

WELLNESS PLAN	<p>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.]</p>
STRATEGIES TO SOLICIT INVOLVEMENT	<p>Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following persons to work with the SHAC on the District’s wellness policy and plan: parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input of these other interested persons by:</p> <ol style="list-style-type: none"><li>1. Contact local medical providers for input on policy development.</li><li>2. Post meeting dates of subcommittee meetings on district website.</li></ol>
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 SHAC Coordinator is the District official responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.</p>
EVALUATION	<p>At least every three years, as required by law, the District will measure and make available to the public the results of an assessment of the implementation of the District’s wellness policy, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. This will be referred to as the “triennial assessment.”</p>

Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

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

- [Smarter Lunchrooms' website](#)
- [Coordinated Approach to Child Health \(CATCH\) website](#)
- [Center for Disease Control and Prevention: Healthy Schools website](#)
- [United States Department of Agriculture Food and Nutrition Service: Child Nutrition Programs website](#)

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 Superintendent, 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	<p>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.</p> <p>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.</p>
FOODS AND BEVERAGES SOLD	<p>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:</p> <ul style="list-style-type: none"><li>• <a href="#">Nutrition Standards School Meals</a></li><li>• <a href="#">Healthier School Day</a></li><li>• <a href="#">Square Meals Handbooks</a> (see the Complete Administrator Reference Manual [ARM], Section 20, Competitive Foods)</li></ul>
EXCEPTION— FUNDRAISERS	The District will not allow exempted fundraisers; all fundraisers will include nonfood items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

FOODS AND  
BEVERAGES  
PROVIDED

There are no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. However, each school district must set its own standards. The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function. [See CO(LEGAL)]

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

- Campuses will be allowed to submit up to 4 days for allowable school-designated functions (class parties) where foods and beverages that do not meet Smart Snacks guidelines may be provided to students. Days must be submitted by the campus administrator to the appropriate Assistant Superintendent of Instruction for approval by the first day of instruction. Allowable days must be published on campus and district SHAC websites for public access. District-approved community outreach non-profit programs that provide nutritional supplements for outside-of-school consumption are exempt from this standard.
- Consumption of energy drinks before, during and after school is prohibited by students on all district facilities.
- Outside of allowable school-designated functions, foods and beverages outside of the Smart Snacks guidelines may be provided to students for instructional purposes when foods and/or beverages are approved by a campus administrator upon being found to be beneficial to learning or to the students' educational experience.

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 lists of campus advertising made available to students for compliance.
2. Request compliant advertising materials from vendors prior to be placed on campuses.

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: Promote healthy meal choices in cafeteria.**

Action Steps	Methods for Measuring Implementation
List nutritional meal components on a daily basis for meals served in cafeterias.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Number of times nutritional meal components are shared on a daily basis.</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Digital menu boards</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Funding, Materials</li> </ul>

<b>Objective 2: Incorporation of healthy nutrition messages throughout campuses.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Train a core team of campus staff members on CATCH program elements to encourage healthy nutrition and a healthy lifestyle in all aspects of campus life.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Number of staff trained</li> <li>• Number of times healthy nutritional messages are shared with students.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• CATCH Training</li> <li>• Materials replaced</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Funding, time for professional development</li> </ul>
<b>Objective 3: Daily cafeteria menu will be shared via campus announcements.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Share menu daily with students to encourage healthy meal selections.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Current meal participation</li> <li>• Pre- and post- survey data related to student knowledge of healthy meal selections</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Advanced knowledge of menu</li> <li>• Functioning communication method at each campus</li> <li>• Dedicated announcement time</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Time, stigma, meal preferences</li> </ul>

<b>GOAL:</b> 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.	
<b>Objective 1: Increase awareness of meal components.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
1. Include educational element on monthly menus. 2. Add to district webpage and campus signage.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Current menu content</li> <li>• Pre- and post- survey data</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Menu writings</li> <li>• Signage</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Information is not utilized by all parents</li> <li>• Current publication of menus</li> </ul>
<b>Objective 2: Provide nutritional information to the community</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Public Service Announcements at district events where concessions are sold.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Number of times presented</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Captive audience</li> <li>• Engaging written or digitally produced announcements</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Game/event interruptions</li> </ul>

<b>GOAL:</b> The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.	
<b>Objective 1: Ensure signage on all district facilities are compliant with federal guidelines.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Replace non-compliant signage	Baseline or benchmark data points:

	<ul style="list-style-type: none"> <li>• Listing of non-compliant signage</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Expiration of beverage contract</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Vendor cooperation</li> </ul>
<b>Objective 2: Educate district personnel on signage standards for compliance.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Train campus administrators and cafeteria staff on signage compliance standards related to Smart Snacks regulations.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Listing of non-compliant signage</li> <li>• Pre- and post-assessments</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Training module developed</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Development of training module</li> <li>• Vendor cooperation</li> </ul>

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.

<b>GOAL:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
<b>Objective 1: Delivery of nutrition education provided by staff that are knowledgeable in CATCH components.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Train a core team of campus staff members on CATCH program elements to encourage nutrition and a healthy lifestyle in all aspects of campus life.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Staff pre- and post- assessments from CATCH training</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• CATCH training</li> </ul>

	<ul style="list-style-type: none"> <li>Redevelopment of campus CATCH committees</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Funding for training</li> <li>CATCH materials</li> <li>Time for training when all campus committees can attend.</li> </ul>
<p><b>Objective 2: State clear expectations as to when students will be educated on nutrition education within the school day.</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Develop a plan for nutrition education to be provided to students with campus staff, SHAC committee members and WISD curriculum staff.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Number of occurrences that nutrition education is provided on each campus</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>TEKS correlation</li> <li>Campus daily schedule</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Time in pacing guides</li> <li>Instructional time within school day</li> <li>Presentation method</li> </ul>

<p><b>GOAL:</b> 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><b>Objective 1: Promotion of nutrition education will occur on all campuses weekly.</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Develop SHAC expectation for promotion of nutrition education</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Number of occurrences that nutrition education is provided on each campus weekly</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>SHAC Sub-committee</li> <li>Training for administrators</li> </ul> <p>Obstacles:</p>

	<ul style="list-style-type: none"> <li>• Time</li> </ul>
<b>Objective 2: 100% of students will have access to drinking water while on campus, except when it is not allowable due to instructional/assessment requirements.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Develop district policy to ensure water is available throughout a school day to all students in all transition areas.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Documentation that water was available during meal periods and transition times.</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• None</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Access to water fountains</li> </ul>

<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: Training of designated campus staff on CATCH elements.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Core campus CATCH team will train campus staff members on CATCH program elements to encourage nutrition and a healthy lifestyle in all aspects of campus life.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Number of staff trained</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Training module</li> <li>• Training resources</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Time within in-service</li> </ul>
<b>Objective 2: Varied sessions on nutrition education will be offered as part of district professional development plan</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Nutrition education training sessions will be made available to district staff throughout school year locally or through Region 10 Education Service Center.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Number of staff trained at beginning and end of school year</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Training modules</li> </ul>

	<ul style="list-style-type: none"> <li>• District CATCH Trainer of Trainer</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Need to train CATCH Trainer of Trainers</li> <li>• Resources for Professional Development</li> </ul>
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<b>GOAL:</b> The District shall establish and maintain school gardens and farm-to-school programs.	
<b>Objective 1: District will utilize locally grown foods, where appropriate, as part of school lunch program.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
When selecting produce, District will attempt to source locally while complying with all other procurement requirements.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Expenditures with vendors</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Approved vendors with locally sources/grown produce</li> <li>• Menu selections to incorporate produce options</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Compliance with procurement requirements of federal program</li> <li>• Dietary requirements for menu offerings</li> <li>• Quantity of goods available</li> </ul>
<b>Objective 2: District will seek to establish community gardens at campuses</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Work with campuses to identify appropriate location for garden spaces and work through oversight and maintenance of these spaces.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Number of community volunteers to help maintain garden spaces</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Appropriate space accessible by the public</li> <li>• Trained and willing staff to oversee</li> </ul>

	<p>Obstacles:</p> <ul style="list-style-type: none"><li>• Potential abuse/misuse/vandalism of site(s)</li><li>• Supervision of site(s) when staff not present</li></ul>
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PHYSICAL ACTIVITY

Federal law requires that the District establish goals for physical activity in its wellness policy. The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC.]

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

- Elementary:
  - A minimum of 20 minutes of daily recess for students in elementary grades
  - Scheduling of students into physical education classes, in combination with directed physical activities when necessary, in accordance with state law to meet required minutes of physical education.
- Junior High:
  - A minimum of 4 semesters of physical education, athletic or aerobic courses while in grades 6-8
  - Offer and encourage opportunities for other forms of physical fitness and aerobic exercise outside of the school day.
- High school:
  - Master schedules will be created to maximize student participation in physical fitness, aerobic activity and/or athletic classes.
  - Offer and encourage opportunities for other forms of physical fitness and aerobic exercise outside of the school day.

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><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: District will provide a variety of fitness activities for all students.</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Assess students' needs and desire toward current fitness activities.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Number of students in assigned PE courses and fitness activities</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Survey</li> <li>• Instructors/sponsors</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Equipment</li> <li>• Instructors/sponsors</li> </ul>
<p><b>Objective 2: District will diversify activity offerings made available to students.</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Conduct an interest survey for future physical fitness offerings, including activities not on master schedule</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Survey of student interests for PE activities</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Survey</li> <li>• Instructors/sponsors</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Equipment</li> <li>• Instructors/sponsors</li> </ul>

<b>GOAL:</b> The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
<b>Objective 1: Elementary students will be exposed to wide variety of activities</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Teachers will learn/develop new games to introduce to students that incorporate new skills/activities	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Current games/activities offered</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Training/collaboration</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Training opportunities</li> <li>• Staff engagement</li> </ul>
<b>Objective 2: Increase physical fitness activity for secondary students in their schedules</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Secondary students will be encouraged to include physical activities in their yearly course selections.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Current PE/Athletics participation numbers</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Additional activity sections</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Stigma</li> <li>• Number of sections offered</li> </ul>

<b>GOAL:</b> The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
<b>Objective 1: Offer age-appropriate student activities to foster physical fitness at each campus</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Develop a list of current fitness activities offered at each campus. Assess activities that address students' interest.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Number of students involved in before-school and after-school physical activities each nine weeks</li> </ul>

<p>Utilize Campus Advisory Team to set fitness activities to be offered in upcoming year.</p>	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Sponsor/coach</li> <li>• Implementation plan</li> <li>• Equipment</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Transportation of students</li> <li>• Equipment</li> </ul>
<p><b>Objective 2: Encourage participation in before/after school activities</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Educate students on out of school opportunities for physical activity</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Fitness gram data reports</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Comprehensive listing of activities offered in community</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Family time resources</li> </ul>

<p><b>GOAL:</b> 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.</p>	
<p><b>Objective 1: Establish a staff committee to set and implement employee wellness goals.</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Reinstate the employee wellness sub-committee of the SHAC committee.</p> <p>Assess employee needs through survey data</p> <p>Assess resources available to accomplish desired goals</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Staff survey</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Survey data</li> <li>• Committee members</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Funding</li> <li>• Space</li> <li>• Commitment by staff to participate</li> </ul>

<b>Objective 2: Develop exploratory process for employee wellness center as part of long range plan</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Survey staff regarding their needs for physical activities and the facilities necessary to put them into place.</p> <p>Assess district facilities available for employee wellness center</p> <p>Assess funding sources available</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Interest survey</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Average cost of employee wellness center</li> <li>• Facility and corporate partnership</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Funding and corporate partnership</li> <li>• Facility</li> </ul>

**GOAL:** The District shall encourage parents to support their children's participation, be active role models, and include physical activity in family events.

<b>Objective 1: Increase family support of activities</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Promote benefits on student welfare/esteem during parent engagement nights</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Agendas/PowerPoints from parent engagement night activities</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Factual information to share</li> <li>• Willing staff to share</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Low participation</li> </ul>
<b>Objective 2: Offer one event annually for family participation in a physical fitness activity</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Increase parental involvement in physical fitness activity.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Participation rates from year to year</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Promotion tools</li> </ul>

	<ul style="list-style-type: none"> <li>• Volunteerism</li> <li>• Parental participation</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Parental engagement</li> </ul>
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<p><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 outside the school day.</p>	
<p><b>Objective 1: Increase campus usage outside of school hours</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Encourage families to utilize school grounds to promote healthy lifestyles through website promotion and yearly enrollment packets.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Survey family usage</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Survey</li> <li>• Website promotion</li> <li>• District student-wellness flyer</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Privacy</li> </ul>

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.

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.

<b>GOAL:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
<b>Objective 1: Increase lunchroom time for students</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
District will review and adjust schedules to afford students more opportunities for lunch	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Current schedules</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Master schedule</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Less time for instruction</li> </ul>
<b>Objective 2: Lunches will be served at reasonably appropriate times</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
District will schedule lunch times between 10:30 and 1:00 on elementary campuses	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Master schedule</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Flexible scheduling</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• More populated lunch facilities</li> </ul>
District will schedule lunch times between 11:30 and 2:00 on secondary campuses	<ul style="list-style-type: none"> <li>• Limited food service staff</li> </ul>

<b>GOAL:</b> The District shall promote wellness for students and their families at suitable District and campus activities.	
<b>Objective 1: Promote student wellness plans</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Develop wellness activities and events to promote the benefits of an active lifestyle	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Number of offerings</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Available personnel</li> </ul> Obstacles:

	<ul style="list-style-type: none"> <li>• Invasion of home-time</li> <li>• Leadership to spearhead</li> </ul>
<b>Objective 2: Promote physical activity participation</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
District will promote active participation at athletic events	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Current advertisements</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Airtime</li> <li>• Advertising material</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Game interruption</li> <li>• Audience engagement</li> </ul>

<b>GOAL:</b> The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
<b>Objective 1: Promote staff wellness plan/policy</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Develop staff wellness plan with staff wellness committee	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Newly developed plan</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Committee time</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Communication to staff</li> <li>• Employee buy-in of new plan</li> </ul>
<b>Objective 2: Encourage staff to get physically active</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Devote time at convocation to promote physical wellness.  Devote time during staff meetings to discuss importance of physical activity/wellness	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Staff personal sickness days</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Training message/materials</li> <li>• Receptive audience</li> </ul>

	<ul style="list-style-type: none"><li>• Scheduled activities for staff to participate in</li></ul> Obstacles: <ul style="list-style-type: none"><li>• Time</li><li>• Talent</li><li>• Resources</li><li>• Willing participation</li></ul>
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