

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.

SOLICIT 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 District’s website the dates and times of SHAC
2. Posting on the District’s website opportunities for involvement and input on the SHAC website

RESPONSIBILITY FOR IMPLEMENTATION

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

The Superintendent 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.

MEASURING COMPLIANCE WITH NUTRITION GUIDELINES

The District will measure compliance with 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 the 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, 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”.

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.

The SHAC will consider evidence-based strategies when setting, evaluating goals, and measurable outcomes. The SHAC may use any of the following tools for this analysis.

- Smarter Lunchrooms’ website (<https://snaped.fns.usda.gov/success-stories/smarter-lunchrooms-movement>)
- CDC’s School Health Index (<http://www.cdc.gov/healthyschools/shi/index.htm>)
- A District-developed self-assessment

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local well-ness 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 the 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 triennial assessment; 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, 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 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 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:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <http://www.squaremeals.org>

(see the Complete Administrator Reference Manual [ARM], Section 20, Competitive Foods)

The District has also incorporated the following stricter standards that are not prohibited by federal or state law:

- The sale of sodas or other caffeinated beverages to students is prohibited, with the exception of tea provided at meal services during High School lunch.
- No preparation of food by deep fat frying.

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.

The District will allow exempted fundraisers with the approval of campus administrators on the exemption dates provided to Child Nutrition Services. Each campus is responsible for identifying no more than six per school year and providing such dates to Child Nutritional Services prior to the exemption date.

FOOD 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)]

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

Elementary school: No vending machines located in areas where reimbursable meals are served and/or consumed.

Middle/junior high school: No vending machines located in areas where reimbursable meals are served and/or consumed.

High school: No vending machines located in areas where reimbursable meals are served and/or consumed.

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. Recommending the continued use of FFA (EXHIBIT), Coordinated School Health Information Report at all campuses to be completed by the principal and parent representative.
2. Review and evaluation FFA (EXHIBIT) Coordinated School Health Report data.

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 re-placements or new contracts are considered.

<p>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.</p>	
<p>Objective 1: Communicate healthy nutrition messages in the cafeteria and school community.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> ● Cafeteria staff will post healthful food messages in dining and service areas. ● Cafeteria will align the nutrition message with the Coordinated School Health program. ● Physical educators and classroom teachers will post healthful food messages in their classrooms. ● Physical educators and classroom teachers will align nutrition messaging with the Coordinated School Health program and the CATCH Coordinated Kit. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> ● Staff has access to various media that promotes healthful food choices ● School Health curriculum, CATCH ● Professional development for Food Service staff and Coordinated School Health Teams <p>Obstacles:</p> <ul style="list-style-type: none"> ● Access to resources ● Staff attrition
<p>Objective 2: Encourage positive nutritional habits with a variety of methods that create a healthy school environment.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> ● Cafeteria staff will implement line placement strategies to encourage healthy food selection. ● Cafeteria staff will display menu signs with the daily featured meal options. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Annual Coordinated School Health Reports
<ul style="list-style-type: none"> ● Campus Coordinated School Health Team will utilize marketing materials 	<p>Resources needed:</p> <ul style="list-style-type: none"> ● Professional development for Food

<p>that promote healthy nutrition messaging.</p> <ul style="list-style-type: none"> • Campus Coordinated School Health Team will provide recognition or non-food incentives for selecting healthy food choices. 	<p>Services staff and Coordinated School Health Teams</p> <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition
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<p>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.</p>	
<p>Objective 1: Provide resources and information to families that positively influence their nutritional habits.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> • Cafeteria staff will ensure a monthly menu is available to students and families. • Campus administration will provide information about birthday celebrations. • WISD will promote the use of the Meal APP Now online meal application. • Cafeteria staff will share nutrition messaging consistent with the Coordinated School Health program. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • Food Services website • Meal APP Now online meal application • Professional development for Food Services staff and Coordinated School Health Teams • Staff have access to the District-adopted Coordinated School Health curriculum, CATCH <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition
<p>Objective 2: Provide resources and information to the community that positively influence their nutritional habits.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>

<ul style="list-style-type: none"> • Campus Coordinated School Health Team will incorporate healthy nutritional messaging at applicable campus-based events. • Campus Coordinated School Health Team will promote school-based health wellness events on the Weimar ISD website or campus marquee. • Campus Coordinated School Health Team will encourage community members to attend school-based health and wellness events. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff have access to various media that promotes healthful food choices • Staff have access to the District-adopted Coordinated School Health curriculum, CATCH <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition
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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 component addressing nutrition services and health education components 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.

<p>GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p>	
<p>Objective 1: Deliver nutrition education through coordinated services and activities.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> • WISD Health and Physical Education Department will provide the CATCH program for the physical educators and classroom teachers. • WISD Health and Physical Education Department will maintain CATCH resources for members of the Campus Coordinated School Health Team to deliver nutrition education as appropriate. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • Health and Physical Education website, professional development for Food Services staff and Campus Coordinated School Health Team • Staff have access to the District-

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<ul style="list-style-type: none"> • Campus Coordinated School Health Team will meet at least four times per year to plan specific nutrition education initiatives. • Campus faculty and staff will utilize available resources and events to deliver nutrition education as appropriate. 	<p>adopted Coordinated School Health curriculum, CATCH</p> <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition
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<p>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.</p>	
<p>Objective 1: Deliver nutrition education through coordinated services, activities, and curriculum.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • WISD Health and Physical Education Department will develop curriculum guidance documents and post on the internal Health and Physical Education website to facilitate nutrition education delivery in the physical education and classroom setting. • WISD Health and Physical Education Department will provide staff development to support the coordination and delivery of the 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • School Health Advisory Council Website • Professional development for Coordinated School Health education delivery • Staff access to the District-adopted Coordinated School Health
<p>CATCH curriculum and wellness initiatives.</p> <ul style="list-style-type: none"> • The Health and Physical Education Department will collaborate with core academic areas to integrate within the core curriculum. • Campus counselor or other professional development representative will provide annual staff training regarding anti-bullying. 	<p>curriculum, CATCH</p> <ul style="list-style-type: none"> • Anti-bullying staff training materials <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition

<ul style="list-style-type: none"> The District Coordinated School Health Team will coordinate celebration and focus on the importance of breakfast during National School Breakfast Week. 	
<p>Objective 2: Provide resources and support partnerships for campus-based school gardens.</p>	
<p style="text-align: center;">Action Steps</p>	<p style="text-align: center;">Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> WISD will support the implementation and maintenance of the school gardens at the campus level as appropriate. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> Access to school garden resources <p>Obstacles:</p> <ul style="list-style-type: none"> Variability of school gardens and available spaces Staff attrition

<p>GOAL 3: Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members through the use of print media, newsletters, school lunch menus, and the District website.</p>	
<p>Objective 1: Provide information to students, families, and the general public that positively influence their nutritional habits.</p>	
<p style="text-align: center;">Action Steps</p>	<p style="text-align: center;">Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> Campus Coordinated School Health Team will incorporate healthy nutritional messaging, including print assets, at applicable campus-based events. Campus Coordinated School Health Team will encourage community members to attend school-based 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> Staff has access to various media that promotes healthful food choices Staff has access to the District-

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wellness events.	adopted Coordinated School Health curriculum, CATCH
<ul style="list-style-type: none"> • Campus Coordinated School Health Team and Food Services will incorporate healthy nutritional messaging, including print assets, at applicable campus-based events. • The Food Service Department will take nutritional information for school menus available on the District website. 	<p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition

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 components. The District will offer at least the amounts of physical activity for all grades [see BDF, EHAA, EHBA, and EHAC], as follows:

- Students in prekindergarten-grade 4 participate in moderate or vigorous daily physical activity for at least 30 minutes daily or 135 minutes weekly as part of the District’s physical education program.
- Weimar Elementary School provides 30 minutes of recess on a daily basis.
- Students in grades 5-8 participate in moderate or vigorous daily physical activity for at least 30 minutes for at least four semesters for at least 225 minutes during each period of two school weeks as part of the District’s physical education program.
- Students in grade 9-12 are required to complete 1 credits of physical education as part of the District’s physical education program, or an approved substitution.

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.

<p>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.</p>	
<p>Objective 1: Deliver physical Education through a standards-based instruction.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>

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<ul style="list-style-type: none"> WISD Health and Physical Education Department will provide curriculum documents and guidance for standards-based instruction. Physical Education Teachers will provide lessons during physical education that are age and developmentally appropriate. WISD Health and Physical Education Department will provide professional development opportunities for physical education teachers that support standards-based instruction and administration of CPR/AED and First Aid. <p>Principals will ensure physical activity is not withheld as a form of punishment.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> Staff has access to professional development on instructional delivery that is age and developmentally appropriate Staff have access to physical education curriculum documents. Staff has access to professional development opportunities that support standards-based instruction and administration of CPR/AED and First Aid <p>Obstacles:</p> <ul style="list-style-type: none"> Access to resources Staff attrition <p>Inadequate facilities for physical education classes</p>
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Objective 2: Physical education curriculum and instruction will focus on empowering students to enjoy physical activity and make healthy choices about making it part of daily life.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Instruction will be focused on ensuring that students enjoy physical activity and have the skills and 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Annual Coordinated School Health Reports

<p>knowledge to make healthy choices.</p> <ul style="list-style-type: none"> Curriculum and instruction implemented provide for student choice. 	<p>Resources needed:</p> <ul style="list-style-type: none"> Staff has access to professional development on student empowerment strategies <p>Obstacles:</p> <ul style="list-style-type: none"> Access to resources Staff attrition
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Objective 3: Conduct health-related fitness assessments and utilize data to improve students' physical fitness.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Physical education teachers will provide instruction on the components of health-related fitness. Physical education teachers will provide students an opportunity to practice health-related assessments before data is collected. Physical education teachers will share test results with students and parents and present the information in context of overall level of fitness needed for good health, as requested. The WISD Health and Physical Education Department will provide professional development opportunities for physical education teachers and athletic coaches to support best practices for health-related fitness assessment. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> Staff will have access to fitness assessment software Staff will have access to professional development on the fitness education process <p>Obstacles:</p> <ul style="list-style-type: none"> Access to resources Staff attrition

Objective 4: Provide physical activity opportunities to students throughout the school day.	
Action Steps	Methods for Measuring Implementation

<ul style="list-style-type: none"> • Campuses will be encouraged to provide short bursts of physical activity during classroom instruction every 45–60 minutes. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff will have access to fitness assessment software • Staff will have access to professional development on the fitness education process <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition • Access to technology
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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: Communicate and promote opportunities to parents that support their child's participation in physical activity outside the school day.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Campus Coordinated School Health Team will inform parents of opportunities for their children to participate in physical activity outside the school day. • Campus Coordinated School Health Team will post and communicate information about upcoming physical activity programs through announcements, flyers, posters, and school and District websites. • Campus Coordinated School Health Team will reinforce and advocate the 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff has access to information on Weimar-based events that provide physical activity • Staff has access information on out-of-school time programs that provide physical activity

<p>importance of physical activity through posted signage, ongoing messages to teachers, and communication to parents.</p>	<p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition
<p>Objective 2: Educate parents on the importance of including physical activities in family events.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> • Campus Coordinated School Health Team will encourage parents to schedule at least 30 minutes of physical activity time at home for their children. • Campus Coordinated School Health Team will inform parents on upcoming Weimar physical activity-based events and national observances that promote wellness. • WISD Health and Physical Education Department will provide educational resources at appropriate District events for parents on the importance of energy balance, lifetime fitness, and engaging in leisure activities for enjoyment. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff has access to information on Weimar physical activity-based events • Staff has access information on out-of-school time programs that provide physical activity • Staff has access to parent- and family-centered educational information <p>Obstacles:</p>
	<ul style="list-style-type: none"> • Access to resources • Staff attrition

GOAL 3: 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: Provide research-based information and examples of integrating physical activity to the classroom as a way to prepare the brain to learn.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> WISD Health and Physical Education Department will create content for teachers and staff on the research-based benefits of incorporating physical activity into the classroom environment. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> Staff has access to professional development on the benefits of physical activity in the classroom Staff has access to District Health and Physical Education website <p>Obstacles:</p> <ul style="list-style-type: none"> Access to resources Staff attrition
<p>Objective 2: Provide resources and strategies for integrating physical activity into the classroom.</p>	
Action Steps	Methods for Measuring Implementation

<ul style="list-style-type: none"> WISD Health and Physical Education Department will support physical activity in the classroom and provide resources as needed. WISD Health and Physical Education Department will assist staff development content for teachers and staff on instructional strategies used to incorporate physical activity into the classroom environment WISD Health and Physical Education Department will provide in-person training opportunities. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> Staff has access to online physical activity resources Staff has access to professional development on instructional strategies to incorporate physical activity into the classroom <p>Obstacles:</p>
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	<ul style="list-style-type: none"> • Access to resources • Staff attrition
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<p>GOAL 4: 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.</p>	
<p>Objective 1: Provide resources and information to families and the community on use of recreational facilities.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Campus administration will make information available about the use of recreational facilities to the campus community. • Facility use information will be available on the District website. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • Fliers / Newsletters • Website <p>Obstacles:</p> <ul style="list-style-type: none"> • Ensuring safety of community on District property after school 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 healthy eating and physical activity and to promote and express a consistent wellness message.

<p>GOAL 1: The District shall allow sufficient time for students to eat meals in cafeteria</p>

facilities that are clean, safe, and comfortable.	
Objective 1: Allow students an appropriate amount of time to eat meals in a comfortable environment.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Campus administration will schedule at least 20 minutes for students to eat lunch and ten minutes to eat breakfast and snacks. • Campus Food Services staff will ensure the lunchroom is branded and decorated in a way that reflects the student body and positive health messages. • Campus administration will ensure all lights in the dining and meal service areas work and are turned on during mealtime. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • Professional development for Food Services staff • Staff has access to menu boards and positive health-promotional materials • Custodial personnel and appropriate lighting supplies <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition • Scheduling conflicts
Objective 2: Provide a clean and hazard-free lunchroom environment.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Campus Food Services staff will ensure cleaning supplies or broken/unused equipment are not visible during meal service. • Custodial staff will ensure compost/recycling and trashcans are at least five feet away from dining students. • Campus Food Services and 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff has access to professional development for Food Services staff • Staff has access to the Smarter

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<p>custodial staff will ensure trashcans are emptied when full.</p> <ul style="list-style-type: none"> • Campus Food Services staff will ensure there is a clear traffic pattern by using signs, floor decals, or rope lines as appropriate. 	<p>Lunchroom Checklist</p> <ul style="list-style-type: none"> • Custodial personnel and appropriate lighting supplies <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition
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<p>GOAL 2: The District shall promote wellness for students and their families at suitable District and campus activities.</p>	
<p>Objective 1: Communicate and promote opportunities to parents that support their children’s participation in physical activity outside the school day.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • WISD will inform parents of opportunities for their children to participate in physical activity outside the school day 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Wellness policy checklist data
<ul style="list-style-type: none"> • WISD will post and communicate information about upcoming physical activity programs through announcements, flyers, posters, and school and district websites. • WISD will reinforce and advocate the importance of physical activity through posted signage, ongoing messages to teachers, and communication to parents. 	<p>Resources needed:</p> <ul style="list-style-type: none"> • Staff has access to information on Weimar-based events that provide physical activity • Staff has access to information on out-of-school time programs that provide physical activity <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition
<p>Objective 2: Educate parents on the importance of including physical activities in family events.</p>	

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> WISD will encourage parents to devote 30 minutes or more daily to family physical activity at home. WISD will inform parents on upcoming Dallas-based events and national observances that promote wellness. Health and Physical Education staff will provide educational resources at appropriate District events for parents on the importance of energy balance, lifetime fitness, and engaging in leisure activities for enjoyment. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Wellness policy checklist data <p>Resources needed:</p> <ul style="list-style-type: none"> Staff has access to information on Weimar-based events that provide physical activity Staff has access information on out-of-school time programs that provide physical activity Staff has access to parent- and family-centered educational information <p>Obstacles:</p> <ul style="list-style-type: none"> Access to resources Staff attrition

<p>GOAL 3: The District shall promote employee wellness activities and involvement at suitable District and campus activities.</p>	
<p>Objective 1: Support the physical, mental/emotional, and nutritional wellbeing of employees with health promotion programs/initiatives through the District’s Employee Wellness Program.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> District-wide Wellness Challenges will focus on varying components, including healthy physical activity, nutritional wellness, and/or mental wellbeing/stress management with incentives to drive staff engagement. WISD Health Services will coordinate onsite preventative 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Health-Care Claims Analysis <p>Resources needed:</p> <ul style="list-style-type: none"> Staff has access to online physical activity and nutrition education/cooking recipes and demonstration videos through

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<p>services for all WISD facilities such as flu shot clinics, and basic screenings.</p>	<p>Coordinated School Health Website.</p> <p>Obstacles:</p> <ul style="list-style-type: none">• Program awareness/communication barriers
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