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]

STRATEGIES TO SOLICIT INVOLVEMENT

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:

1. Posting on the District's website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.
2. Listing in the student handbook the position of the person responsible for oversight of the District's wellness policy and plan along with an invitation to contact the person if the reader is interested in the development, implementation, and evaluation of the wellness policy and plan.

IMPLEMENTATION

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.

The Executive Director for Student Support Services 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.

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."

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 any of the following tools for this analysis:

- Smarter Lunchrooms' website (https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms)
- Relevant portions of the Center for Disease Control's School Health Index (http://www.cdc.gov/healthyschools/shi/index.htm)
- A District-developed self-assessment

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 District Records Management Officer, 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:

- 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 (see the Complete *Administrator Reference Manual* [ARM], Section 20, 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 for the 2016–17 school year:

Campus or Organization	Food / Beverage	Number of Days
GPISD Campuses	Miscellaneous Foods & Beverages	Six

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)]

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. Reviewing marketing materials from all food vendors used in the District

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: The District will promote participation in National School Lunch Program.

Action Steps	Methods for Measuring Implementation
Keep cafeteria and service line clean and inviting Maintain online monthly menus and ensure nutrition information is available Publish information on district's department website promoting participation of the program	Baseline or benchmark data points: • Participation rates from NLSP/GPISD Cafeteria Resources needed: • Feedback from Student Nutrition Parent Advisors Obstacles: • Parents may not utilize website or have access to technology • Negative perceptions of school menus • Parents choosing not to disclose information related to income or family information to determine eligibility for free or reduced-price meals

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 research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding any programs offered by the District.

Action Steps	Methods for Measuring Implementation
Research food access programs available in the community with which the District	Baseline or benchmark data points:

could partner (food pantry programs supported by a local area food bank, backpack programs, summer meal programs, etc.)	• Number of supplemental programs the or currently offers promotes • The types of food access programs identified and ways the information was communicated to families and the community Resources needed: • Partnerships with community organizations • Literature to send to families/community Obstacles: • Limited resources/organizations
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.	
Action Steps	**Methods for Measuring Implementation**
Work with the Student Nutrition Director to develop/design menus at least once a month	Baseline or benchmark data points: • The manner in which the menus are currently communicated to parents Resources needed: • Website location • Staff to create and distribute the menus for posting to the website Obstacles: • Not all households have computer access

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: At least 90% of students enrolled in physical education courses throughout the District will achieve at least a semester grade average of 80 on a scale of 100.	
Action Steps	**Methods for Measuring Implementation**
Create a formula and action plan to obtain the semester grade averages of students enrolled in physical education	Baseline or benchmark data points: • Average semester grades at the end of the first and second semesters for all District students enrolled in physical education Resources needed: • Support from central administration to obtain grade averages Obstacles: • Nutrition education is only a part of the essential knowledge and skills for physical education courses

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: District staff will promote and integrate nutrition education facts during District-sponsored events during the school year.	
Action Steps	**Methods for Measuring Implementation**
Identify appropriate events at which nutrition education could be promoted	Baseline or benchmark data points: • The number of events during the school year at which nutrition education was either communicated or distributed Resources needed: • A flier to distribute to event attendees • Sample mini-lessons for staff to teach at events Obstacles: • The SHAC may not be award of all District sponsored events

Objective 2: One hundred percent of students will have access to drinking water at all times during the school day.	
Action Steps	**Methods for Measuring Implementation**
The maintenance department will maintain proper condition of all water fountains in the District and ensure they are accessible to students.	Baseline or benchmark data points: • Documentation from the school nutrition department that water was available during meal periods, as required by federal standards Resources needed: • Easily accessible water fountains Obstacles: • Teachers will need to develop procedures regarding when a student would be permitted to get water from a fountain during class time

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: All staff responsible for nutrition education will maintain their annual training hours for their individual job as required by state and federal law.	
Action Steps	**Methods for Measuring Implementation**
Student Nutrition Director will plan, register and keep records of annual training of student nutrition staff. Campus administrators will monitor the required training of staff for nutrition education	Baseline or benchmark data points: • Certificates of completion Resources needed: • Files in Student Nutrition Director's office and Eduphoria Obstacles: • Time for all personnel to attend training

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:

- The District will meet the required physical activity in elementary school grades by providing at least 30 minutes per day of recess, weather permitting.
- The District will require students, unless exempted because of illness or disability, to be enrolled in physical education or athletic courses for at least four out of the six semesters in grades 6-8.
- As required for graduation, students at the secondary level will earn a minimum of one credit in physical education or an approved substitute course.

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 maintain the fence and gates around the campus including the playground, track and pavilion.	
Action Steps	**Methods for Measuring Implementation**
Inspect and maintain the integrity of the fence and gates around the campus facilities	Baseline or benchmark data points: • Regular inspection of the fence and gates Resources needed: • Personnel to inspect and repair Obstacles: • Time permitting inspections

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 shall employ highly qualified personnel and provide professional development opportunities which encourage current best practices.	
Action Steps	**Methods for Measuring Implementation**
Through relationships with service centers and other resources, professional development resources will be made available to staff through district needs assessments.	Baseline or benchmark data points: • Teacher information on integrating physical breaks into their lessons • District needs assessment Resources needed: • Time for training during in-service days Obstacles: • Participation

GOAL: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
Objective 1: Individual campuses will implement before or after-school physical activity programs throughout the year.	
Action Steps	**Methods for Measuring Implementation**
The District will work with 21st Century to provide after school programs at designated campuses. Intermural sports will be offered at middle school campuses Through our partnership with the YMCA, students will be provided with the opportunity to participate in programs offered through their facility.	Baseline or benchmark data points: • Documentation of student participants Resources needed: • Available space on the campus • Program sponsor Obstacles: • Parent permission

GOAL: 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: The District will offer events during the school year that focus on educating students and staff about healthy living best practices.	
Action Steps	**Methods for Measuring Implementation**
The District and individual campuses will host health fairs, offer preventive screenings and immunization clinics. The employee benefits department will host monthly lunch and learn sessions and develop a quarterly newsletter with healthy living tips and resources.	Baseline or benchmark data points: • Report of the number of students and staff participating Resources needed: • Fliers for distribution • Newsletter Obstacles: • Participation

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: The District will offer events during or outside normal school hours that involve physical activity and includes both parents and students in the event.	
Action Steps	**Methods for Measuring Implementation**
The District will host Relay for Life each year and invite parents and students to participate. Campuses will publicize events on their marquee and campus websites.	Baseline or benchmark data points: • List of families participating Resources needed: • Distribute fliers with information Obstacles: • Getting the information to all families • Participation of families

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 outside the school day.	
Objective 1: The District shall allow the community to use outside facilities including the track and/or gym as available.	
Action Steps	**Methods for Measuring Implementation**
Open gym will be conducted when coaching staff is available Open track to community when facilities are open and safe for use	Baseline or benchmark data points: • Use of the gym and track by students and community members Resources needed: • Staff to monitor use Obstacles: • Students and community may not use the facilities

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 campuses will build their master schedules to allow for at least fifteen minutes to eat breakfast and 20 minutes to eat lunch, from the time the student receives his or her meal and is seated.	
Action Steps	**Methods for Measuring Implementation**
Evaluate current meal time allowance by campus. Work with campus administrators to adjust master schedule as necessary	Baseline or benchmark data points: • Master schedule Resources needed: • Master schedule Obstacles: • Scheduling/staffing problems

GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1: All classroom or campus celebrations will encourage the inclusion of at least one item that is Smart Snacks compliant such as fruit or fruit juice.	
Action Steps	**Methods for Measuring Implementation**
Create a full list of Smart Snacks compliant foods and beverages to be distributed to parents who have agreed to bring foods and beverages for a classroom or campus celebration	Baseline or benchmark data points: • The number of celebrations approved on each campus and whether the celebrations met the 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 Resources needed: • A list of Smart Snacks compliant foods and beverages Obstacles: • Validity of self-reporting

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1: The District will utilize its employee benefits department to encourage wellness by communicating the preventive services covered at 100% during each open enrollment period.	
Action Steps	**Methods for Measuring Implementation**
Work with the employee benefits department to determine what services are covered at 100%. Develop materials and identify methods to share information about services with employees.	Baseline or benchmark data points: • Documentation of when and how information was shared with employees Resources needed: • A list of preventive services covered at 100% Obstacles: • Coverage is subject to change • Participation rates of those who are willing to self-report may be low