

# **Arlington ISD Wellness Plan**

The Arlington ISD supports the general wellness of all students and staff. Our goal is to provide an age appropriate wellness education and an environment that encourages healthy eating and a physically active lifestyle (FFA Local).

## **1. Development, Implementation, & Guidelines**

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# **Arlington ISD Wellness Plan**

## **1.1 Student Health Advisory Council**

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.

## **1.2 Soliciting 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:

Post on the Arlington ISD District Website.

Present at District Stake Holders Meeting.

## **1.3 Responsibility for Implementation**

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

The Dr. Michael Hill Assistant Superintendent is the District official responsible for overall implementation of FFA(LOCAL), including development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

## **1.4 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. This “triennial assessment” will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state- or federally designated model policies. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

## **1.5 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.

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)];
1. A copy of this wellness plan, with dated revisions;
2. Notice of any Board-adopted revisions to FFA(LOCAL);
3. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
4. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
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 publication.

## **1.6 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 *Dr. Michael Hill Assistant Superintendent* the District's designated records management officer.

## 2.0 Goals for 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:

Fitnessgram Data

Student Nutrition Services Administrative Reviews

Employee Wellness Program

Annual Health Services Report

Parent Community Engagement Report

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 replacements or new contracts are considered.

## 2.1 Implementing Goals for Nutrition Promotion

<b>GOAL:</b> The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	
<b>Objective 1: Messages promoting foods with high nutrition value will be shown on digital boards in all cafeterias throughout the school day.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>Marketing material will be reviewed by the Food and Nutrition Services’ dietitian.</li> <li>The Food and Nutrition Services’ IT maintains the menu boards and software required to function and provide accurate information.</li> </ul>	<p><b>Resources needed:</b> Current marketing material, Menu Boards, Data lines.</p> <p><b>Measures of success:</b> 100% of all cafeterias are equipped with menu boards promoting foods with high nutritional value.</p>
<b>Objective 2: Promote fruit and vegetable consumption.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>Prominently display fruits and vegetables on serving line.</li> <li>Purchase seasonal items to introduce a variety of fruits and vegetables.</li> </ul>	<p><b>Resources needed:</b> USDA fruit and vegetable Market Report.</p> <p><b>Measures of success:</b> Increased student consumption measured through production records.</p>

<b>GOAL:</b> The District shall share educational nutrition information with families, staff and the general public to promote healthy nutrition choices and positively influence the health of students and staff.	
<b>Objective 1: Provide nutrition information and healthy recipes to promote healthy eating habits.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>● Post nutrition information on the Food and Nutrition Services' web page.</li> <li>● Provide nutritional materials at District-wide events.</li> <li>● Print and distribute to campuses monthly elementary breakfast and lunch menus with fun nutrition information activities.</li> <li>● Maintain online app for families to readily access nutrition and allergy information for all menu items.</li> </ul>	<p><b>Resources needed:</b></p> <p><b>Measures of success:</b> Food and Nutrition Services' webpage is current with evidenced based nutrition information. Nutrition materials are provided at three District wide events yearly. Printed menus are distributed to elementary schools monthly. Online menu app is current and provides nutritional and allergy information for menu items.</p>

## 2.2 Goals for 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 at the elementary and middle school levels. [See EHAA]

### Implementing Goals for Nutrition Education

<b>GOAL:</b> 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.	
<b>Objective 1: Food and Nutrition Services will provide continuing education for department employees to administer the National School Breakfast and Lunch Program.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
2. Continue to provide at least six hours of education related directly to the food programs each year for employees.	<p><b>Resources needed:</b> Approved and relevant continuing education.</p> <p><b>Measures of success:</b> 100% of Food and Nutrition Service employees have at least six hours of education year.</p>

**GOAL:** The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

**Objective 1:**

<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"><li>● Provide nutrition information to the District through nutrition messages and observances promoted by community health organizations such as the American Heart Association, American Diabetes Association, Academy of Nutrition and Dietetics, and It's Time Texas, and others as appropriate</li></ul>	<ul style="list-style-type: none"><li>● Determine what nutrition education initiatives would be best to promote District-wide</li><li>● Document initiatives the District participates in</li></ul> Resources needed: <ul style="list-style-type: none"><li>● Time</li><li>● Communication tools</li></ul>

### 3.0 Goals for 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 for all grades [see BDF, EHAA, EHAB, and EHAC], as follows:

#### Implementing Goals for Physical Activity

<p><b>GOAL:</b> 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><b>Objective 1: Campus master schedules will be checked each semester to ensure that all TEA regulations concerning physical education are met by the school district.</b></p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>● Elementary campus schedules are checked to ensure compliance with the TEA required 135 minutes.</li> <li>● Exposure to a wide variety of recreation/leisure sports as well as traditional physical education is being written into the curriculum.</li> <li>● Integrate physical activity into the academic curriculum is encouraged when appropriate.</li> <li>● Enhance the quality of physical education curricula and provide training of physical education teachers through District-wide staff development.</li> <li>● Encourage parent to support their children's participation by being active role models, and to include opportunities for physical activity at school events.</li> </ul>	<ul style="list-style-type: none"> <li>● The use of breaks in the academic classroom setting to integrate movement into all classes when appropriate.</li> <li>● Opportunities to attend conferences equal to other subject areas.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● Continued funding for the updating of Curriculum and support of the adopted Coordinated School Health Program.</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● Time</li> <li>● Opportunities for teachers to meet together to collaborate on ways to enhance the students educational based activities.</li> </ul>

**Objective 2: Each Campus will allow opportunities for participation in voluntary physical activities during the school day such as recess, breaks, and friendly competition.**

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>● Recess guidelines will be posted on the district web site to assist elementary campus administrators with the writing of master schedules for their individual campuses.</li> </ul>	<p>Resources Needed</p> <ul style="list-style-type: none"> <li>● Supervision</li> <li>● Available activities</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● Time</li> <li>● Weather/Facilities</li> </ul>

**GOAL:** The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

**Objective 1: Students will participate in physical activity throughout the educational day to promote better learning environment.**

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>● Educate teaching staff how to integrate physical activity during the learning process when appropriate</li> <li>● Elementary only – recess will be removed only as a last resort. If has to be eliminated other sources of physical activity or movement will be added.</li> </ul>	<p>Tracking activity time on calendar</p> <p>Resources:</p> <p>Alternative facility planning for activity for during inclement weather</p> <p>Professional development to train teachers how to incorporate activity.</p>



<b>GOAL:</b> The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students and District employees to participate.	
<b>Objective 1: Offer as able, community based appropriate before-school and after-school physical activity programs.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>Offerings from community based facilities for after school physical activity programs.</li> <li>Determine appropriated programs and locations where offered.</li> </ul>	<ul style="list-style-type: none"> <li>List of campuses offering after school programs</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Community organizations</li> </ul>
<b>Objective 2: Offer appropriate physical activity programs for staff in accordance with Risk Management policies as able.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>Work with contracted vendors to offer onsite physical activity classes and programs for staff</li> <li>Offer education and information on fitness and physical activity to staff through newsletter, health observances, and educational classes</li> <li>Provide staff with information on discounts offered by local fitness groups and gyms</li> <li>Promote local walks and runs that staff can participate in such as the American Heart Association Heart Walk, American Diabetes Walk and bike event, along with other community events</li> </ul>	<ul style="list-style-type: none"> <li>Determine fitness class offerings</li> <li>Determine schedule of local walks, runs, and other fitness events</li> <li>Document physical activity programs offered and educational messages and classes offered by the District</li> </ul>

<b>GOAL:</b> 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.	
<b>Objective 1: Promote the Arlington ISD Wellness program to the employees</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>Have a wellness champion at each facility to encourage and inform</li> </ul>	Track participation in the program.

employees of the wellness program and it opportunities.	
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<b>GOAL:</b> The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.	
<b>Objective 1: Plan and coordinate community events to involve parents and community members that provide physical activities and health education.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>• Department of parent and community engagement will host events and involve community partners to educate and create opportunity to promote healthy physical, mental, and emotional lifestyles.</li> <li>• Create a calendar of events to promote to community</li> </ul>	<ul style="list-style-type: none"> <li>• Track community participation</li> <li>• List events</li> <li>• List community sponsors</li> </ul>

<b>GOAL:</b> The District shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, playgrounds, and the like, that are available for use outside of the school day.	
<b>Objective 1: Offer use of District facilities as appropriate based on District policies.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>• District Tracks and playgrounds available for community to exercise.</li> <li>• Junior High and Elementary practices fields available for youth teams at no cost.</li> </ul>	<ul style="list-style-type: none"> <li>• District information about facility usage online.</li> </ul>

## 4.0 Goals for Other School-Based Activities

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness, create an environment that encourages healthful eating and physical activity, and promote a consistent wellness message.

<b>GOAL:</b> The District shall promote wellness for staff, students and their families at suitable District and campus activities.	
<b>Objective 1: Encourage all Arlington ISD campuses to participate in at least on wellness event per calendar year.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>District partners with local wellness providers to provide information through literature and events to promote healthy lifestyles for students.</li> </ul>	<ul style="list-style-type: none"> <li>Identify events online and promotion of the events through Parent and Community Engagement Department.</li> <li>Track attendance at events.</li> </ul>
<b>GOAL:</b> The District shall promote employee wellness activities and involvement at suitable District and campus activities through the Employee Wellness Program.	
<b>Objective 1: Employee Wellness Program to develop and follow a Workplace Health Improvement Plan to promote staff health and wellness.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>Each department/campus will have a wellness champion to promote the wellness program.</li> <li>Display and market the opportunities for staff to participate in the program.</li> <li>Educate the staff on the wellness benefits.</li> </ul>	<ul style="list-style-type: none"> <li>Track participation in program.</li> <li>Staff development presentation</li> </ul>
<b>GOAL:</b> The District shall promote mental health safety to all students and faculty	
<b>Objective 1: Employee Wellness Program is to promote opportunities and plan to create opportunities for psychological safety.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>Each department/campus will have will share what the current resources</li> </ul>	<ul style="list-style-type: none"> <li>Document the resources</li> </ul>

<p>we are using for mental safety of students.</p> <ul style="list-style-type: none"> <li>● Reach out to community partners and publish resources to parents and students.</li> <li>● Educate the staff on how to recognize students in need.</li> </ul>	<ul style="list-style-type: none"> <li>● Evaluate the availability of the information to staff, students, and parents.</li> </ul>
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## 5.0 Nutrition Guidelines

The School Health Advisory Council (SHAC), in collaboration with the District, shall develop a wellness plan to implement the District’s nutrition guidelines and wellness criteria.

All District campuses participate in the United States Department of Agriculture’s (USDA’s) child nutrition programs, including the National School Lunch Program, School Breakfast Program. Some but not all campuses participate in the After-School Snack Program, Supper Program and Summer Food Service Program. As required by federal law, the District has established nutrition guidelines for foods made available on each campus.

The District’s nutrition guidelines are established 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.

The District’s nutrition promotion activities shall encourage participation in the School Breakfast Program and the National School Lunch Program. Meals served under the National School Lunch Program, School Breakfast Program and Summer Food Service Program are the official meals of the District. The programs will be available to students every day that school is in session and outside parties may not provide these meals cancelling or limiting student access to the programs in whole or in part.

### Definitions:

School Day: “School Day” means the period of time from the midnight before to 30 minutes after the end of the official school day.

School Campus: “School Campus” means all areas of the property under the jurisdiction of the district that are accessible to students during the school day.

Competitive Foods and Beverages: “Competitive foods and beverages” are not part of the School Breakfast Program, National School Lunch Program, After-School Snack Program,

Supper Program or the Summer Food Service Program. Competitive foods and beverages occur through sales such as, but not limited to, vending machines, fundraisers, Booster and PTA food sales and school stores.

Transactions that Constitute a Sale: Sale of a food and/or beverage includes all direct or indirect sales such as (1) cash or credit transactions; (2) tokens, tickets, coupons, or other representations of value in exchange for cash or credit that a student may use to purchase food and/or beverages; or (3) food and/or beverages given to students in exchange for donations, whether those donations occur by cash or credit. If a student receives a food and/or beverage as a result of any form of payment, donation, or other exchange, the food and/or beverage item must meet Smart Snack requirements.

## **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 and the District's wellness goals for competitive foods. For purposes of this plan, the federal requirements for food other than reimbursable meals 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/school-meals/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>

All foods and beverages sold during the school day will comply with federal requirements and the District's wellness goals for reimbursable meals and Smart Snacks.

Federal regulations prohibit the sale of foods or beverages in competition with school meals in the food service area during the meal service.

The campus must keep on file the list of ingredients for all foods or beverages sold on campus.

The campus must keep on file the nutrition information evidencing Smart Snack compliance for all items sold on campus, including through student-accessible vending machines.

All food and beverages sold on campus must be commercially prepared.

## **EXEMPTIONS TO SMART SNACK STANDARDS/ WELLNESS GOALS**

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six (6) 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 each campus to select six (6) exemption days per school year. All Booster Clubs, PTAs and other organizations (including non-Smart Snack compliant vending machine sales) share the same six (6) exemption days per campus. Campus Administration has the authority to approve or not approve an organization from selling items on an Exempt Day. The Smart Snacks Exemption Days Form (Exhibit A) must be filled out in advance of the first exemption day and no later than September 30<sup>th</sup> of each year by each campus and forwarded to the Food and Nutrition Department. These records are subject to audit by the Texas Department of Agriculture.

Exemption Days:

Elementary Campuses	No entrée like items (such as pizza, hotdogs, nachos) may be sold before a students' scheduled school lunch period. No foods or beverages can be sold in competition with school meals in the food service area during the meal service.
Secondary Campuses	No foods or beverages can be sold in competition with school meals in the food service area during the meal service.

To assist in maintaining compliance with federal Smart Snack regulations, if a campus is observed selling non-Smart Snack compliant items on a non-scheduled exemption day, that day will be entered as an exemption day replacing a scheduled exemption day.

### WELLNESS FUNDRAISERS

Be a Healthy School Fundraiser Champion! Make it a priority to plan "Wellness" fundraisers. Wellness fundraisers include activities such as Fun Runs, Read-a-Thons, student art/craft fairs and healthy foods such as fruit baskets during fall holidays.

There is no limit on the amount of non-food related fundraisers a campus may have.

### FOODS AND BEVERAGES GIVEN AWAY

There are currently no federal or state restrictions for foods or beverages given to students at no cost (no form of payment, donation, or other contribution of value exchanged for the item) during the school day. However, the District must set standards for foods and beverages given away.

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)] School designated activities are activities such as Valentine's Day, winter break or other holiday parties.

The following regulations apply to foods and beverages being given to classes or grade levels and are not intended to apply to a parent (or guardian or another authorized adult) giving meals to their own child(ren).

Elementary Campuses	<ul style="list-style-type: none"><li>• No entrée like items (such as pizza, hotdogs, nachos) may be given before a students' scheduled school lunch period.</li><li>• The school meal programs will be available to students every day that school is in session and outside parties may not provide these meals cancelling or limiting student access to the programs in whole or in part.</li><li>• No foods or beverages can be given in competition with school meals in the food service area during the meal service.</li><li>• All food and beverages given away must be commercially prepared.</li><li>• The campus must keep on file the list of ingredients for all foods or beverages given away on campus.</li></ul>
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Secondary Campuses	<ul style="list-style-type: none"><li>• The school meal programs will be available to students every day that school is in session and outside parties may not provide these meals cancelling or limiting student access to the programs in whole or in part.</li><li>• No foods or beverages can be given in competition with school meals in the food service area during the meal service.</li><li>• All food and beverages given away must be commercially prepared.</li><li>• The campus must keep on file the list of ingredients for all foods or beverages given away on campus.</li></ul>
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### **DELIVERED MEALS**

For the security of our students, no outside foods or beverages shall be delivered to a student during the school day by anyone other than the student's own parent or guardian or another authorized adult.

### **MEASURING COMPLIANCE WITH NUTRITION GUIDELINES**

The District will measure compliance with the nutrition guidelines by reviewing foods and beverages that are sold in competition with 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.