

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	<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 data-bbox="560 951 1442 1052">1. <i>Posting on the RCISD website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.</i><li data-bbox="560 1077 1442 1140">2. <i>Every campus front office will post flyers to solicit involvement in SHAC.</i>
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 Director of Student 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.</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 (<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>)

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

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 all 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)

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

- *Prohibit the sale of diet sodas.*

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)]

Students may purchase competitive foods during the school day outside of nutrition services for up to six different events each school year to be determined by the campus and submitted to Food Services for documentation. EX: field day, school carnivals, campus PTO events, etc.

Campus or Organization	Food / Beverage	Number of Days
K-12		6

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)]

All food items provided by the parent/grandparent/guardian must be commercially produced with the ingredient list attached and in an unopened container.

All food items will be distributed by the teacher during the last hour of instructional day.

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

Instructional Use of Food in Classroom – Occasionally, teachers may use competitive foods for instructional purposes.

Birthday Parties – Parents, Grandparents, and/or Guardians may provide snacks or treats, free of charge, to their child's classroom as a Birthday celebration. The District requests that Parents/Grandparents/Guardians bring nutritious snacks in accordance with the wellness policy. Edible snacks or treats must be unopened, from a commercial reseller (not home-made), and include a complete listing of the ingredients attached to the container. Edible snacks or treats should be distributed to the class during the last hour of the instructional day,

School Clinics – school clinic personnel may provide competitive foods to students during the course of providing medical care.

Parents/Grandparents/Guardians – This policy does not restrict what Parents/Grandparents/Guardians may provide for their own child's lunch or snacks. Parents/Grandparents/Guardians may continue to provide lunch of any type to their child during the school day, but may not share or give any restricted food items to other students.

Student Rewards – Principals and/or teachers are encouraged to provide non-food items as rewards. When food items are given as a student reward or incentive, it shall be done after the lunch period.

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. *District assessment – walk throughs and self audits.*

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.

GOAL1: 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: Consistently post, in an easily accessible location on the District’s website, the monthly school breakfast and lynch menus, along with nutritional information for each meal.	
Action Steps	Methods for Measuring Implementation
Work with Food Service to develop menus that are in compliance with this objective and are designed at least one month in advance.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The number and format in which the menus and nutrition information are communicated to parents. • The number of times the menus were viewed in each format during the school year. <p>Resources needed:</p> <ul style="list-style-type: none"> • Software (Nutri-Kids) to create the menus

	Obstacles: <ul style="list-style-type: none"> Lack of computer access
Objective 2: The District will provide each cafeteria with signage that promotes healthy nutrition messages.	
Action Steps	Methods for Measuring Implementation
Work with Food Service to distribute posters for each public cafeteria bulletin board regarding healthy habits.	Baseline or benchmark data points: <ul style="list-style-type: none"> Food service managers will ensure posters are visible to students during onsite reviews. Resources needed: <ul style="list-style-type: none"> Posters Obstacles: <ul style="list-style-type: none"> Staff and students removing posters.

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 2: 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: Food Service shall partner with iACT to determine nutrition education through content subject areas and suggest potential content integration related to nutrition.	
Action Steps	Methods for Measuring Implementation
Work with iACT to determine the level of nutrition education across the district.	Baseline or benchmark data points: <ul style="list-style-type: none"> Number of TEKS that promote nutritional education Curriculum – Health, PE, Culinary Arts, PK – 12 and Science. Resources needed:

	<ul style="list-style-type: none"> Curriculum Framework <p>Obstacles:</p> <ul style="list-style-type: none"> Curriculum infidelity
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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:

- Board Policy EHAB (Legal) – Grades K-5
- Board Policy EHAC (Legal) – Grades – 6 to 8
- Board Policy EIF (Legal) – PE Credits for 9-12

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 3: 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: All students shall meet the physical education requirements.

Action Steps	Methods for Measuring Implementation
Maintain the minutes currently in place for PE (MVPA) each day at each level.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Grades K-5 must receive a total of 30 minutes of MVDP through the physical education program or through structured activity during a campus daily recess. Grades 6-8 must participate in moderate or vigorous daily physical activity for at least 30 minutes for at least four semesters during those grade levels as part of the district's physical education curriculum. Grades 9-12 must earn 1.0 PE Credit for graduation. PE Credits shall be

	<p>counted toward high school graduation.</p> <p>Resources needed:</p> <ul style="list-style-type: none"> • Texas approved PE curriculum and list of PE physical activity substitutions. <p>Obstacles:</p> <ul style="list-style-type: none"> • Ensuring each student is meeting the required PE criteria.
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GOAL 4: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
Objective 1: District shall promote current before- and after-school athletic programs.	
Action Steps	Methods for Measuring Implementation
<p>Promote the current programs by posting on District's website.</p> <p>Coaches promote mini-camps.</p> <p>Work with city leagues in using district facilities for athletic programs.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Track the number of students that attend before and after-school athletic activities and mini-camps. <p>Resources needed:</p> <ul style="list-style-type: none"> • Webpage • Facilities <p>Obstacles:</p> <ul style="list-style-type: none"> • After-school and summer transportation.

GOAL 5: 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:	
Action Steps	Methods for Measuring Implementation
<p>Conduct a district wide wellness campaign once a year.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of participants at the end of the campaign. <p>Resources needed:</p>

	<ul style="list-style-type: none"> • Campus nurses to track participation at each campus. <p>Obstacles:</p> <ul style="list-style-type: none"> • Lack of participation.
Objective 2:	
Action Steps	Methods for Measuring Implementation
Wellness information is sent out to all employees via email and posted in high traffic areas used by district personnel.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of participants viewing emails and participating in activities. <p>Resources needed:</p> <ul style="list-style-type: none"> • Posters and information to be sent to employees. <p>Obstacles:</p> <ul style="list-style-type: none"> • Lack of participation.

GOAL 6: 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:	
Action Steps	Methods for Measuring Implementation
Work with after school city sponsored sports leagues to use district facilities when available.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of league participants using district facilities. <p>Resources needed:</p> <ul style="list-style-type: none"> • Scheduling and facilities. <p>Obstacles:</p> <ul style="list-style-type: none"> • Over scheduling and lack of 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 7: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

[Two studies regarding recommended seat time for children to eat meals are available at <http://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/bergman2.asp> and [http://www.andjrnl.org/article/S2212-2672\(15\)01248-4/fulltext.](http://www.andjrnl.org/article/S2212-2672(15)01248-4/fulltext.)]

Objective 1:

Action Steps	Methods for Measuring Implementation
Campuses create a schedule that permits no fewer than 10 minutes after sitting down for breakfast and 15 minutes after sitting down for lunch to eat per federal guidelines.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Addressed annually through the district’s wellness policy assessment tool completed by principal of designee. Resources needed: <ul style="list-style-type: none"> • Wellness policy assessment tool Obstacles: <ul style="list-style-type: none"> • Short lunch periods • Parents dropping students off late for breakfast. • Teachers bringing students to lunch late.

Objective 2: Students shall have an eating environment that is safe and comfortable.

Action Steps	Methods for Measuring Implementation
Cafeterias should be monitored by staff during eating times for safety and supervision. Custodians should clean the cafeteria during and in between lunch periods to create a clean and comfortable environment.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Safety and cleanliness will be monitored by school personnel. Resources needed: <ul style="list-style-type: none"> • Staff to monitor and clean. Obstacles: <ul style="list-style-type: none"> • Staff shortages