

Taft ISD Wellness Plan

Updated September 4, 2024

This document, referred to as the “Wellness 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. Posting on the District website the dates and times of SHAC meetings.
2. Posting contact information of the person(s) responsible for the SHAC meetings.

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 Child Nutrition Director and the District Nurse are the District officials 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 Child Nutrition Director, District Nurse, Assistant Superintendent for Curriculum & Instruction, PE/Health teachers, and administrators will report to the Superintendent all results of the Local Wellness Policy at the end of the school year. The SHAC committee (Chaired by the District’s Registered Nurse or Assistant Superintendent for Curriculum & Instruction) along with other invited guests including school board members, parents, students, administrators, principals, teachers, representatives of the school food authority, and school nurses will continue to meet regularly. The group will monitor the progress of the Local Wellness Policy and suggest future goals, guidelines, methods of implementation, and plans for measurement.

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.

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: The District will provide nutritional information and education to students, parents, and community members.

Action Steps: The District will develop and offer monthly nutrition education through cafeteria postings, social media posts, and/or student education through announcements.

School and Community Stakeholders: Child Nutrition Staff, Administrators, Teachers, Students, Parents, and Southwest Food Service Excellence (SFE) Management Company

Responsible Party: Child Nutrition Department

Resources Needed: squaremeals.org, SFE promotional items

Measures of Success: Visible messages and postings that promote healthy nutrition.

GOAL 2: 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.

Objective 1: The District will consistently post the campus menus on the District's or each campus website the monthly school breakfast and lunch menus, along with the nutritional information of each meal.

Action Steps: Work with the District and campus child nutrition supervisors and management company to develop menus that are in compliance with this objective and are designed at least one month in advance.

School and Community Stakeholders: Child Nutrition Staff, Administrators, Teachers, Students, Parents, and Southwest Food Service Excellence (SFE) Management Company

Resources Needed: Work with the District and campus child nutrition supervisors and management company to print copies of healthy nutrition newsletters provided by the Agrilife Extension to distribute to High school and Ricardo L. Trevino Jr High that are in compliance with this objective and are designed at least one month in advance. SFE menu program

Measures of Success: Track and note an increase in views of online menus and the online reviews posted by parents/students.

Objective 2: The District will distribute a healthy nutrition newsletter provided by the Agrilife Extension to promote healthy eating habits and educational resources.

Action Steps: Distribute “Healthy Foods” newsletter

School and Community Stakeholders: Child Nutrition Staff, Administrators, Teachers, Students, Parents, and Southwest Food Service Excellence (SFE) Management Company, and Agrilife Extension

Resources Needed: Texas A&M Agrilife Extension

Measures of Success: Maintain a record of monthly newsletters distributed and post on the website.

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: The District will review the health and nutrition curriculum in PE/Health and make any necessary changes to ensure the instruction follows the guidelines of healthy eating behaviors and meets state requirements.

Action Steps: Review curriculum and make any necessary adjustments. Explore other program options and delivery.

School and Community Stakeholders: PE/Health Teachers and Assistant Superintendent of Curriculum & Instruction

Resources Needed: Updated curriculum document.

Measures of Success: Begin planning and implementation of nutrition education through resources already provided (i.e. Agrilife / Nutrition Newsletters) encouraging healthy eating behaviors. Postings on the website.

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: Nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards.

Action Steps: Survey teachers on the frequency and level of awareness/comfort of Health TEKS integration. Teachers will integrate nutrition education, when appropriate, into their lesson planning in PE, Health, Science, Math, Social Studies, and English K-12.

School and Community Stakeholders: Administrators, Teachers, Curriculum Team

Resources Needed: Content Curriculum to identify where nutrition and Health TEKS can be added; teacher survey

Measures of Success: Evidence of nutrition education embedded in the lessons.

GOAL 3: 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 staff determine appropriate professional development for staff responsible for nutrition education.

Action Steps: Campus administrators will determine appropriate professional development opportunities for staff.

School and Community Stakeholders: Administrators and Teachers

Resources Needed: Professional development opportunities

Measures of Success: Professional learning certificate of completion

Objective 2: Staff will attend one health-related professional development annually.

Action Steps: The District will encourage all staff to attend at least one health related professional development annually.

School and Community Stakeholders: Administrators and Teachers

Resources Needed: Time for staff to attend professional development

Measures of Success: Professional learning certificate of completion

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 for all grades. [See BDF, EHAA, EHAB, and EHAC}

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: The District will encourage frequent daily movement opportunities throughout the school day, including recess at elementary.

Action Steps: Take brain breaks and offer flexible seating in classrooms that promote healthy movement and can be incorporated into instruction.

School and Community Stakeholders: Campus administrators, Teachers, and Students

Resources Needed: PLC time to plan and schedule brain breaks and incorporate movement during class

Measures of Success: Master scheduling and evidence of high yield strategies within lessons for engagement.

GOAL 2: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective 1: The District will encourage teachers to integrate physical activity in the academic curriculum by providing professional learning that provides engagement activities.

Action Steps: Explore options for professional learning that includes a rationale for and activities for how to integrate physical activity into the academic curriculum.

School and Community Stakeholders: Administrators, Teachers, Athletic staff

Resources Needed: Embedded professional development activities during PLC or staff development

Measures of Success: Documented integration of physical activity at least twice per year in lesson plans.

GOAL 3: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Objective 1: Campuses will be encouraged to implement a before or after school physical activity program each year.

Action Steps: Communicate to community about the existing before/after school programs.

School and Community Stakeholders: School and Community Organizations, Teachers, Administrators

Resources Needed: Plan for physical activity programs available; Staff and organizations to support the programs

Measures of Success: Number of activities provided for students; Enrichment programs; Number of community organizations and/or persons involved

GOAL 4: 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: The district and campus will provide training for employees to support life-long fitness and wellness.

Action Steps: Include health and wellness training during staff meetings at least twice a year.

School and Community Stakeholders: Administrators and Teachers

Resources Needed: Staff to present health and wellness topics during staff meetings

Measures of Success: Staff meeting agendas documenting health and wellness topics/training at least twice a year

Objective 2: The district and campuses will provide activities for employees to support life-long fitness and wellness.

Action Steps: Each campus will plan and carry-out at least one activity to promote fitness and/or wellness for staff, such as the Biggest Loser.

School and Community Stakeholders: Teachers, Staff, and Administrators

Resources Needed: List of different activities, employee interest, one person to keep records

Measures of Success: Continued data and records

GOAL 5: The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

Objective 1: Each campus will offer at least one event annually either during or outside of normal school hours that involves physical activity and includes both parents and students.

Action Steps: Develop a list of ideas that include both students and parents and post on the District website. Plan a District event to promote physical activity among family.

School and Community Stakeholders: Parents, Administrators, Teachers, and Students

Resources Needed: Newsletters, Marquis, Websites, social media, Mail, Messages on Report Cards

Measures of Success: The participation and number of parents and students who attend and any feedback via surveys completed

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: Inform the community of the facilities that are available for use outside of the school day by including a statement in at least one district or campus publication, by posting information on the district or campus website, or through the use of appropriate signage.

Action Steps: Make facility usage agreements available. Communicate open facility use that can be utilized outside of school hours through signage.

School and Community Stakeholders: Community, Administration, Organizations

Resources Needed: Documentation of publications, website, signage, facilities use agreements

Measures of Success: Observed Community Use, Facilities Use Agreement Documents

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: Schools will set schedules that allow a minimum of 10 minutes to eat breakfast and 20 minutes to eat lunch.

Action Steps: Provide a schedule that allows multiple lunch periods to ensure time and space for all students. The amount of time will not include the time a student waits in line.

School and Community Stakeholders: Students, Teachers, and Administrators

Resources Needed: Planning time

Measures of Success: Students able to finish their lunch in a timely manner

Objective 2: Campus cafeterias will be appealing, clean safe, and a comfortable space for students.

Action Steps: Custodians are working in cafeterias during service times to ensure clean and safe environments and at least one administrator will be on duty during these times.

School and Community Stakeholders: Students, Teachers, Administrators, Cafeteria and Custodial Staff

Resources Needed: Campus Administrator, Child Nutrition Department, Custodians

Measures of Success: Director of Child Nutrition Services will collect data on cafeteria facilities and report to the SHAC committee each spring.

GOAL 2: The District shall promote wellness for students and their families at suitable District and campus activities.

Objective 1: The District will provide at least one student and/or parent health conference events a year related to student health and wellness in collaboration with community partners.

Action Steps: Work with community partners and district administration to plan and schedule parent health conferences for topics such as diabetes, asthma, youth risk behaviors, mental illness, etc.

School and Community Stakeholders: Health Services, Counselors, Social Workers

Resources Needed: Number of booths, messages, fliers/handouts, free samples, pamphlets, etc.

Measures of Success: Number of participants attending and booths provided

Objective 2: The District will provide parent workshops/trainings related to student health and wellness in collaboration with community partners.

Action Steps: The social worker and parent involvement will coordinate with community partners and district administration to plan and schedule parent workshops/trainings to address health and wellness for students and their families (i.e. diabetes, mental health, etc.).

School and Community Stakeholders: Health Services, Counselors, Social Workers, Parent Involvement

Resources Needed: Community partners, Information provided for workshops/trainings

Measures of Success: Sign-in sheets and evaluations from family participants

GOAL 3: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Objective 1: Annual immunization clinics will take place each fall to provide access to all employees.

Action Steps: Coordinate a date and schedule the flu vaccine at each campus.

School and Community Stakeholders: Campus Principals, Health Services, H-E-B pharmacy

Resources Needed: H-E-B pharmacy, Campus facility to administer vaccine

Measures of Success: All employees have the opportunity to receive the vaccine

Objective 2: Post staff wellness resources available through our staff insurance providers or community partners on the Human Resources webpage.

Action Steps: Create links on the Human Resources website related to staff wellness resources such as Teladoc.

School and Community Stakeholders: All Employees

Resources Needed: Human Resources, Insurance provider, Teladoc

Measures of Success: Staff accessing the Human Resources webpage for information

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 2021-2022 school year:

Campus or organization: Woodroe Petty Elementary

Food or beverage: snacks that do not follow the smart snack guidelines

Number of days: 6

Campus or organization: Ricardo L Trevino Junior High

Food or beverage: snacks that do not follow the smart snack guidelines

Number of days: 6

Campus or organization: Taft High School

Food or beverage: snacks that do not follow the smart snack guidelines

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:

Celebrations

Birthdays are encouraged to be celebrated with non-food items or special school recognitions.

Birthday parties must be celebrated during the last 15 minutes of the school day.

The use of noise makers and party horns are encouraged to be utilized instead of cakes, cookies, or candy.

Food must be either commercially packaged or prepared in a licensed facility. No items may be prepared or cooked at home.

Teachers should confirm with the school nurse what, if any, students have allergies in the classroom prior to providing food items.

Water

To promote hydration, free, safe, unflavored water will be available to all students throughout the school day. The District will make water available during meal times and concessions. In addition, students will be allowed to carry approved water bottles filled with water only.

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 officials 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 Angelita Lopez (*Assistant Superintendent of Curriculum & Instruction*), the District's designated records management officer. [See CPC(LOCAL)]

Disclaimer: This information is provided for educational purposes only to facilitate a general understanding of the law or other regulatory matter. This information is neither an exhaustive treatment on the subject nor intended to substitute for the advice of an attorney or other professional adviser. Consult with your attorney or professional adviser to apply these principles to specific situations.