing in the student handbook the name and position of the person responsible for oversight of the District’s wellness policy and plan along with an invitation to contact that person if the reader is interested in participating in the development, implementation and evaluation of the wellness policy and plan.*

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 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.

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.”

LULING ISD SCHOOL WELLNESS PLAN

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:

- *USDA Smarter Lunchrooms Resources* (<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>)
- *USDA Smarter Lunchrooms Movement Scorecard* (<https://www.smarterlunchrooms.org>)
- *USDA Nutrition Standards for School Meals* (<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>)
- *Centers for Disease Control and Prevention – School Health Index* (<https://www.cdc.gov/healthyschools/shi/index.htm>)
- *Healthy People 2020* (<https://www.healthypeople.gov>)

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.

LULING ISD SCHOOL WELLNESS PLAN

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 superintendent's secretary, the District's designated records management officer.
GUIDELINES AND GOALS	The following provisions describe the District's nutrition guidelines, 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">• USDA Nutrition Standards for School Meals (http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals)• USDA Healthier School Day Tools for Schools: Focusing on Smart Snacks (http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks)• http://www.squaremeals.org/Publications/Handbooks.aspx (see the Complete <i>Administrator Reference Manual</i> [ARM], Section 20, Competitive Foods)

LULING ISD SCHOOL WELLNESS PLAN

**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 2017–2018 school year. Food and/or beverages sold during an exempt fundraiser must not be sold in competition with school meals in the food service area during the school meal service.

Campus or Organization	Food / Beverage	Number of Days
All Campuses	Campus Choice	6

**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)]

For the 2017-2018 school year, the District requests that any food products provided be store-bought to enable campus staff to check ingredient lists against student allergies. Beginning with the 2018-2019 school year, the District will require that any food products provided be store-bought.

In addition, the District has established the following local standards for foods and beverages made available to students: Any foods and beverages given away or otherwise made available to students must meet the Smart Snacks standards, with the exception of celebrations that may occur on campuses up to 3 days each school year. These celebration dates must be approved by the principal. During these celebrations, parents/grandparents/volunteers may provide store-bought food and beverages.

**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.

LULING ISD SCHOOL WELLNESS PLAN

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. *Annually reviewing existing vending machines and advertisements on district property.*
2. *Reporting any needed improvements to the District CFO to enable consideration of contract adjustments*

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.

GOAL: 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 increase participation in federal child nutrition programs by two percent by the end of the school year.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Distribute information to parents at Meet the Teacher Night or on the first day of enrollment regarding the school food program. • Make enrollment forms more accessible by posting on the District website 	<p>Baseline data point:</p> <ul style="list-style-type: none"> • 2016-2017 participation numbers <p>Benchmark data points:</p> <ul style="list-style-type: none"> • September 2017, January 2018, & May 2018 participation numbers <p>Resources needed:</p>

LULING ISD SCHOOL WELLNESS PLAN

<ul style="list-style-type: none"> • Post rationale for returning food program applications on the District website/ social media. 	<ul style="list-style-type: none"> • Program information placed in enrollment packets • Technology staff to post forms on website • Campus office staff to track form return and resend to those who haven't returned the forms • Rationale/ Informational item created and posted <p>Obstacles:</p> <ul style="list-style-type: none"> • Time for campus office staff to process and resend forms • Reluctance of some parents to disclose family income information to determine eligibility
<p>Objective 2: Achieve a bronze level score or higher on the Smarter Lunchrooms scorecard at each campus. (www.smarterlunchrooms.org/scorecard)</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> • Distribute scorecards to Food Service Manager for completion in October and May 	<p>Baseline data point:</p> <ul style="list-style-type: none"> • October 2018 scores <p>Benchmark data point:</p> <ul style="list-style-type: none"> • May 2018 scores <p>Resources needed:</p> <ul style="list-style-type: none"> • Scorecards and time for Food Service Manager to complete assessments <p>Obstacles:</p> <ul style="list-style-type: none"> • Potential training needed to increase implementation of Smarter Lunchroom strategies

LULING ISD SCHOOL WELLNESS PLAN

GOAL: 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: The District will research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding such programs.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Research supplemental food programs available in the community (ex. Food bank, Summer meal program, etc.) • Disseminate information regarding available supplemental food programs on the district website and social media 	<p>Baseline data point:</p> <ul style="list-style-type: none"> • Number of supplemental programs the District currently offers or promotes <p>Benchmark data point:</p> <ul style="list-style-type: none"> • Documentation of information dissemination • Number of supplemental programs offered or promoted, May 2018 <p>Resources needed:</p> <ul style="list-style-type: none"> • Possible partnerships with community organizations • Informational flyers/notices for programs <p>Obstacles:</p> <ul style="list-style-type: none"> • Limitations of community resources

Objective 2: The District will provide nutritional information for meals in easily accessible locations.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Post monthly breakfast and lunch menus on the campus and District websites • Distribute monthly breakfast and lunch menus in take-home folders at the Primary and Elementary campuses • Post a monthly healthy nutrition tip on the District's social media 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Copies of monthly menus • Copies of monthly healthy nutrition tip <p>Resources needed:</p> <ul style="list-style-type: none"> • Menu generation by food services staff • Healthy nutrition tip generation by food services staff/ nurse / other staff • Posting of healthy nutrition tip by technology staff <p>Obstacles:</p> <ul style="list-style-type: none"> • Provided information may not be accessed by all parents

LULING ISD SCHOOL WELLNESS PLAN

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.

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: The District shall promote the incorporation of healthy eating behaviors.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Cafeteria duty teachers will recognize and reinforce students making healthy choices. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Documentation of age-appropriate recognition strategies (stickers, clip-up, announcement shout-out, etc.) <p>Resources needed:</p> <ul style="list-style-type: none"> Recognition tangibles <p>Obstacles:</p> <ul style="list-style-type: none"> Strategy will not be as effective with older students.
Objective 2: The District shall model healthy eating behaviors for students.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> When food is incorporated into instruction, the use of healthy alternatives will be used as much as possible. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Survey of food items incorporated into instructions <p>Resources needed:</p> <ul style="list-style-type: none"> Survey creation Survey compilation <p>Obstacles:</p> <ul style="list-style-type: none"> Surveys may not be returned.

LULING ISD SCHOOL WELLNESS PLAN

GOAL: 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: Students enrolled in physical education courses shall receive instruction on nutrition education.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Physical Education teachers will incorporate nutrition tips into classroom instruction as part of an overall health and fitness program. 	Baseline or benchmark data points: <ul style="list-style-type: none"> Snapshots of PE Lesson plans Resources needed: <ul style="list-style-type: none"> Nutrition tips Obstacles: <ul style="list-style-type: none"> Documentation of tips in lesson plans

Objective 2: District staff will promote and integrate nutrition facts in teachable moments during lessons.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Classroom teachers will promote nutrition information as it connects to daily lessons. Nutrition staff will provide age-appropriate tip sheets to be included in student reading center materials. 	Baseline or benchmark data points: <ul style="list-style-type: none"> Nutrition tip sheets Resources needed: <ul style="list-style-type: none"> Nutrition tip sheets or nutrition-related books Obstacles: <ul style="list-style-type: none"> Not all students will select the tip sheets. Difficulty documenting teachable moments

GOAL: 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: The District shall utilize professional development opportunities provided by the service center or other appropriate suppliers.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Staff responsible for nutrition education will be encouraged and enabled to attend nutritional and wellness education professional development opportunities. 	Baseline or benchmark data points: <ul style="list-style-type: none"> Number of staff attending such training 2016-17 vs. 2017-18 Resources needed:

LULING ISD SCHOOL WELLNESS PLAN

	<ul style="list-style-type: none"> Funds for registration, transportation and substitutes <p>Obstacles:</p> <ul style="list-style-type: none"> Nutrition education is one piece of a full array of required professional development.
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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.]

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.

GOAL: 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: The District shall provide the required amount of physical activity in the elementary grades. The District will extend the requirement to the junior high level.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Provide at least 30 minutes per day or 135 minutes per week of physical activity for students in Pre-K through 5th Grade. Require students in 6th grade, unless exempt because of illness or disability, to be enrolled in a physical education course each semester. Require students in 7th and 8th grade, unless exempt because of illness or disability, to be enrolled in a physical education or athletics course for two semesters. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Campus master schedules <p>Resources needed:</p> <ul style="list-style-type: none"> Communication with campus administrators to ensure requirement of physical activity minutes met <p>Obstacles:</p> <ul style="list-style-type: none"> Physical education is one piece of a full array of required daily instruction.

LULING ISD SCHOOL WELLNESS PLAN

GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective 1: The District will encourage teachers to incorporate physical activities into the academic curriculum on a daily basis.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Physical activity integration into the academic curriculum will be encouraged in staff development meetings and supported through idea shares. 	Baseline or benchmark data points: <ul style="list-style-type: none"> Survey of staff on physical activity incorporation 2016 vs. 2017 Resources needed: <ul style="list-style-type: none"> Idea resources Obstacles: <ul style="list-style-type: none"> Time needed to research activities Surveys may not be returned.

GOAL: 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 present wellness opportunities to employees and students at least once per year.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Seek providers and opportunities for the activities. 	Baseline or benchmark data points: <ul style="list-style-type: none"> Participation rates Resources needed: <ul style="list-style-type: none"> District correspondence to promote an activity Obstacles: <ul style="list-style-type: none"> Participation rates may be minimal if the service is only provided at an outside location rather than on campus

Objective 2: The District will encourage staff to participate in physical activities with students and will provide instruction in life-long activities for students.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Provide instruction during physical education classes in activities that students can enjoy through life such 	Baseline or benchmark data points: <ul style="list-style-type: none"> PE lesson plans

LULING ISD SCHOOL WELLNESS PLAN

as basketball, aerobic exercise, weight training, tennis and golf.	<p>Resources needed:</p> <ul style="list-style-type: none"> • Equipment for some activities <p>Obstacles:</p> <ul style="list-style-type: none"> • Equipment for some activities
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GOAL: 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: The District shall promote physical activities within school-sponsored family/community events.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Identify and promote local and school-sponsored events to students and staff • Incorporate physical activities within scheduled family/community events 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Numbers of student/parent participation in events compared to previous years <p>Resources needed:</p> <ul style="list-style-type: none"> • Communication with campus administrators to stress incorporation of physical activity events • Items for the physical activities (activity fund, donation?) <p>Obstacles:</p> <ul style="list-style-type: none"> • Changes in participation rates are not necessarily reflective of physical activity incorporation.

GOAL: 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.

Objective 1: The District shall inform the community of the facilities that are available for use outside of the school day through the use of appropriate signs.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Encourage parents and community members to use the track, tennis courts, and ball fields for exercise 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation of signs <p>Resources needed:</p> <ul style="list-style-type: none"> • Signs

LULING ISD SCHOOL WELLNESS PLAN

	<p>Obstacles:</p> <ul style="list-style-type: none"> • Ability to measure accurately how many parents and community members use the facilities
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**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: Students will be provided at least 30 minutes for lunch, and breakfast will be available for 30 minutes prior to the start of the school day.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Coordinate with campus administrators when developing campus master schedules and lunch periods • Coordinate with Food Services staff to provide adequate breakfast serving times • Track the time it takes for a student to receive a meal and be seated 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Campus master schedules • Student tracking results at beginning, middle and end of the year at each cafeteria <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff to track student seating time <p>Obstacles:</p> <ul style="list-style-type: none"> • Meal time lengths are one consideration among many in development of the master schedule.

LULING ISD SCHOOL WELLNESS PLAN

GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.

Objective 1: Concession vendors at school-sponsored events will be encouraged to offer at least one food and beverage that is considered healthy.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Provide nutritional information to concession stand vendors that encourages them to incorporate healthy food choices into their selection 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Documentation of nutritional information provided <p>Resources needed:</p> <ul style="list-style-type: none"> A list of possible healthy choices that vendors could offer <p>Obstacles:</p> <ul style="list-style-type: none"> Difficulty actively measuring and assessing impact

GOAL: 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 preventive services and wellness challenges promoted.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Work with the District's health insurance providers to determine any services which would be covered Provide/distribute materials and methods to share information about services and wellness challenges with employees 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Documentation of when and how information was shared with employees Survey of staff selecting to participate <p>Resources needed:</p> <ul style="list-style-type: none"> List of preventative services covered by insurances <p>Obstacles:</p> <ul style="list-style-type: none"> Coverage may vary depending on plan selection. Participation rates of those who are willing to self-report may be low.