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# Onalaska Independent School District

# 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]

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.

## Soliciting Involvement and Input

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. 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 by:

1. Posting on the school website
2. Sending home flyers with the students

## Responsibility for Implementation

Each campus principal is responsible for implementing FFA(LOCAL) and this wellness plan at his or her campus, including submitting necessary information to the SHAC for evaluation.

The District’s Superintendent or his/her designee (s) is the District official responsible for overall implementation of FFA(LOCAL), including development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

## Goals for 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. Routine cafeteria visits by the Child Nutrition Director or his/her designee
2. The district will disseminate a list of healthy snack items to teachers, after-school personnel and parents.

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 make recommendations when replacements or new contracts are considered.

### Implementing 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:** Display various healthy nutrition flyers in the cafeteria and appropriate setting campus-wide

**Action Steps:** Child Nutrition Director will monitor quality of promotional material and replace as needed.

**School and Community Stakeholders:** Cafeteria Managers, Child Nutrition Director, Administration, Students

**Resources Needed:** USDA website

**Measures of Success:** Improved promotion of healthy food choices district-wide

**Objective 2:** The District will continue the free breakfast and lunch program for all students

**Action Steps:** Utilize online menus, Facebook posts, Cafeteria Signage to promote the program and healthy nutrition

**School and Community Stakeholders:** Cafeteria Managers, Child Nutrition Director, Administration, Students

**Resources Needed:** online outlets, signage

**Measures of Success:** improved participation in the breakfast and lunch program

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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:** The District will provide monthly meal calendars for each campus detailing the breakfast and lunch for each day.

**Action Steps:** Create a calendar of meals for each campus which will be printed and sent home in the monthly folder as well as posted on the school website.

**School and Community Stakeholders:** Cafeteria Managers, Child Nutrition Director, Students, Families

**Resources Needed:** Texas Department of Agriculture menu template

**Measures of Success:** Improved promotion of healthy food choices District-wide

**Objective 2:** The district will provide nutrition education and engage in nutrition promotion

**Action Steps:** The cafeteria manager will collect nutritional information on each menu

**School and Community Stakeholders:** Cafeteria Managers, Child Nutrition Director, Administration, Students

**Resources Needed:** Nutritional information from each food item

**Measures of Success:** Improved awareness of the nutritional value of each menu item.

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**GOAL 3:** The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.

**Objective 1:** Schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals and for foods and beverages being sold.

**Action Steps:** School based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited

**School and Community Stakeholders:** Campus Administration

**Resources Needed:** List of approved items to be displayed

**Measures of Success:** All displayed items meet policy guidelines

## Goals for 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 component addressing nutrition services and health education at the elementary and middle school levels. [See EHAA]

### Implementing 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 nutritional information on selected foods and/or topics to promote healthy eating habits.

**Action Steps:** Instruct students on nutrition information at different grade levels

**School and Community Stakeholders:** Teachers, students, Administration

**Resources Needed:** Nutrition information from the USDA website

**Measures of Success:** Increased consumption of fruits and vegetables

**Objective 2:** Encourage students to make healthier food choices by increasing their fruit and vegetable intake

**Action Steps:** Make available a fruit and vegetable at every lunch and a fruit at every breakfast.

**School and Community Stakeholders:** Cafeteria manager, students

**Resources Needed:** variety or fruit and vegetables

**Measures of Success:** increase of students’ fruit and vegetables

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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:** Implement district-wide educational material for nutrition education

**Action Steps:** provide professional development opportunities for teachers to enhance their understanding of nutrition education and effective teaching strategies

**School and Community Stakeholders:** Teachers, Students, Administration

**Resources Needed:** training and professional development for educators to effectively implement nutrition lessons

**Measures of Success:** positive changes in student behavior, such as increased consumption of fruits and vegetables are a strong indicator of program success

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**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:** Cafeteria staff will receive training specific to the management of the cafeteria and nutrition education to the students.

**Action Steps:** Staff members complete online training through ICN, as well as attending classes at ESC Region 6

**School and Community Stakeholders:** Cafeteria Staff

**Resources Needed:** ESCRegion 6, ICN Online Training

**Measures of Success:** 100% participation and certificate training

## Goals for Physical Activity

Federal law requires that the District establish goals for physical activity in its wellness policy.In accordance with state law, the District will implement a coordinated health program with physical education and physical activity components. The District will offer at least the required amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC], as follows:

* All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year.

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### Implementing 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:** OISD will ensure that all students Pre-K through 6th grade are engaged in a moderate or vigorous physical activity for at least 150 minutes per week.

**Action Steps:** Campus Principals will consistently monitor the master schedule to ensure all students are actively participating in developmentally appropriate fitness activities in P.E. classes per week.

**School and Community Stakeholders:** Administration, P.E. teachers, students

**Resources Needed:** Master schedule

**Measures of Success:** Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

**Objective 2:** OISD will ensure that all students in 7th-12th grade are engaged in a moderate to vigorous physical activity for at 225 minutes per week

**Action Steps:** Campus Principals will consistently monitor the master schedule to ensure all students are actively participating in developmentally appropriate fitness activities in P.E. classes per week.

**School and Community Stakeholders:**

**Resources Needed:** Master schedule

**Measures of Success:** All secondary students are scheduled and participating in at least 225 minutes of moderate or vigorous physical activity.

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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:** OISD schools will discourage extended periods of inactivity

**Action Steps:** Schools will give students periodic breaks during which they are encouraged to stand and be moderately active.

**School and Community Stakeholders:** Administrators, Teachers, Students

**Resources Needed:** brain break activities

**Measures of Success:** decreased student infractions and office referrals

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

**Objective 1:** All students in grade K-12 will be offered extracurricular physical activity programs, such as physical active clubs or intramural programs.

**Action Steps:** Schools will offer a range of activities that meet the needs, interests, and abilities of all students.

**School and Community Stakeholders:** Teachers, students, Administrators

**Resources Needed:** Campus Facilities

**Measures of Success:**

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**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:** OISD Wellness Program

**Action Steps:** Wellness Program will develop, promote, and oversee a multifaceted plan to promote staff health and wellness

**School and Community Stakeholders:** OISD Staff

**Resources Needed:** Input from staff members

**Measures of Success:** Healthier eating and more physical activity

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**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:** OISD will provide information about physical education and other school-based physical opportunities before, during, and after the school day; and support parents’ efforts to provide their children with opportunities to be physically active outside of school.

**Action Steps:** Sharing information about physical activity and physical education

**School and Community Stakeholders:** School staff, parents, students

**Resources Needed:** school website, newsletters, and take home materials

**Measures of Success:** parent participation

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**GOAL 6:** 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:** Use of school facilities outside of school hours

**Action Steps:** These spaces and facilities also will be available to community agencies and organizations offering physical activity and nutrition programs

**School and Community Stakeholders:** Administrators, Staff, Community

**Resources Needed:** OISD Facilities

**Measures of Success:** increased physical activity

## Goals for Other School-Based Activities

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness, create an environment that encourages healthful eating and physical activity, and promote a consistent wellness message.

### Implementing Goals for 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:** District campuses will build their master schedule to allow for at least 10 minutes to eat breakfast and 20 minutes to eat lunch, from the tie the student receives his or her lunch

**Action Steps:** Evaluate current meal time allowances by campus and work with administrators to make necessary adjustments.

**School and Community Stakeholders:** administrators, Child Nutrition Director

**Resources Needed:** Campus schedules

**Measures of Success:** number of campuses able to meet the standard

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**GOAL 2:** The District shall promote wellness for students and their families at suitable District and campus activities.

**Objective 1:** OISD will sponsor a Wellness Clinic for students and their families

**Action Steps:** Advertise the event on district website and send home flyers

**School and Community Stakeholders:** parents, students,

**Resources Needed:** flyers, district website

**Measures of Success:** amount of participation

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**GOAL 3:** The District shall promote employee wellness activities and involvement at suitable District and campus activities.

**Objective 1:** OISD will encourage employees to participate in the Wellness Program

**Action Steps:** Wellness Program will develop, promote, and oversee a multifaceted plan to promote staff health and wellness

**School and Community Stakeholders:** OISD Staff

**Resources Needed:** Input from staff members

**Measures of Success:** Healthier eating and more physical activity

**Objective 2:** The district will provide partial coverage of health insurance costs, up to 100% for certain plans to encourage employee participation and wellness.

**Action Steps:** Approve funding for health coverage

**School and Community Stakeholders:** District employees, School Board

**Resources Needed:** funding for partial health insurance cost

**Measures of Success:** increased enrollment in District Insurance Coverage

## 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). As required by federal law, the District has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus 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.

### Exceptions for 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)]

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### Foods and Beverages Provided

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 with Nutrition Guidelines

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to TDA, reviewing foods and beverages that are sold in competition with 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.

## 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. This “triennial assessment” will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state- or federally designated model policies. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

## Public Notification

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

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-adopted revisions to FFA(LOCAL);
4. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
5. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
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 publication.

## 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 *Special Programs Coordinator,* the District’s designated records management officer. [See CPC(LOCAL)]

*Disclaimer: This information is provided for educational purposes only to facilitate a general understanding of the law or other regulatory matter. This information is neither an exhaustive treatment on the subject nor intended to substitute for the advice of an attorney or other professional adviser. Consult with your attorney or professional adviser to apply these principles to specific situations.*