

Aubrey ISD Wellness Plan (revised Nov. 2017)

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

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]
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>Taking nominations to join the SHAC via multiple media outlets</i>2. <i>All district email</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 Superintendent or designee 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	The District shall comply with federal requirements for evaluating this policy and the wellness plan.
PUBLIC NOTIFICATION	The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.
RECORDS RETENTION	The District shall retain all the required records associated with the wellness policy, in accordance with law and the District’s records management program. [See CPC and FFA(LEGAL)]

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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, 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 the following exempted fundraisers for the 2017-2018 school year:

Campus or Organization	Food/Beverage	Number of Days
PTO – Valentine Grams	Cookie/Candy	1
PTO – Grandparent Break-fast	Donuts/Pancakes/Bacon	1
Basketball Boosters	Concession Stand Sales during tournament	2

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:

Party Food

Special treats for celebrations are allowed only after all students have eaten lunch and with principal permission. Party foods must be purchased from a grocery store or bakery where ingredients are listed.

Vending Machines

The district has adopted policies and implemented procedures to comply with state and federal food service guidelines for restricting student access to vending machines.

Food Allergies

The district has developed and annually reviews a food allergy management plan, which addresses employee training, dealing with common food allergens, and specific strategies for dealing with students diagnosed with severe food allergies.

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.

In accordance with FFA(LOCAL), the District has established the following goal 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: Widely disseminate information about NSLP and NSBP

Action Steps	Methods for Measuring Implementation
Posters in lunchroom and other areas Flyers available in front office Information given in Health and Science Classes	Baseline or benchmark data points: <ul style="list-style-type: none"> • Add question to Parent, Teacher, and Student Survey by Spring 2018 Resources needed: <ul style="list-style-type: none"> • Flyers, Posters, Web/FB Postings, Surveys, www.myplate.gov

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:

Action Steps	Methods for Measuring Implementation
Facebook Public Service Announcements Aubrey ISD Website: Food Service Dept Aubrey ISD Website: SHAC Dept Flyers available in front office	Baseline or benchmark data points: <ul style="list-style-type: none"> • Add question to Parent, Teacher, and Student Survey by Spring 2018 Resources needed: <ul style="list-style-type: none"> • Flyers, Posters, Web/FB Postings, Surveys, www.myplate.gov

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.

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:

Action Steps	Methods for Measuring Implementation
Information given in Health Classes Information given in Science Classes Information given in Family and Consumer Sciences Classes Coordinated School Health Program	Baseline or benchmark data points: <ul style="list-style-type: none"> • Long-range lesson plans – BOY, MOY, EOY • Walkthroughs by administrators Resources needed: <ul style="list-style-type: none"> • TEKS

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 ensure that all campuses provide at least one Physical Fitness Event each year.	
Action Steps	Methods for Measuring Implementation
Coordinator organizes the agenda for the event. Secure a location for the event, including an alternate venue. Coordinator will publicize the event Facebook Public Service Announcements Aubrey ISD Website Aubrey ISD Flyers available in front office	Baseline or benchmark data points: <ul style="list-style-type: none"> • Participant numbers • Add to student survey • Research similar events Resources needed: <ul style="list-style-type: none"> • Various Equipment, volunteer Obstacles: <ul style="list-style-type: none"> • Student involvement, transportation, weather

GOAL: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for District employees and students.	
Objective 1: The district shall ensure that all campuses provide at least one wellness Event each year for employees.	
Action Steps	Methods for Measuring Implementation
Health and Benefits Event Drug Awareness Training	Baseline or benchmark data points: <ul style="list-style-type: none"> • Attendance records • Teacher Surveys • Professional Development Agendas Resources needed: <ul style="list-style-type: none"> • Volunteers, local non-profit organizations, venue Obstacles: <ul style="list-style-type: none"> • Obtaining presenters and local health experts

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: Design campus appropriate schedules and procedures to maximize time to eat meals.	
Action Steps	Methods for Measuring Implementation
<p>Campuses will assure students have at least 20 minutes of uninterrupted time to eat lunch and 10 minutes of uninterrupted time to eat breakfast.</p> <p>Each campus will implement innovative, creative techniques for providing a more efficient and enjoyable lunch time.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Parent surveys, student surveys, teacher surveys, food service director audit <p>Resources needed:</p> <ul style="list-style-type: none"> • Volunteers, schedules, routines and procedures <p>Obstacles:</p> <ul style="list-style-type: none"> • Obtaining volunteers daily, time.