



West Orange-Cove Consolidated ISD

Plan for Addressing

Student Welfare Wellness

& Health Services

As Required by Section 9A (a) of the National School Lunch Act (NSLA),
U.S.C. 1758b; 7 C.F.R. Part 210

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

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:

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.

Implementation

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.

The Superintendent 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.

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, 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."

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 Executive Director of Human Resources, 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 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
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)]
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.

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 participation in federal child nutrition programs	
Action Steps	Methods for Measuring Implementation
Distribute meal applications at the beginning of the year and follow up with families who have not returned them within the first six weeks and again at the beginning of 2 nd semester.	Baseline or benchmark data points: • Participation rates BOY, MOY, EOY Resources needed: • Meal applications Obstacles: • Applications do not always reach the parents • Negative perceptions of school meals • Parents choosing not to disclose information related to income or family information to determine eligibility for free or reduced-priced meals
Objective 2: Implement the Smarter Lunchroom scorecard	
Action Steps	Methods for Measuring Implementation
Research Smarter Lunchroom at (www.smarterlunchrooms.org/re-source/lunchroom-self-assessment-score-card)	Baseline or benchmark data points: • Score on the Assessment BOY and EOY Resources needed: • Staff access to scorecard Obstacles: • Training to implement the Smarter Lunchroom strategies

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.

Objective 1: The District will offer supplemental food and nutrition programs and will regularly inform families and the community regarding these programs.

Action Steps	Methods for Measuring Implementation
Summer Feeding Program After School Snack Program	Baseline or benchmark data points: - The types of food access programs identified and ways the information was communicated to families/communities. Resources needed: - Partnerships with community organizations - Informational flyers to send to families/communities Obstacles: - Families participating

Objective 2: Consistently post in an easily accessible location on the District's or campus websites the monthly school breakfast and lunch menus, along with the nutritional information of each meal

Action Steps	Methods for Measuring Implementation
Work with Director of Food Service to obtain menus so they can be posted on websites.	Baseline or benchmark data points: - How are menus distributed currently Resources needed: - Staff to post menus on websites Obstacles: - All nutritional information may not be readily available - Not all families have internet access

GOAL: 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.	
Objective 1: Ensure that exterior displays on vending machines available for student use during the school day will be Smart Snacks compliant.	
Action Steps	Methods for Measuring Implementation
Identify vending machines that require adjustments to exterior displays Work with vendors to provide alternative exterior displays if necessary	Baseline or benchmark data points: - Campus walks to identify vending machines that are not Smart Snacks compliant at the BOY Resources needed: - Alternative exterior displays Obstacles: - Existing contractual provisions in vendor contracts

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: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: At least 70% of high school students in each four-year cohort will complete one-half credit of health education as an elective.	
Action Steps	Methods for Measuring Implementation
Inform High School Counselors that health education should be considered a default elective in the development of four-year graduation plans for most students.	Baseline or benchmark data points: - Percentage of each four-year cohort who successfully complete health as an elective Resources needed: - Certified staff to teach the course - Four-year plans to accommodate health as an elective

	Obstacles: • Certified staff to teach the course • Students may not have room in their schedules for health as an elective
Objective 2: At least 90% of students enrolled in physical education courses throughout the District will achieve at least a semester grade average of 80 on a scale of 100.	
Action Steps	Methods for Measuring Implementation
Plan to obtain the semester grade averages of students enrolled in physical education.	Baseline or benchmark data points: • Average semester grades at the end of the first and second semesters for all District students enrolled in physical education Resources needed: • Access to obtain grade averages Obstacles: • Nutrition education is only a part of the essential knowledge and skills for physical education courses

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:

- 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.

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.	
Objective 1: The District will have an open gym available to students during the summer months to encourage physical activity.	
Action Steps	Methods for Measuring Implementation
Schedule times when the gyms will be open and staff accordingly	Baseline or benchmark data points: • Sign in sheet at the end of summer Resources needed: • Open gym Obstacles: • Staffing
Objective 2: Campuses will utilize the sensory rooms for students with disabilities who are unable to participate on traditional playground equipment.	
Action Steps	Methods for Measuring Implementation
Ensure all sensory rooms have a variety of activities appropriate for developmental levels.	Baseline or benchmark data points: • Classroom walkthroughs for inventory • Individual Educational Plans Resources needed: • Staff to monitor the sensory rooms • Equipment Obstacles: • Space

GOAL: The District shall encourage parents to support their children's participation, be active role models, and 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 in the event.	
Action Steps	Methods for Measuring Implementation
Gather a list of ideas/events from campuses	Baseline or benchmark data points: • Participation rates from year to year Resources needed:

	• Informational materials/websites about the event to distribute to students and parents Obstacles: • Staff time • Participation rates from parents
--	---

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.

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 ten minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.	
Action Steps	Methods for Measuring Implementation
Evaluate current meal time allowances by campus	Baseline or benchmark data points: • Master schedule and lunch times Resources needed: • Average time it takes for students to receive a meal and be seated Obstacles: • Master schedules take into account several issues, only one of which will be meal times.