

PAINT CREEK ISD
WELLNESS PLAN/POLICY



2022-2023

Paint Creek ISD Wellness Plan

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]</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 regarding 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">1. Posting on the District’s website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.2. Posting on the District’s website the contact information of the person(s) responsible of the oversight of the District’s wellness policy and plan.
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 principal 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 districts 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> <p>At least annually, the SHAC will review a report provided by the principal on the wellness plan. The SHAC will assess the District’s and each campus’s progress toward meeting the goals of the poli-</p>

Paint Creek ISD Wellness Plan

cy and plan by reviewing district and campus level activities and events tied to the wellness program.

PUBLIC NOTIFICATION

To comply with the legal requirement to inform and update the public about the content and implementation of the local wellness policy, the District will maintain a Nutrition and Wellness page on its website to document information and activity related to the school wellness policy, including:

1. A copy of the wellness policy [FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any board revisions to policy FFA (local)
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's annual report on the District's wellness policy and plan; and
6. Any other relevant information.

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 for Business & Finance, the District's designated records management officer.

GUIDELINES AND GOALS

The following SHAC approved provisions describe the District's nutrition guidelines and activities and objectives to implement the Board-adopted wellness goals in policy FFA(LOCAL).

NUTRITION GUIDELINES

All District campuses participate in the United States 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 made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity.

The District's nutrition guidelines are 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.

Paint Creek ISD Wellness Plan

FOODS SOLD

The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements. The following websites have information regarding meal and Smart Snacks requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>

EXCEPTION— FUNDRAISERS

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO (LEGAL)]

The District will not allow exempted fundraisers; all fundraisers will include non-food items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

FOODS MADE AVAILABLE

There are no federal requirements for foods or beverages made available to students during the school day. 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 guidelines on foods and beverages made available to students:

SAFETY AND SANITATION OF FOOD ITEMS: It is recommended that food items given or sold to students be prepackaged.

FOODS ITEMS GIVEN AWAY DURING THE SCHOOL DAY:

- **PARENTS:** Parents may choose the types of foods they send to school for their own child's consumption.

Paint Creek ISD Wellness Plan

- **CAMPUS CELEBRATIONS:** Foods may be given to students at three (3) approved school campus parties/events. The events need to be documented before the school year begins. The campus will retain records for these approved events for local compliance.
- **STUDENT BIRTHDAY OR OTHER CELEBRATIONS:** Foods may be given to students at these types of celebrations at the discretion of the school principal. These events may not be held in the cafeteria during serving times unless the food is purchased from the cafeteria. It is highly recommended that such parties be scheduled after the end of the class's lunch period so that these celebrations will not replace a nutritious lunch.

FOOD ITEMS FOR INSTRUCTIONAL PURPOSES:

- Foods may be used for instructional purposes. Foods used in lab activities should not be eaten following science experiments.

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.

In accordance with FFA (LOCAL), the District has established the following goal(s) for nutrition promotion.

Paint Creek ISD Wellness Plan

<p>GOAL: The District's food service staff, teachers, and other District personnel shall promote healthy nutrition messages in cafeterias, appropriate classrooms, and other appropriate settings.</p>	
<p>Objective 1: The District will involve district personnel to promote healthy nutrition messages.</p>	
Action Steps	Methods for Measuring Implementation
<p>Produce information for staff, parents, and students that provides healthy school nutrition messages to promote healthy nutrition.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The manner in which the information is provided <p>Resources needed:</p> <ul style="list-style-type: none"> • Disseminate information to administrators at monthly meetings and provide electronically to staff • Time and funding <p>Obstacles:</p> <p>Staff having to read the information</p>

<p>GOAL: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.</p>	
<p>Objective 1: The District may inform families in the community regarding supplemental food and nutrition programs.</p>	
Action Steps	Methods for Measuring Implementation
<p>Gather information regarding food access programs available in the community.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Identify food access programs <p>Resources needed:</p> <ul style="list-style-type: none"> • Each Campus Principal/Counselor partners with community organizations • Post applicable information on District wellness website • Time and funding

Paint Creek ISD Wellness Plan

		Obstacles:
		<ul style="list-style-type: none"> Limited resources and organizations
Objective 2: Provide the monthly breakfast and lunch menus along with selected nutritional information.		
Action Steps	Methods for Measuring Implementation	
Ensure process is in place for menus to be distributed.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> The manner in which the menus and nutrition information are communicated <p>Resources needed:</p> <ul style="list-style-type: none"> District website District staff to copy and distribute the menus for elementary level students to take home and secondary staff for posting within classrooms District staff or students to make morning announcements regarding lunch menu Time and funding <p>Obstacles:</p> <ul style="list-style-type: none"> None 	

GOAL: The District shall ensure that food and beverage advertisements accessible to students during the school day **depict only products that meet the federal guidelines** for meals and competitive foods.

Objective 1: Advertisements of food products will be Smart Snacks compliant.

Action Steps	Methods for Measuring Implementation	
The School Nutrition Director in conjunction with the school administrators will work to ensure that all advertisements hanging in the cafeterias meet federal requirements.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> All advertisements will be snack compliant <p>Resources needed:</p> <ul style="list-style-type: none"> Copies of advertisements <p>Obstacles:</p> <ul style="list-style-type: none"> Continual monitoring and communica- 	

Paint Creek ISD Wellness Plan

GOAL: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

Objective 1: District will promote and integrate nutrition education facts during district sponsored events during the school year.

Action Steps	Methods for Measuring Implementation
Identify appropriate events at which nutrition education could be promoted.	Baseline or benchmark data points: <ul style="list-style-type: none"> • The names of the events during the year at which nutrition education is communicated or distributed Resources needed: <ul style="list-style-type: none"> • A flier to distribute to event attendees • Time and funding Obstacles: <ul style="list-style-type: none"> • Limited opportunities

Objective 2: All students will have access to drinking water during the school day.

Action Steps	Methods for Measuring Implementation
Encourage students to carry personally owned water bottles at all times. Provide access to water in cafeterias and in hallways.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Documentation in the school handbook that water is allowable Resources needed: <ul style="list-style-type: none"> • Easily accessible water fountains • Signs in locations (such as near electronic devices) where water is not allowed Obstacles: <ul style="list-style-type: none"> • Students must be provided access to water fountains if containers are unavailable • Students need to be educated about

Paint Creek ISD Wellness Plan

	proper cleaning of personal containers <ul style="list-style-type: none"> • Time and funding
--	--

GOAL: The District shall provide **professional development** so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

Objective 1: Campus administrators in conjunction with their staff determine appropriate professional development for employees responsible for nutrition education.

Action Steps	Methods for Measuring Implementation
Determine staff involved in the nutrition education program and the appropriate professional development necessary.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Travel forms that provide information regarding training attended Resources needed: <ul style="list-style-type: none"> • Approved time for staff to attend professional development • Time and funding Obstacles: <ul style="list-style-type: none"> • Nutrition education is only one of many facets of the required professional development

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]

As required by the TEC 28.002(l)-(l-1), the District will meet the required physical activity in elementary school grades by providing at least 30 minutes per day of recess, weather permitting.

At the middle school level, the District will require students, unless exempted because of illness or disability, to be enrolled in physical education or athletics courses for at least four out of the six semesters in grades six, seven, and eight.

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:

Paint Creek ISD Wellness Plan

<p>GOAL: The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.</p>	
<p>Objective 1: The school will provide access to the weight room and gym after school two times a week.</p>	
Action Steps	Methods for Measuring Implementation
<p>The two locations will be opened and staffed.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of students utilizing the facilities <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff to perform extra duties • Time and funding <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff may not want to perform this duty

<p>GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.</p>	
<p>Objective 1: Provide appropriate information to staff regarding the benefits of physical activity breaks for students.</p>	
Action Steps	Methods for Measuring Implementation
<p>Gather information to provide to campus administrators and all staff.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • All staff will be provided information <p>Resources needed:</p> <ul style="list-style-type: none"> • Data regarding benefits of activity • Time and funding <p>Obstacles:</p> <ul style="list-style-type: none"> • Time to include additional curriculum requirements toward what it already required in each course

Paint Creek ISD Wellness Plan

<p>GOAL: 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.</p>	
<p>Objective 1: The District offers health insurance which provides fully paid annual physicals, various health tests, and on-line health assessments.</p>	
Action Steps	Methods for Measuring Implementation
<p>Inform employees of available health screenings and wellness opportunities.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Provide information to all employees <p>Resources needed:</p> <ul style="list-style-type: none"> • District provided email. • Time and funding <p>Obstacles:</p> <ul style="list-style-type: none"> • Lack of participation

<p>GOAL: The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.</p>	
<p>Objective 1: At least one campus will offer daily, weekly, or annual events that involve physical activity which includes both parents and students.</p>	
Action Steps	Methods for Measuring Implementation
<p>Gather information from campus administrators and identify events appropriate for parents and students.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Self-reports from campus administrators <p>Resources needed:</p> <ul style="list-style-type: none"> • Informational materials • Time and funding <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff time • Participation rates

Paint Creek ISD Wellness Plan

GOAL: The District shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, playgrounds, and the like, that are available for use outside of the school day.	
Objective 1: Inform the community of the facilities that are available for use outside of the school day.	
Action Steps	Methods for Measuring Implementation
Develop and share information regarding availability of District facilities for recreational use to include all school playgrounds, outside basketball courts, tennis courts, and other outside areas.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Website postings Resources needed: <ul style="list-style-type: none"> • Listing of the types and locations of facilities • Time and funding Obstacles: <ul style="list-style-type: none"> • Availability

**SCHOOL-BASED
ACTIVITIES**

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness.

In accordance with FFA (LOCAL), the District has established the following goal(s) as part of its student wellness policy to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.

GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Objective 1: All campuses will build their master schedules to allow for at least a 30 minute lunch period and 15 minute breakfast.	
Action Steps	Methods for Measuring Implementation
Work with campus administrators to ensure timeframes meet this objective. Administrators and teachers will provide supervision during meal times.	Baseline or benchmark data points: <ul style="list-style-type: none"> • All campuses will provide ample time Resources needed: <ul style="list-style-type: none"> • Time and funding Obstacles: <ul style="list-style-type: none"> • None

Paint Creek ISD Wellness Plan

GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1: Campus and classroom celebrations are allowed but are encouraged to be held after the designated lunch time.	
Action Steps	Methods for Measuring Implementation
Campus administrators should be cognizant of such celebrations and encourage afternoon celebrations so that students have already consumed a healthy meal.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Staff/faculty buy-in Resources needed: <ul style="list-style-type: none"> • Time and funding. Obstacles: <ul style="list-style-type: none"> • Awareness of all celebrations

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1: The District will utilize its health insurance provider to encourage wellness by communicating the preventive services and wellness information.	
Action Steps	Methods for Measuring Implementation
Develop and distribute materials via emails to all employees regarding wellness.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Emails to all employees Resources needed: <ul style="list-style-type: none"> • Email addresses for all employees • Time and funding. Obstacles: <ul style="list-style-type: none"> • Not all employees have coverage, benefits • Participation rates