

Inspire Academies Wellness Plan 00058

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

Approved 05/18/2021

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]</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 wellness comitee 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 wellness committee will permit the follow-ing persons to work with the wellness comitee 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">1. Posting on the District’s website, social media and School-Way, the dates and times of wellness comitee meetings at which the wellness policy and plan are scheduled to be discussed.
IMPLEMENTATION	<p>Each campus principal is responsible for the implementation of Wellness Committee and this wellness plan at his or her campus, including the submission of necessary information to the wellness committee for evalua-tion.</p> <p>The Superintendent is the District official responsible for the overall implementation of FFA(LOCAL), including the develop-ment of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the pol-icy and plan.</p>
EVALUATION	<p>In accordance with law, at least once every three years, the District will measure and make available to the public an assessment of the implementation of the District’s wellness policy, the extent to which each campus is compliant with the wellness policy, a de-scription of the progress made in attaining the goals of the well-ness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. Absent federal regulations to the contrary, the District commits to the evaluation activities described below.</p>

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At least once every three years, the Wellness Committee will prepare a report on the wellness policy and this plan by gathering information from each principal and appropriate District administrators. The Wellness committee will assess the District's and each campus's progress toward meeting the goals of the policy and plan by reviewing District- and campus-level activities and events tied to the wellness program. The committee may use any of the following tools for that analysis:

- Relevant portions of the WellSAT 2.0 (www.wellsat.org)
- Relevant portions of the Center for Disease Control's School Health Index (<http://www.cdc.gov/healthyschools/shi/index.htm>)

PUBLIC NOTIFICATION

To comply with the legal requirement to 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 [FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. Notice of any Wellness meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The Wellness Committee annual report on the District's wellness policy and plan; and
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 Superintendent, the District's designated records management officer.

GUIDELINES AND GOALS

The following provisions describe the District's nutrition guidelines and activities and objectives chosen by the Committee to implement the Board-adopted wellness goals in policy FFA(LOCAL).

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NUTRITION GUIDELINES

Federal law requires that the District establishes nutrition guidelines for all foods made available are consistent with the federal standards and 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 and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules. [See CO and FJ]

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>

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 up to six days of exempted food/beverage fundraisers per campus each year.

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FOODS MADE
AVAILABLE

There are currently no federal requirements for foods or beverages made available 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. [See CO(LEGAL)]

In addition, the District has established the following local guidelines on foods and beverages made available to students during the school day: Any foods and beverages given away or otherwise made available to students (ex. snacks during testing) must meet the Smart Snacks standards, with the exception of celebrations.

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 fund-raisers, 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.

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 promote participation in federal child nutrition programs.	
Action Steps	Methods for Measuring Implementation
Create unique and appealing promotions to encourage participation. Create marketing ideas to advertise promotions. Parents to complete Lunch application.	Baseline or benchmark data points: <ul style="list-style-type: none"> Participation rates in federal child nutrition programs at beginning, middle and end of school year. Resources needed:

	<ul style="list-style-type: none"> • Development of promotions. • Marketing of promotions. <p>Obstacles:</p> <ul style="list-style-type: none"> • Easy access to Child Nutrition link on website. • Negative perceptions of school meals. • Parents choosing not to disclose information related to income or family information to determine eligibility for free or reduced-price
<p>Objective 2: By May of each school year, score at least at the Bronze level on the Smarter Lunchroom scorecard. Got to https://www.smarterlunchrooms.org/scorecard for more information.</p>	
Action Steps	Methods for Measuring Implementation
<p>Distribute scorecard be completed in October and May.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Score on the assessment for each campus in October and May <p>Resources needed:</p> <ul style="list-style-type: none"> • Access to the scorecard • Staff to answer questions about the assessment. <p>Obstacles:</p> <ul style="list-style-type: none"> • Training between October and May to implement the Smarter Lunchroom strategies • Time and staff to devote to implementing the Smarter Lunchroom strategies

<p>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.</p>	
<p>Objective 1: The District will research opportunities to promote supplemental food and nutrition programs and will regularly inform families and the community regarding any programs offered by the District.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Research food access programs available in the community with which the District could partner (food pantry programs supported by a local area food bank, backpack programs, summer meal programs, etc.)</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of supplemental programs the District currently offers or promotes • The types of food access programs identified and ways the information was communicated to families and the community <p>Resources needed:</p> <ul style="list-style-type: none"> • Partnerships with community organizations and the Extension Office • Literature to send to families/community <p>Obstacles:</p> <ul style="list-style-type: none"> • Limited resources/organizations
<p>Objective 2: Consistently post in an easily accessible location on the District’s website, the monthly school breakfast and lunch menus, along with the nutritional information of each meal.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Work with the District Food Services staff to develop menus that are in compliance with this objective and are designed at least one month in advance.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The manner in which the menus and nutrition information are communicated to parents currently <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff to create and distribute the menus for posting to the website • Staff for posting menus to the website <p>Obstacles:</p> <ul style="list-style-type: none"> • All nutritional information may not be readily available

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	<ul style="list-style-type: none"> • Not all families have Internet access
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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]

The District shall provide professional development so that staff responsible for the nutrition program are adequately prepared to effectively deliver the program.

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition education.

<p>GOAL: 1. The District shall provide professional development so that the staff responsible for the nutrition program are adequately prepared to effectively deliver the program.</p>	
<p>Objective 1: 1. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Staff will attend ESC Region 20 trainings to meet all professional development requirements.</p> <p>Child Nutrition Coordinator will provide other training resources.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Staff development days to allow ESC Region20 trainings. <p>Resources needed:</p> <ul style="list-style-type: none"> • Training schedule • Professional trainings <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff able to attend ESC Region20 trainings.

<p>Objective 2: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p>	
Action Steps	Methods for Measuring Implementation
<p>The District will evaluate the use of nutrition education resources into other content areas.</p>	<p>Baseline or benchmark data point</p> <p>Authorized district staff to evaluate new resources.</p> <p>Resources needed:</p> <ul style="list-style-type: none"> • Nutritional educational websites and other available resources. <p>Obstacles:</p> <ul style="list-style-type: none"> • This type of curriculum

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 District will meet the required physical activity in elementary school grades by providing at least 30 minutes per day of recess, weather permitting.

At the middle school level, the District will require students, unless exempted because of illness or disability, to be enrolled in physical education or athletics courses for at least four out of six semesters in grades six, seven and eight. [Mandated by Education Code 28.002(l)–(l-1)]

Federal law requires that the District establish goals for physical activity in its wellness policy.

In accordance with that policy, 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: Integrate Physical education into daily activities.

Action Steps	Methods for Measuring Implementation
Determine appropriate days in which teachers will receive staff development related to the importance of physical activity breaks.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Percentage of teachers who report integrating physical activity breaks on a regular basis compared to the previous school year Resources needed: <ul style="list-style-type: none"> • Creation and dissemination of a survey to District teachers • Time for training during in-service days Obstacles: <ul style="list-style-type: none"> • Validity of self-reports

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: Each campus will offer at least one event annually either before, during or after normal school hours that involves physical activity and includes both and students in the event.

Action Steps	Methods for Measuring Implementation
Develop a list of ideas to submit to campus administrators to meet this objective. Assign a campus administrator to organize the event.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Self-reports of campus administrators about the events • Participation rates from year to year Resources needed: <ul style="list-style-type: none"> • Dissemination of a list to send to campus administrators.

	<ul style="list-style-type: none"> • Timeline and mechanism for the self-report about the events • Informational materials about the event to distribute to students and parents <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff time • Participation rates may be low
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GOAL:	
Action Steps	Methods for Measuring Implementation
	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • <p>Resources needed:</p> <ul style="list-style-type: none"> • <p>Obstacles:</p> <ul style="list-style-type: none"> •

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 goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities.

<p>GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p>	
<p>Objective 1: All campuses will build their master schedules to allow for at least ten minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.</p>	
Action Steps	Methods for Measuring Implementation
<p>Evaluate current meal time allowances by campus. Work with campus administrators to adjust master schedules as necessary.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Evaluate each campus to ensure they are currently meeting the standards. <p>Resources needed:</p> <ul style="list-style-type: none"> Average time it takes for students to receive a meal and be seated <p>Obstacles:</p> <ul style="list-style-type: none"> Master schedules take into account several issues, only one of which will be meal times

<p>GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.</p>	
<p>Objective 1: All classroom or campus celebrations will include at least one item that is Smart Snacks compliant.</p>	
Action Steps	Methods for Measuring Implementation
<p>Create and post a list of Smart Snacks compliant foods and beverages to parents who have agreed to bring foods and beverages for a classroom or campus celebration.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> The number of celebrations approved on each campus and whether the celebrations met this objective Self-report by the principal and teachers that parents were given the list of approved foods and beverages and that at least one Smart Snacks compliant food or beverage was served at each celebration <p>Resources needed:</p> <ul style="list-style-type: none"> A list of Smart Snacks compliant foods and beverages <p>Obstacles:</p>

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	<ul style="list-style-type: none"> • Validity of self-reporting
<p>GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.</p>	
<p>Objective 1: The District will encourage employee wellness.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Develop materials and identify methods to share information about services with employees.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation of when and how information was shared with employees. <p>Resources needed:</p> <ul style="list-style-type: none"> • Websites and other materials to promote wellness. <p>Obstacles:</p> <ul style="list-style-type: none"> • Coverage is subject to change • Participation rates of those who are willing to self-report may be low.