

Port Neches – Groves ISD Wellness Plan

STUDENT WELFARE WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

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 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">1. Publishing information on the District website and other appropriate District publications2. Providing information at PN-G School Board meetings
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 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>In accordance with law, the District will periodically measure and make available to the public an assessment of the implementation of the District’s wellness policy. At least annually, the SHAC will prepare a report on the wellness policy and this plan by gathering information from principals and appropriate District administrators. The SHAC will assess progress toward meeting the goals of the policy and plan by reviewing District and campus-level activities and events tied to the wellness program.</p>
PUBLIC NOTIFICATION	<p>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:</p>

**STUDENT WELFARE
WELLNESS AND HEALTH SERVICES**

**FFA
(REGULATION)**

1. The wellness policy [FFA(LOCAL)];
2. This wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's 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 Assistant Superintendent for Administrative Services, 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 SHAC 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) and the School Breakfast Program (SBP). 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.

FOODS 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,

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

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>

The District prohibits the sale of diet sodas and deep fat frying as a means of food preparation.

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 2016–17 school year:

Campus or Organization	Food/Beverage	Number of Days
All campuses	Food and/or beverage	6 for each entity

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)]

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.

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

NUTRITION
PROMOTION

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District's nutrition promotion activities in this plan 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: Promote healthy nutrition in District through signage and other promotional means.

Action Steps	Methods for Measuring Implementation
Signage and posters promoting healthy habits will be displayed in facilities throughout the District.	Child Nutrition audit procedures

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 provide wellness information, including nutrition education to students, families, staff, and the community.

Action Steps	Methods for Measuring Implementation
A District website will be maintained with timely and relevant nutrition education information.	Periodic website review

Objective 2: The school cafeteria will serve as a learning laboratory to allow students to apply critical thinking skills to making healthy choices.

Action Steps	Methods for Measuring Implementation
Signage and other relevant nutrition information will promote opportunities for healthy decision-making.	Child Nutrition audit procedures

GOAL: The District shall ensure that food and beverage accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.	
Objective 1: The Child Nutrition will ensure that all students have affordable access to a variety of nutritious foods that are needed to stay healthy.	
Action Steps	Methods for Measuring Implementation
1. Fresh fruits and vegetables will be offered regularly. 2. Low sodium and low fat items will be available.	Child nutrition audit procedures

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: Utilize the Coordinated Approach To Child Health (CATCH) program to promote healthy lifestyles.	
Action Steps	Methods for Measuring Implementation
Implement the CATCH program across the District at appropriate grade levels.	Campus stakeholder feedback regarding implementation

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: Nutrition education will serve as a component of comprehensive health education.	
Action Steps	Methods for Measuring Implementation
Integrate nutrition education into curriculum in classes as appropriate.	Local curriculum review

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: Training for implementation of CATCH will be provided as needed.

Action Steps	Methods for Measuring Implementation
Update training for staff utilization of the CATCH program to support uniform implementation.	Training documentation

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: Promote the advantages of physical fitness

Action Steps	Methods for Measuring Implementation
1. Health education classes will stress the benefits of physical fitness.	Health curriculum review
2. The benefits of physical fitness will be supported through appropriate events, both on campus and in the community as appropriate.	Campus feedback

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: Provide a range of activities both during and outside of the school day

Action Steps	Methods for Measuring Implementation
PN-GISD will promote extra-curricular activities	Available extracurricular opportunities

ties that encourage students to be more physically active outside of the school day.	
Objective 2: Promote healthy lifestyle for students and families	
Action Steps	Methods for Measuring Implementation
Utilize the CATCH program to support healthy lifestyles for students and families	CATCH implementation feedback

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 for use outside of the school day.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Allow use of designated District facilities for educational, recreational, civic, or social activities when these activities do not conflict with school use or District policy.	Feedback, documented use and calendar Data

GOAL: Recess and Physical education classes will regularly emphasize moderate to vigorous activity.	
Objective 1: Prekindergarten and elementary campuses will provide 30 minutes of moderate or vigorous physical activity daily to the extent practicable.	
Action Steps	Methods for Measuring Implementation
Pre-K – 5 campuses will develop master schedules to allow for 30 minutes of moderate to vigorous physical activity daily.	Campus schedules
Objective 2: Students in grades 6-8 will be required to have 30 minutes moderate or vigorous activity daily for at least four semesters during those grades.	
Action Steps	Methods for Measuring Implementation
Middle school schedules will be developed to allow for at least 30 minutes of moderate or vigorous physical activity daily for at least four semesters.	Campus schedules

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 ten minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.	
Action Steps	Methods for Measuring Implementation
Develop campus schedules to support meals times indicated.	Documented breakfast and lunch schedules
Objective 2: Lunch times will be scheduled as near the middle of the school day as possible.	
Action Steps	Methods for Measuring Implementation
Develop campus schedules to provide for a regular lunch schedule between the hours of 10:45 a.m. and 1:00 p.m.	Documented lunch schedules

GOAL: The District shall promote wellness for students, employees, and families at suitable District and campus events.	
Objective 1: Schools will offer healthy choices at school activities where possible.	
Action Steps	Methods for Measuring Implementation
1. Collaborate with PTA to support healthy choices at school events. 2. Project Graduation will offer healthy choices for students.	Student and parent feedback Menus where applicable

GOAL: The District shall promote employee and community wellness activities and involvement.	
Objective 1: Promote employee wellness with campus-based activities as appropriate.	
Action Steps	Methods for Measuring Implementation
1. Provide Heartwise medical screening at no out of pocket cost for employees 2. Implement “biggest loser” challenges at interested campuses. 2. Designate distance markers at interested campuses to promote walking.	Program provision and utilization data Principal feedback
Objective 2: Promote employees and community use of school facilities after hours.	
Action Steps	Methods for Measuring Implementation
Allow employee and community use of designated facilities and grounds after hours.	Review of use