



# JIM HOGG COUNTY

---

## INDEPENDENT SCHOOL DISTRICT

### **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.

### **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:

1. Sending flyers with date, time, and location of upcoming SHAC meetings home with students.
2. 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.

### **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 Superintendent of Schools 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.

The SHAC will monitor this by:

1. Developing a Local Wellness Plan to implement the Local Wellness Policy [FFA(LOCAL)]. The SHAC will review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.
2. The SHAC will review and ensure that the Local Wellness Policy, Local Wellness Plan, and required documentation is available and accessible for review.

### **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:

1. Working with campus/ district administrators and teachers on what is allowed; and,
2. Only allow advertisement for exempt fundraising days marked on a fundraiser calendar.

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.

## **Implementing Goals for Nutrition Promotion**

**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.**

**Objective 1:** *Jim Hogg County ISD will publish, post, and/ or distribute student and parent communication that promotes healthy nutrition information and messages at least once every grading period through venues such as campus flyers/ bulletin boards, the student handbook, and district website.*

**Action Steps:** Develop and plan messages for parent and student communication

**School and Community Stakeholders:** Cafeteria Managers; Campus Administration; Technology Department

**Resources Needed:** Access to bulletin boards to post flyers; Access to website to post informational items; Access to the student handbook before printing

**Measures of Success:** Communication logs; Number of students and parents who receive student handbook.

## **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**

**GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.**

**Objective 1:** *Jim Hogg County ISD will provide nutritional information regarding healthy eating behaviors to students and parents at least once every grading period by incorporating curricular and co-curricular lessons, extended-day learning activities, and healthy-tips newsletters.*

**Action Steps:** Develop and plan lessons, activities, and newsletters for parent and student communication

**School and Community Stakeholders:** Cafeteria Manager; Campus Administration

**Resources Needed:** Instructional planning to develop quality lessons, activities, and newsletters

**Measures of Success:** Communication logs; Number of students and parents who participate in lessons and activities; Number of students and parents who receive newsletters

## **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:

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 in its wellness policy.

In accordance with FFA(LOCAL), the District has established the following goals for physical activity.

### **Implementing Goals for Physical Activity**

**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.**

**Objective 1:** *Jim Hogg County ISD will maintain in- and outdoor playgrounds, courts, and fields daily to ensure the safety, enjoyable, and developmentally appropriate fitness activities for all students.*

**Action Steps:** Develop and plan maintenance services for all fitness activities

**School and Community Stakeholders:** Campus and District Administration; Campus and District maintenance personnel

**Resources Needed:** Maintenance equipment

**Measures of Success:** Lesson Plans; Maintenance Service logs

**GOAL 2: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.**

**Objective 1:** *Jim Hogg County ISD will publish, post, and/ or distribute parent and student communication at least once every grading period that promotes before-school and after-school physical activity programs to encourage student participation in appropriate fitness activities.*

**Action Steps:** Develop and plan messages for parent and student communication

**School and Community Stakeholders:** Campus Administration; Project ACE staff; Technology Department

**Resources Needed:** Access to bulletin boards to post flyers; Access to website to post informational items; Funding for extra-duty pay

**Measures of Success:** Communication logs; Number of flyers distributed; Number of students participating in daily activities

**GOAL 3: 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:** *Jim Hogg County ISD will publish, post, and/ or distribute parent, student, and community member communication at least once every grading period that promotes the use of the District's recreational facilities to encourage physical fitness at all age groups.*

**Action Steps:** Develop and plan messages for parent, student, and community member communication

**School and Community Stakeholders:** Campus and District Administration; Project ACE staff; Technology Department

**Resources Needed:** Access to bulletin boards to post flyers; Access to website to post informational items; Signage regarding use of facilities at all recreational facilities

**Measures of Success:** Communication logs; Number of flyers distributed

## **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.

### **Implementing Goals for Other School-Based Activities**

**GOAL 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.**

**Objective 1:** *Jim Hogg County ISD will evaluate the current breakfast and lunch times to ensure sufficient time for students to enjoy their meals at least once every semester.*

**Action Steps:** Develop and plan messages for parent, student, and community member communication

School and Community Stakeholders: Campus and District Administration; Cafeteria Managers

Resources Needed: Access to bell scheduling; Meal production time; Serving times

Measures of Success: Benchmark data points

## **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). As required by federal law, the District has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus 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.

### **Exceptions for 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 2019–20 school year:

**Campus or organization: Hebbronville Elementary School**

**Food or beverage: Concession**

**Number of days: 6**

\*\*\*\*\*

**Campus or organization: Hebbronville Junior High School**

**Food or beverage: Concession**

**Number of days: 6**

\*\*\*\*\*

**Campus or organization: Hebbronville High School**

**Food or beverage: Concession**

**Number of days: 6**

\*\*\*\*\*

## **Foods 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 other foods and beverages made available to students:

All Campuses: The parent or grandparent must provide the campus principal and child's teacher at least 24-hour notice. All food and beverage items must be store-bought. (No home-made items will be allowed.)

## **Measuring Compliance with Nutrition Guidelines**

The District will measure compliance with the 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 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. 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.

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

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 publication.

## **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. Susana P. Garza, Superintendent of Schools, the District's designated records management officer. [See CPC(LOCAL)]