

# Point Isabel Independent School District Wellness Plan and Regulations

2019-2020

## 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]

## 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. *Postings on the District’s website and other social media sites the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.*
2. *Listing in the student handbook the name and position of the person responsible for oversight of the District’s wellness policy and plan along with an invitation to contact that person if the reader is interested in participating in the development, implementation, and evaluation of the wellness policy and plan.*

## IMPLEMENTATION

Each campus principal and/or designee 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 Assistant Superintendent for Curriculum and Instruction 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

In accordance with law, the District will periodically measure and make available to the public 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

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which the wellness policy compares with any state- or federally designated model wellness policies. Absent federal regulations to the contrary, the District commits to the evaluation activities described below.

At least annually, the SHAC will prepare a report on the wellness policy and this plan by gathering information from each principal and appropriate District administrators. The SHAC will assess the District's and each campus's progress toward meeting the goals of the policy and plan by reviewing District- and campus-level activities and events tied to the wellness program.

The SHAC may use any of the following tools for that analysis:

- Relevant portions of the WellSAT 2.0 ([www.wellsat.org](http://www.wellsat.org))
- Relevant portions of the Center for Disease Control's School Health Index (<http://www.cdc.gov/healthyschools/shi/index.htm>)
- A District-developed self-assessment

## 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 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 [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.

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 Assistant Superintendent for Curriculum and Instruction, the District's designated records management officer.

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## 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).

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## 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.

## 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)]

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The District will allow the following exempted fundraisers for the 2019–20 school year:

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Campus or Organization	Food/Beverage	Date/Number of Days
PIJH (N/A)		
PIHS (N/A)		
Derry/Garriga Elementary	<i>Nachos, candy, pops, drinks, Frito pies, cotton candy, pickles, chips</i>	<i>October 25, 2019/1 day</i>
Derry/Garriga Elementary	<i>Nachos, candy, pops, drinks, Frito pies, cotton candy, pickles, chips</i>	<i>November 22, 2019/1 day</i>
Derry/Garriga Elementary	<i>Nachos, candy, pops, drinks, Frito pies, cotton candy, pickles, chips</i>	<i>March 12 &amp; 13, 2020/2 days</i>
Derry/Garriga Elementary	<i>Nachos, candy, pops, drinks, Frito pies, cotton candy, pickles, chips</i>	<i>January 31, 2020/1 day</i>
Derry/Garriga Elementary	<i>Nachos, candy, pops, drinks, Frito pies, cotton candy, pickles, chips</i>	<i>April 19, 2020/1day</i>

## FOODS MADE AVAILABLE

There are currently 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)]

The District has established the following local guidelines on foods and beverages made available to students during the school day. Any foods and beverages given away or otherwise made available to students must meet the Smart Snacks standards, with the exception of:

- Campus incentives approved by the superintendent;
- Celebrations that may occur on campuses up to five days each year;
- Birthday celebrations. Birthday celebrations food items must be store bought; and
- Food items utilized for instructional purposes approved by the campus principal.

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**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 child nutrition staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

**Objective 1:** The District will increase knowledge at the campus level on meal programs offered on campus and menu offerings resulting in an increase participation in federal child nutrition programs each school year.

Action Steps	Methods for Measuring Implementation
<p>Distribute menus with nutrition education information and activities monthly to all campuses for incorporation into lesson plans and reinforce the importance of participation in district meal programs.</p> <p>District shall recognize School Breakfast Week and National School Lunch Week annually.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Monthly participation rates in federal child nutrition programs</li> <li>• Monthly menus available on district website and printed and posted at all campuses</li> <li>• Recognizing National School Lunch and National Breakfast Week</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Monthly menus and monthly meal participation reports</li> </ul>

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<b>GOAL:</b> 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.	
<b>Objective 1:</b> Child Nutrition Services website will be updated monthly with nutrition information, monthly newsletters, and menu items offered in schools.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Department website will be maintained with monthly newsletters, nutrition information and menu cycles for all campuses.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Monthly website and menu updates</li> <li>• Visitor counts on webpage</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Website</li> </ul>
<b>Objective 2:</b> Child Nutrition Services will participate in recognizing National School Lunch Week in October and National School breakfast Week in March to educate others on the importance of Federal meal programs and the benefit to our students of no cost meal participation.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Annually during October and March, Child Nutrition Services will partner with TDA to showcase local products on menus to ensure students and the community are aware of the importance of meal participation on learning outcomes.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Feedback surveys</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Flyers and Website updates</li> <li>• Menus/Display for students</li> <li>• Self-select – Pre-Order meals</li> </ul>

## 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]

The District will implement the nutrition services and health education component through instruction of the essential knowledge and skills related to nutrition and health.

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

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<b>GOAL:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
<b>Objective 1:</b> Child Nutrition Services will provide classroom resource materials and menu activities as part of their website to facilitate nutrition education.	
Action Steps	Methods for Measuring Implementation
<p>All principals will be provided links to nutrition education materials as they are updated along with monthly menus with activities.</p> <p>Teachers will have breakfast in the classroom and website resources shared as needed during staff meetings at campus level.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Agendas and Sign-In Sheets</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Website</li> <li>Menus</li> </ul>

<b>GOAL:</b> The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
<b>Objective 1:</b> District staff will promote and integrate nutrition education facts during at least 2 District-sponsored events in a school year.	
Action Steps	Methods for Measuring Implementation
<p>Identify appropriate events at which nutrition education could be promoted</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>The number of events during the school year at which nutrition education was either communicated or distributed.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>A flier to distribute to event attendees</li> </ul>
<b>Objective 2:</b> District staff will promote consumption of plain uncarbonated water throughout the school day.	
Action Steps	Methods for Measuring Implementation
<p>Include in enrollment and registration material that students are permitted to carry personally owned water bottles at all times throughout campuses.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Documentation from the school nutrition department that water was available during meal periods, as required by federal standards, and that students were informed of water bottle being allowed on campus.</li> </ul>

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	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>Easily accessible water fountains</li> <li>Cups for students who do not have their own water bottles for consumption of water during meal periods.</li> </ul>
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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]

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.

<p><b>GOAL:</b> 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><b>Objective 1: Students participate in safe, enjoyable and developmentally appropriate fitness activities that improve their fitness levels.</b></p>	
Action Steps	Methods for Measuring Implementation
<p>Utilize Point Isabel ISD PE curriculum maps, PE lesson plans and CATCH Coordinated School Health Program activities to support appropriate fitness activities daily for all students.</p> <p>Review current resources, supplies, and equipment at campuses to support fitness activities and encourage use of varied components to encourage student participation.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>FitnessGram assessments for all students in grades 3 – 12.</li> <li>Point Isabel ISD physical education teachers review curriculum maps and lesson plans annually to make adjustments if needed to improve current fitness levels.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>PE Curriculum Maps</li> <li>PE Lesson Plans (access to Eduphoria)</li> <li>PE Equipment</li> </ul>



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<b>Objective 2: District complies with minutes requirements in physical education and allowances for student removal from physical activity/physical education.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Student removal from scheduled physical education classes shall not exceed 10 percent of school days on which class is offered. Removal of students must be equally distributed throughout the school year.</p> <p>Recess cannot replace instructional minutes removed from physical education.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Data from campus principals about students removed from physical education submitted each quarter to the Office of Curriculum and Instruction</li> <li>Feedback from PIISD SHAC after presentation of student removal from physical education presentations</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Removal from PE Report form</li> <li>Survey form for PIISD SHAC members</li> </ul>
<b>Objective 3: District elementary campuses will provide 15 minutes of recess before, or after lunch and/or before or during school. Recess or other forms of unstructured physical activities is offered at the junior high during lunch and encouraged at the high school level.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Recess will be unstructured activity unrelated to required physical education requirements.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Recess schedules for elementary campus with times</li> <li>Schedule of activity breaks for the junior high</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Survey form for PIISD SHAC members</li> </ul>
<b>Objective 4: Teachers will integrate physical activities into the academic curriculum where appropriate</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Utilize CATCH activity cards and tips from PE coaches, such as Adventure to Fitness and Go Noode that provide brain breaks and promote fitness during classroom.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>CATCH Champion and CATCH administrator will monitor integration of brain breaks into lesson plans.</li> <li>Reports on brain breaks will be presented to SHAC once a year.</li> </ul> <p>Resources needed:</p>

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	<ul style="list-style-type: none"> <li>• CATCH activity kits and packs</li> <li>• Access to Go Noode and Adventure to Fitness</li> <li>• Brain Break Reports</li> </ul>
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**GOAL:** The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

**Objective 1: Teachers will receive training during the school year as necessary to ensure compliance with physical education requirements, implementation of un-structured play, and integration of physical activities into curriculum and instruction (Brain Breaks).**

Action Steps	Methods for Measuring Implementation
<p>Point Isabel ISD teachers will receive training on the Wellness Plan and Regulations annually.</p> <p>Point Isabel ISD campus administration, CATCH Champion and/or physical education teachers will provide ongoing site based training to teachers on the integration of physical activities into the curriculum.</p> <p>Additional professional development will be provided on brain breaks as needed.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Agendas and sign in sheets</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Training materials such as: CATCH, Adventure to Fitness and Go Noode</li> <li>• Training for physical education teachers, CATCH Champions and/or administrators</li> <li>• Curriculum development</li> </ul>

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

**Objective 1: Before and after physical activity programs are available for students to participate in.**

Action Steps	Methods for Measuring Implementation
<p>Campuses will assess and develop an implementation plan at each campus to provide before and/or afterschool physical activity opportunities on campus.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Presentations to SHAC of physical activity opportunities before and after school</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Contact with community Chambers</li> </ul>

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Participation will be encouraged in community events, such as Longest Causeway Walk and Autism Walk.	<ul style="list-style-type: none"> <li>Physical activities/clubs schedules</li> </ul>
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**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.

**Objective 1: The District will increase employees' fitness and healthy living activities.**

Action Steps	Methods for Measuring Implementation
<p>Point Isabel ISD will provide an incentive for district employees to participate in physical fitness through a partnership with local gyms.</p> <p>Point Isabel ISD will provide monthly health tips and incentives.</p> <p>Campus administrators will develop campus activities to promote health and fitness.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Report on district employees participating in the gym partnership</li> <li>"Biggest Loser" results will be presented to SHAC and posted on social media sites</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>MOU with local gyms</li> </ul>

**GOAL:** The District shall encourage parents and /or community members to support the participation of community youth, to be active role models, and to include physical activity in family and/or community events.

**Objective 1: The District will host at least one family and/or community health and/or fitness event during the school year.**

Action Steps	Methods for Measuring Implementation
<p>Campus student organizations and educators will plan events meant to increase health and/or fitness awareness and activity.</p> <p>Develop a district calendar with all events.</p> <p>Surveys for participants at events.</p> <p>Reports to presented to SHAC on events and feedback.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Organization planning notes</li> <li>Report of events from previous school year (flyers, sign-in sheets)</li> <li>Report of events for current school year (flyers, sign-in sheets)</li> <li>Surveys of events</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Developed and completed surveys</li> </ul>

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	<ul style="list-style-type: none"> <li>• Time for student organizations and educators to plan</li> <li>• Incentives, paper and social media sites</li> </ul>
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## 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.

<b>GOAL:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
<b>Objective 1: All campuses will build their master schedules to allow for a minimum of ten minutes to eat breakfast and 20 minutes to each lunch, from the time a student receives her or her meal and is seated.</b>	
Action Steps	Methods for Measuring Implementation
<p>Evaluate current mealtime allowances by campus.</p> <p>Work with campus administrators to adjust master schedules as necessary.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• The number of campuses that currently meet the standard compared to the previous school year.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Average time it takes students to receive a meal and be seated.</li> </ul>

<b>GOAL:</b> The District shall promote wellness for students and their families at suitable District and campus activities.	
<b>Objective 1: At extracurricular events sponsored by the District at which food and beverages are sold, at least one item that meets the Smart Snacks standards is sold.</b>	
Action Steps	Methods for Measuring Implementation
<p>Communicate this objective with appropriate organizations and booster clubs responsible for concession vendors to provide a list of their concession items in advance of events.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Self-report by administration whether this standard was met consistently during the year on the campus</li> </ul> <p>Resources needed:</p>

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	<ul style="list-style-type: none"> <li>A list of Smart Snacks compliant foods and beverages to distribute to organizations and booster clubs that are responsible for concession sales</li> </ul>
<b>Objective 2: All classroom or campus celebrations will include at least one item that is Smart Snacks compliant.</b>	
Action Steps	Methods for Measuring Implementation
<p>Create a list of Smart Snacks compliant foods and beverages to be distributed to parents who have agreed to bring foods and beverages for a classroom or campus celebration.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>The number of celebrations approved on each campus and whether the celebrations met this objective</li> <li>Self-report by the principal and teachers that parents were given the list of approved foods and beverages and that at least one Smart Snacks compliant food or beverage was served at each celebration</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>A list of Smart Snacks compliant foods and beverages</li> </ul>