

Wellness Plan

Student Welfare Wellness and Health Services

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 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">1. <i>Notices on the Cameron ISD website</i>2. <i>Notices on campus social media</i>3. <i>Radio Station/newspaper announcements</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 assistant 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.</p>
EVALUATION	<p>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 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.</p> <p>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</p>

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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:

- Annual reports from campus principals
- Parent/student surveys
- Event surveys

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.

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 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.

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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)]

The District will allow the following exempted fundraisers for the 2017-2018 school year:

Campus or Organization	Food/Beverage	Number of Days
Cameron Junior High	6 th grade popcorn sales	6
Cameron Elementary School	PTO Sales-Box Top winners (candy)	6

**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

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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: The district will adhere to Smart Snack guidelines.

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: Healthy nutrition messages will be displayed in all cafeterias.	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. Food service director will identify whether or not a healthy nutrition message is visible in each campus cafeteria. 2. Food service director will order signs as necessary or get with principals about having them made by students. 3. Health nutrition messages will be displayed in cafeteria throughout the school year. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • At least one healthy nutrition message will be displayed in each campus cafeteria. <p>Resources needed:</p> <ul style="list-style-type: none"> • signage <p>Obstacles:</p> <ul style="list-style-type: none"> • time

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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: Healthy nutrition messages will be delivered through school communications.	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. Working with campus staff, principals will establish plan for delivering healthy nutrition messages through frequently used media. 2. Principals will submit plans to assistant superintendent. 3. Messages will be delivered to parents and the community. 4. Family Meal Time flyer provided by the local extension agent. 5. Monthly nutrition newsletter 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Healthy nutrition messages will be delivered twice each semester. <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff to plan and disburse messages. <p>Obstacles:</p> <ul style="list-style-type: none"> • Time for planning and disbursement of information.

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: Working with the SHAC, staff from across the district will choose a coordinated health program to implement.	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. Working with the SHAC, staff from across the district will review the coordinated health programs approved by TEA. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • By the end of the 2017-2018 school year, a coordinated school health program will be chosen. <p>Resources needed:</p> <ul style="list-style-type: none"> • Health program materials from the Commissioners list.

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	<ul style="list-style-type: none"> • Obstacles: costs for the program, time to implement the program
<p>Objective 2: Students will have various opportunities to receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p>	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. At CJH and YHS, nutrition instruction will be delivered through health classes, biology classes, agricultural science, and physical education classes. 2. Kid's Café and CES and CJH will lessons on making healthy food choices one time per month. 3. At CES, students will receive instruction on healthy eating habits once per each 8 Block rotations. 4. 5th graders will receive My Plate training through Ag in the Classroom program. 5. My Plate home visit to Head Start families 6. Head Start students: Learn, Grow, Eat, Go 7. Master Gardeners – teach lessons on healthy plants and food at CES 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Lesson plans will include at least one plan for nutrition instruction per semester. <p>Resources needed:</p> <ul style="list-style-type: none"> • curriculum <p>Obstacles:</p> <ul style="list-style-type: none"> • Communication of expectations to all staff
<p>GOAL: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.</p>	
<p>Objective 1: Beginning in the 2018-2019 school year, a coordinated health program will be implemented at the primary, elementary, and junior high campuses.</p>	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. Campus teams will decide how to allot time for the program prior to the beginning of the 2018-2019 school year. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • By November 2018, the districts coordinated health program will be implemented with fidelity across the three campuses. <p>Resources needed:</p>

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	<ul style="list-style-type: none"> • Curriculum for the program Obstacles: <ul style="list-style-type: none"> • Time, buy-in
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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: Prior to November 1, 2018, staff will received training on the implementation of the coordinated school health program.

Action Steps	Methods for Measuring Implementation
1. Campus administrators and district administrators will determine the most effective means for delivering the professional development. 2. The professional development will be delivered to the staff.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Staff will be trained by November 1, 2018. Resources needed: <ul style="list-style-type: none"> • Time for planning meetings, training materials, time for PD Obstacles: <ul style="list-style-type: none"> • Buy-in from staff and students

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.

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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 ensure that multiple opportunities for fitness activities will be made available to students.

Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. At BME and CES, students will be required to participate in physical education classes or in structured recess for 30 minutes each day or 135 minutes per week. 2. At CJH, students will be required to enroll in a physical education or athletics course for at least 4 four semesters. 3. At CJH, students will take care of a garden and flower beds during agricultural classes. 4. At CJH and YHS, students will participate in band classes. 5. At CJH, students will participate in recess time. 6. Master Gardeners will work with students to plant a garden at CES. 7. SHAC will provide games for students to play at Community Cookouts 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Master Schedules and lesson plans will reflect implementation to the required times. <p>Resources needed:</p> <ul style="list-style-type: none"> • <p>Obstacles:</p> <ul style="list-style-type: none"> •

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

Objective 1: Before school and after school physical activity programs will be varied.

Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. Band and a variety of athletic programs will be available at CJH and YHS. 2. At CJH, dances will be sponsored by NJHS and STUCO. 3. Weight room is open to students before school 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Master Schedules, School Calendars will reflect full implementation <p>Resources needed:</p> <ul style="list-style-type: none"> • Calendars, schedules <p>Obstacles:</p> <ul style="list-style-type: none"> •

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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 offer various opportunities for employees to participate in physical activity events.

Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. Yoemen Vs. Oldmen games at CJH 2. Alumni baseball game on opening day at the yards. 3. Walk for Yoe Life 4. Walk Across Texas/Billion Step Challenge 	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •

Objective 2: The District will provide facilities for employee use.

Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. At YHS, the weight room will be available for employee use. 2. An exercise room is available at YHS. 	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •

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.

Objective 1: The District will deliver information to families regarding the benefits of physical activity.

Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> 1. Parent Nights will include messages concerning physical activity. 2. Meet the Coaches Nights and Sports Banquets will give parents opportunity to support their children. 3. The annual Walk for Yoe Life will provide an opportunity for family physical activity. 4. Health Fair at Meet the Teacher Night: BME 	Baseline or benchmark data points: <ul style="list-style-type: none"> • Agendas, school calendars, and web-site announcements will reflect implementation Resources needed: <ul style="list-style-type: none"> • Supplies for activities Obstacles: <ul style="list-style-type: none"> •

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5. Get Moving Calendar distributed at Head Start	
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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: The District will make various facilities easily accessible.

Action Steps	Methods for Measuring Implementation
1. Campus playgrounds will be available for summer league softball, baseball, and Pee-Wee football and cheerleading practice. 2. The District track will be available for use. 3. The playground equipment at the elementary schools is available for use after school and during the summer. 4. The District tennis courts are available for use after school, weekends, and during the summer.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Website announcements, principal meeting agendas Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •

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: Students will have sufficient time to eat meals.

Action Steps	Methods for Measuring Implementation
1. Breakfast we be available to all students for at least thirty minutes before school	Baseline or benchmark data points:

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<p>starts. At the elementary and middle school level, students who are late to school will be able to eat breakfast.</p> <p>2. Students will be given at least 30 minutes to eat lunch each day.</p>	<ul style="list-style-type: none"> • Master schedules and menus will reflect implementation throughout the year <p>Resources needed:</p> <ul style="list-style-type: none"> • <p>Obstacles:</p> <ul style="list-style-type: none"> •
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Objective 2: The District will maintain cafeteria facilities.

Action Steps	Methods for Measuring Implementation
<p>1. All kitchens will be cleaned by cafeteria staff each day.</p> <p>2. All cafeterias will be cleaned by janitorial staff each day.</p> <p>3. All repairs in kitchens and cafeterias will be done in a timely basis.</p> <p>4. Kitchens and cafeterias will be included in the comprehensive safety audit conducted every three years.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Cafeteria managers check sheets will indicate full implementation. • Comprehensive safety audits will reflect that cafeterias are clean and safe. <p>Resources needed:</p> <ul style="list-style-type: none"> • staff <p>Obstacles:</p> <ul style="list-style-type: none"> •

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

Objective 1: Walk for Yoe Life will include representation from county health agencies.

Action Steps	Methods for Measuring Implementation
<p>1. Resource providers from the county will be invited to distribute information at Walk for Yoe Life.</p> <p>2. The Health Fair on Meet the Teacher Night will provide resources to families.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Sign-sheets from Walk for Yoe Life <p>Resources needed:</p> <ul style="list-style-type: none"> • Contacts with county agencies <p>Obstacles</p>

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

Objective 1:

Action Steps	Methods for Measuring Implementation
1. Walk for Yoe Life 2. Dinner Tonight training by county extension agent 3. Walk Across Texas/Billion Step Challenge	Baseline or benchmark data points: <ul style="list-style-type: none">• Sign-in sheets will track participation Resources needed: <ul style="list-style-type: none">• Prizes, training materials Obstacles: <ul style="list-style-type: none">•