

WELLNESS PLAN	<p>This document, referred to as the “wellness 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">1. <i>Post on NISD website the dates and times of SHAC meetings at which the Wellness Policy and plan are scheduled to be discussed.</i>2. <i>Post on NISD website the contact information of the person responsible for the oversight of the NISD Wellness Policy and Plan.</i>
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 Assistant Superintendent for Curriculum and Instruction 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 the following tool for this analysis:

- *Websites and tools that are effective in evaluating goals and outcomes for healthy school meals, nutrition, and physical fitness.*

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 NISD Superintendent of Schools, 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 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.

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.

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:

- <https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks>
- https://squaremeals.org/Portals/8/files/ARM/ARM_Section22_CompFood_200812.pdf (see the Complete *Administrator Reference Manual* [ARM], Section 22, Competitive Foods)

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:

Campus or Organization	Food / Beverage	Number of Days
All campuses	Various	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)]

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

Elementary school: No additional standards or guidelines

Middle/junior high school: No additional standards or guidelines

High school: No additional standards or guidelines.

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:

1. *All advertising is approved at the district level. All contracts for food and beverage advertising, will meet Smart Snack Standards.*

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: All nutrition messages will promote healthy diets.	
Action Steps	Methods for Measuring Implementation
1. Healthy food messages will be posted in NISD Cafeterias. 2. "Nutrition Nibbles" handout will be distributed at the beginning of school at District Health Fair, at Pre-K registration, and the Child Nutrition office. It will also be posted on the Child Nutrition page of the district website.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Documentation of posted signage • "Nutrition Nibbles" handout kept on file. Resources needed: <ul style="list-style-type: none"> • Signage Obstacles: <ul style="list-style-type: none"> • Monitoring

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: Healthy nutrition data will be posted on the district web-site	
Action Steps	Methods for Measuring Implementation
NISD will post healthy nutrition data on the Child Nutrition page of the district web-page.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Documentation of posting Resources needed: <ul style="list-style-type: none"> • Time-personnel-webpage Obstacles: <ul style="list-style-type: none"> • Monitoring and revision could lapse.

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 will implement the nutrition services and health education component through instruction of the essential knowledge and skills related to nutrition and health and the CATCH program, a program approved by the Texas Education Agency in the District's physical education, health education, and science courses.

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: All high school students shall complete one-half credit of health education	
Action Steps	Methods for Measuring Implementation
The district requires all high school students to complete a half credit of health to meet graduation requirements.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Transcripts Resources needed: <ul style="list-style-type: none"> • Personnel – time - Curriculum Obstacles: <ul style="list-style-type: none"> • Scheduling

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 be a part of the seventh grade Science curriculum and the K-12 Physical Education curriculum	
Action Steps	Methods for Measuring Implementation
K-12 Physical Education, 5 th grade Health courses, and high school health will utilize nutrition education as part of the taught curriculum.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Lesson Plans Resources needed: <ul style="list-style-type: none"> • Curriculum Obstacles: <ul style="list-style-type: none"> • Need for Professional Development

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: Campus administrators and campus committees will determine appropriate professional development for employees responsible for nutrition education	
Action Steps	Methods for Measuring Implementation
Health education and Physical Education will attend professional development that relates to nutrition education.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Lesson Plans Resources needed: <ul style="list-style-type: none"> • Curriculum, Professional Development Obstacles: <ul style="list-style-type: none"> • Planning for Professional Development – Time

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 following addresses how the District meets the required amount of physical activity:

- *Elementary students are required to receive 135 minutes of Physical Education per week*
- *Middle school students are required to have at least 225 minutes of Physical Education per week*
- *High school students are required to earn at least one and one half credit of Physical Education*

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: All students K-8 will participate in a Physical Education class or its' equivalent	
Action Steps	Methods for Measuring Implementation
Students will receive instruction in the Physical Education TEKS during their Physical Education course	Baseline or benchmark data points: <ul style="list-style-type: none"> K-8 – Physical Education Lesson Plans Resources needed: <ul style="list-style-type: none"> TEKS – facilities - personnel Obstacles: <ul style="list-style-type: none"> Monitoring to assure the TEKS are being taught
Objective 2: All NISD students grades 3-12 will participate in a Physical Education fitness assessment	
Action Steps	Methods for Measuring Implementation
A minimum of 90% of the eligible grade 3-12 NISD students will participate in Fitness Gram	Baseline or benchmark data points: <ul style="list-style-type: none"> Assessment date Resources needed: <ul style="list-style-type: none"> Facilities - Time Obstacles: <ul style="list-style-type: none"> Scheduling
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 provide professional development to teachers in the area of differentiated instruction	
Action Steps	Methods for Measuring Implementation
The district will encourage teachers to utilize differentiated teaching techniques that involve movement and Kinesthetic learning	Baseline or benchmark data points: <ul style="list-style-type: none"> Lesson plans – Professional Development Resources needed: <ul style="list-style-type: none"> Personnel – Time – PD

	Obstacles: Teachers may struggle with differentiated learning techniques.
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GOAL: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Objective 1: The district will encourage all students to participate in extra-curricular, co-curricular, and intra-mural activities.

Action Steps	Methods for Measuring Implementation
Campuses will encourage students to be involved in as many after school activities as possible.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Rosters, sign in sheets <p>Resources needed:</p> <ul style="list-style-type: none"> Time – Personnel - Funding <p>Obstacles:</p> <ul style="list-style-type: none"> Some teachers may not want to work after hours

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: All district students will be provided at least 30 minutes to eat lunch in a clean and safe environment	
Action Steps	Methods for Measuring Implementation
School schedules will reflect a minimum of 30 minutes for lunch at each campus. Custodians will be on duty to clean during school lunches. Child Nutrition employees will receive professional development on the safe preparation of food	Baseline or benchmark data points: <ul style="list-style-type: none"> Master Schedules, Work Schedules Resources needed: <ul style="list-style-type: none"> Facilities, time, personnel Obstacles: <ul style="list-style-type: none"> Keeping janitors scheduled in the cafeteria for all lunches could be problematic

GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1: The district will host a back to school Health Fair annually	
Action Steps	Methods for Measuring Implementation
The district will schedule a Health Fair and advertise for wellness, health and physical education vendors to participate The district will also advertise time and location for participants	Baseline or benchmark data points: <ul style="list-style-type: none"> Health fair participant sign in sheets Health fair vendor sign in sheets Resources needed: <ul style="list-style-type: none"> Facilities - personnel Obstacles: <ul style="list-style-type: none"> Vendors may not want to attend

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1: The district will offer low cost flu immunizations once a year for employees and their families	
Action Steps	Methods for Measuring Implementation
The district will contract with a local health care provider to provide low cost flu shots to employees and their families	Baseline or benchmark data points: <ul style="list-style-type: none"> Sign-in sheets, shot records

	<p>Resources needed:</p> <ul style="list-style-type: none">• Facilities, Health care provider <p>Obstacles:</p> <ul style="list-style-type: none">• Schedule timing scheduling
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