

Granbury ISD Wellness Plan

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

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. Posting on the District’s website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.
2. Listing in the student handbook the District official responsible for oversight of the District’s wellness policy and plan along with an invitation to contact that person with questions or if the reader is interested in participating in the development, implementation, and evaluation of the wellness policy and plan.

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 Assistant Superintendent for Administrative Services 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 which the wellness policy compares with any state- or federally designated model wellness policies. Absent federal regulations to

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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)
- Relevant portions of the CDC'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 Finance and Operations, 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).

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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)]

The District will allow up to six exempted fundraisers per campus for the 2016-17 school year.

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)]

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

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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.

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Granbury ISD Goals

<p>GOAL #1: GISD food service staff, teachers, and other personnel shall consistently promote healthy nutrition messages in cafeteria, classrooms, and other appropriate settings.</p>	
<p>Objective 1: GISD will increase participation in federal child nutrition program by 2% by the end of the school year.</p>	
Action Steps	Methods for measuring Implementation
<p>Distribute fliers or menus regarding school programs monthly.</p>	<p>Baseline of benchmark data points: Participation rate in federal child nutrition programs at PEIMS snapshot, February, and end of school year. Resources Needed: Develop fliers and menus Obstacles: Sometimes fliers/menus do not reach parents, parents choosing not to disclose information related to income to qualify for free/reduce lunches, negative perception, cost of meals</p>
<p>GOAL #2: GISD shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.</p>	
<p>Objective 1: GISD will research opportunities to offer supplemental food and nutrition program and will regularly inform families and the community regarding any program offered by the district.</p>	
Action Steps	Methods for Measuring Implementation
<p>Identify food access program available within the community with which the district could partner (food pantry programs, backpack programs, summer meal programs, etc.)</p>	<p>Baseline of benchmark data points: Number of partners the district currently promotes and how those programs are communicated. Resources Needed: Partnerships with community organizations and literature to send to families</p>
<p>Objective 2: Post in an easily accessible location on the District's or campus's website the monthly breakfast and lunch menus, including the nutritional information of each meal.</p>	

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Action Steps	Methods for Measuring Implementation
<p>GISD and campus child nutrition will develop menus that are in compliance with this objective and are designed at least one month in advance.</p>	<p>Baseline of benchmark data points: The manner in which the menus and nutrition information are communicated to parents currently. Resources Needed: Website and staff to create to menus for posting to website Obstacles: Can be difficult to get updated nutritional information and not all families have internet access.</p>
<p>GOAL #3: GISD will ensure that food and beverage advertisements accessible during the school day depict only products that meet the federal guidelines for meals and competitive foods.</p>	
<p>Objective 1: 100% of the exterior displays on vending machines available for student use during the school day will be Smart Snack compliant.</p>	
Action Steps	Methods for Measuring Implementation
<p>Communicate expectations to all principals. Identify vending machines that require adjustments to exterior displays. Work with vendors to provide alternative exterior displays. Document whether the 100% objective was met.</p>	<p>Baseline of benchmark data points: Principals report the percentage of machines that are not compliant at the beginning of the year and then end of year. Resources Needed: Alternative exterior displays Obstacles: Determining which machines are only used outside of the school day. Existing contractual provisions in vendor contracts.</p>
<p>GOAL #4: GISD will deliver nutrition education that fosters the adoption and maintenance of healthy eating habits.</p>	
<p>Objective 1: 100% of GISD students will receive nutrition instruction during the 8th grade year.</p>	

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Action Steps	Methods for Measuring Implementation
<p>Nutrition education will be the main focus on learning during the final grading period</p>	<p>Baseline of benchmark data points: GISD curriculum documents will reflect the learning plan Resources Needed: GISD Curriculum Documents Obstacles: New students to GISD or students that have left the district during this particular learning time</p>

<p>GOAL #5: GISD will make nutritional education a district-wide priority and will integrate nutritional education into other areas of the curriculum and other activities</p>	
<p>Objective 1: Campus and district staff will promote and integrate nutrition education activities at a minimum of 5 events each year.</p>	
Action Steps	Methods for Measuring Implementation
<p>Identify appropriate events where nutrition education can be promoted</p>	<p>Baseline of benchmark data points: Number of events that nutrition education was either communicated or promoted Resources Needed: Agenda of events, samples of handouts Obstacles: The SHAC may not be aware of all events.</p>

<p>GOAL #6: GISD will provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.</p>	
<p>Objective 1: GISD will identify at least 5 activities and organizational partners that will promote fitness activities for all students</p>	

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Action Steps	Methods for Measuring Implementation
Research activities and partners that will help promote fitness activities	<p>Baseline of benchmark data points: Number of activities or partners identified</p> <p>Resources Needed: Potential partners and organizations</p> <p>Obstacles: The SHAC may not be aware of all events.</p>
Objective 2: 100% of students will have access to drinking water at all times during the school day	
Action Steps	Methods for Measuring Implementation
Ensure accessible/working water fountains	<p>Baseline of benchmark data points: Documentation from the school nutrition department that water was available during meal periods, as required by federal standards</p> <p>Resources Needed: Easily accessible/working water fountains</p> <p>Obstacles:</p>
GOAL #7: GISD will incorporate fitness and nutritional education programs for the after school program at the elementary schools.	
Objective 1: GISD ESD program will incorporate nutrition and fitness activities at least twice weekly	
Action Steps	Methods for Measuring Implementation
Identify community partners that could provide programs	<p>Baseline of benchmark data points: Number of activities or partners identified</p> <p>Resources Needed: Potential partners and organizations</p> <p>Obstacles:</p>

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GOAL #8: GISD will encourage students, parents, staff, and community members to use the district's tracks, playgrounds, and gyms as appropriate outside of the school day.	
Objective 1: Inform the community of the facilities that are available for use outside of the school day by publication on the GISD website and a means to register to use that facility.	
Action Steps	Methods for Measuring Implementation
Maintain the software program that allows registration for facilities	Baseline of benchmark data points: Number of requests for use of facilities Resources Needed: School Dude software program Obstacles: Measuring how many people use the facility

GOAL #9: GISD will 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 10 minutes to eat breakfast and 15 minutes to eat lunch, from the time the student receives his/her meal and is seated.	
Action Steps	Methods for Measuring Implementation
Evaluate current meal time allowances by campus and work with administrators to make necessary adjustments	Baseline of benchmark data points: Number of campuses that currently meet the standard Resources Needed: Average time it takes for a student to receive and meal and be seated Obstacles: Constraints of master schedules

GOAL #10: GISD will promote wellness for students and their families at suitable district or campus activities	
Objective 1: At least 5 district sponsored wellness events will be specific for students and their families	
Action Steps	Methods for Measuring Implementation
Advertise events to students and families such as Health Nights and shot clinics	Baseline of benchmark data points: Reports by campus administration during the school year Resources Needed: A list of events publicized from each campus and/or district Obstacles: Conflict with many other district and community activities

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GOAL #11: GISD will promote employee wellness activities and involvement at suitable district and/or campus events	
Objective 1: GISD will utilize its health insurance provider to encourage wellness by communicating the preventive services covered at 100% during each enrollment period	
Action Steps	Methods for Measuring Implementation
Distribute materials and post information that informs employees of the benefits under the health plan	<p>Baseline of benchmark data points: Documentation of when and how information is distributed</p> <p>Resources Needed: A list of preventive services covered at 100%</p> <p>Obstacles: Different plans may offer different coverage</p>
Objective 2: GISD will offer a minimum of 2 events that support wellness	
Action Steps	Methods for Measuring Implementation
Distribute dates for shot clinics Research partners for wellness assessments	<p>Baseline of benchmark data points: Documentation of when and how information is distributed</p> <p>Resources Needed: Calendar of events and list of partners for wellness checks</p> <p>Obstacles: Participation from employees</p>