

McLEAN ISD WELLNESS PLAN

FFA
(REGULATION)

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; 7 C.F.R. Part 210]</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>Post dates, times, and sites of upcoming SHAC Meeting on the District’s website at which the wellness policy and plan are scheduled to be discussed.</i>2. <i>Listing in the student handbook the 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.</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 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>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</p>

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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>)
- *Locally developed criteria*

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.

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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 superintendent's secretary 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	<p>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.</p> <p>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.</p>
FOODS AND BEVERAGES SOLD	<p>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:</p> <ul style="list-style-type: none"><li data-bbox="561 1619 1382 1682">• http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals<li data-bbox="561 1707 1414 1770">• http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks<li data-bbox="561 1795 1390 1894">• http://www.squaremeals.org/Publications/Handbooks.aspx (see the Complete <i>Administrator Reference Manual</i> [ARM], EXCEPTION—FUNDRAISERS

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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 2017–18 school year:

Campus or Organization	Food / Beverage	Number of Days
School Classes	Any legal in school	6 (same days for all groups)
School Organizations	Any legal in school	6 (same days for all groups)

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)]

In addition, the District has established the following local standards for foods and beverages made available to students:

McLEAN School: Pre-K - 12 will be allowed to participate in designated parties or school celebrations where snacks and beverages are provided by parents for a 45 minute during (or a school day in lieu of) Halloween, Christmas, and Valentine'

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

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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

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: (1) The District will increase participation in the federal child nutrition programs by the end of the school year.

Action Steps	Methods for Measuring Implementation
Distribute information to parents on the first day (or upon enrollment) regarding the school food program.	Baseline or benchmark data points: <ul style="list-style-type: none"> • 2016-2017 participation numbers Resources needed: <ul style="list-style-type: none"> • Parent information placed in enrollment packets Obstacles: <ul style="list-style-type: none"> • Parents do not always read information given to them

Objective 2: The District will explore ways to increase food distribution.

Action Steps	Methods for Measuring Implementation
Increase breakfast time Deliver breakfast items to the high school and Jr. high classrooms. (Fall 2018)	Baseline or benchmark data points: <ul style="list-style-type: none"> • Monthly breakfast feeding numbers at each campus Resources needed: <ul style="list-style-type: none"> • Personnel to deliver meals Obstacles: <ul style="list-style-type: none"> • HS / JH students are not always willing to eat breakfast

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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 provide nutritional information in area where parents and community members typically gather.

Action Steps	Methods for Measuring Implementation
Place posters containing nutritional facts in the cafeteria and in school hallways	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of posters in the previous year Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> • People do not always read posters • Funds for purchase of posters

GOAL: (3) 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 all food or beverage advertisement meets the federal guidelines for competitive foods.

Action Steps	Methods for Measuring Implementation
The district does not allow advertisement of foods that do not meet the federal guidelines except at athletic events.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Review of all advertisements Resources needed: <ul style="list-style-type: none"> • Admin. Obstacles: <ul style="list-style-type: none"> • None

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GOAL: <i>The District shall share education nutrition information with families.</i>	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Teachers will distribute education nutrition information to family members by sending information home with students.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of pamphlets distributed Resources needed: <ul style="list-style-type: none"> • Education pamphlets Obstacles: <ul style="list-style-type: none"> • Parents reading information
Objective 2: Promote healthy nutrition messages in cafeteria, classrooms, and other appropriate settings.	
Action Steps	Methods for Measuring Implementation
Cafeteria will display posters of healthy nutrition on the walls in the cafeteria.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of posters Resources needed: <ul style="list-style-type: none"> • Posters Obstacles: <ul style="list-style-type: none"> • Students or parents reading materials

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.

[Coordinate the goals listed in this section with those listed in FFA(LOCAL).]

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GOAL: (1) The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: To deliver nutrition education through out the district.

Action Steps	Methods for Measuring Implementation
The district will ensure that nutrition education is in the curriculum as needed.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Lesson plan Resources needed: <ul style="list-style-type: none"> • TEKS and resources needed Obstacles: <ul style="list-style-type: none"> • none

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 staff will promote and integrate nutrition education facts into each grade level in grades Pre-K through 5

Action Steps	Methods for Measuring Implementation
Nutrition staff members will coordinate lessons on nutrition with classroom teachers	Baseline or benchmark data points: <ul style="list-style-type: none"> • The number of classroom lessons presented annually Resources needed: <ul style="list-style-type: none"> • Nutrition staff Obstacles: <ul style="list-style-type: none"> • Nutrition staff has limited times when they are able to be in classrooms

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<p>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.</p>	
<p>Objective 1: Provide dates, times and locations of staff development opportunities on nutrition.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Allow staff, including instructional staff, to attend staff development at the regional service center or other appropriate venues.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of staff who attended training in previous years. <p>Resources needed:</p> <ul style="list-style-type: none"> • Funds for transportation and registration for staff development <p>Obstacles:</p> <ul style="list-style-type: none"> • Distance to ESC
<p>Objective 2: Create platforms for the district nutrition specialist to educate staff about nutrition facts</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Have the district nutrition specialist or an outside source to address staff members during staff development days just prior to the beginning of the school year regarding guidelines of child nutrition and our district's approach to it.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Time spent with staff prior to the beginning of school <p>Resources needed:</p> <ul style="list-style-type: none"> • Time and staff <p>Obstacles:</p> <ul style="list-style-type: none"> • Time - because of the number of other topics that must be addressed during that time

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.

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

[Coordinate the goals listed in this section with those listed in FFA(LOCAL).]

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: Provide a minimum of 30 minutes per day of physical activity for students who are required to have it.

Action Steps	Methods for Measuring Implementation
Provide a minimum of 30 minutes daily of planned physical activity for students in grades Pre-K through grade 6	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of minutes documented each day Resources needed: <ul style="list-style-type: none"> • Physical Education Teacher • Pre-K Teacher Obstacles: <ul style="list-style-type: none"> • Shortened school days
Action Steps	Methods for Measuring Implementation
Provide a minimum of 30 minutes daily of planned physical activity for students not scheduled in competitive athletics in grades 7-10.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of minutes documented each day Resources needed: <ul style="list-style-type: none"> • Physical education teacher Obstacles: <ul style="list-style-type: none"> • Shortened school days

Action Steps	Methods for Measuring Implementation
Provide a minimum of 30 minutes daily of planned physical activity for students in competitive athletics in grade 7-12	Baseline or benchmark data points: <ul style="list-style-type: none"> • .Practice or game minutes available each day

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	<p>Resources needed:</p> <ul style="list-style-type: none"> • Coaches <p>Obstacles:</p> <ul style="list-style-type: none"> • Shortened Days
<p>GOAL: (2) The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.</p>	
<p>Objective 1: Provide physical activities in music class in grades Pre-K through 5</p>	
Action Steps	Methods of Measuring Implementation
<p>Incorporate dance and rhythm activities for students through the music curriculum</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Minutes of dance and rhythm allowed in elementary school music classes. • Resources needed: Music teacher <p>Obstacles</p> <ul style="list-style-type: none"> • Shortage of time available
<p>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.</p>	
Action Steps	Methods for Measuring Implementation
<p>Provide instruction in activities such as tennis, basketball, aerobic exercise, weight training, and golf that students can enjoy for years to come.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Time devoted to each activity <p>Resources needed:</p> <ul style="list-style-type: none"> • Instructors/coaches for each activity <p>Obstacles:</p> <p>Inclement weather</p>

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

Objective 1: The District will take appropriate measure to become eligible to participate in a number of UIL activities

Action Steps	Methods for Measuring Implementation
The District staff will encourage all students to participate in athletics	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of students participating Resources needed: <ul style="list-style-type: none"> • Coaching staff and facilities Obstacles: <ul style="list-style-type: none"> • Students desire

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: Increase the number of participant in all extra-curricular

Action Steps	Methods for Measuring Implementation
Pre participation meeting between coaches and parents	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of parents attending meeting Resources needed: <ul style="list-style-type: none"> • Coaching staff Obstacles: <ul style="list-style-type: none"> • Parent participation

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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 posting appropriate signs,

Action Steps	Methods for Measuring Implementation
Encourage parents and community members to use the school track for walking, jogging or running.	Resources needed: <ul style="list-style-type: none"> • Track Obstacles: <ul style="list-style-type: none"> • Inclement weather
Action Steps	Methods for Measuring Implementation
Encourage parents and community members to use the school gym for playing basketball and lifting weights	Resources needed: <ul style="list-style-type: none"> • Gym and Weight Room Obstacles: <ul style="list-style-type: none"> • Community desire

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.

[Coordinate the goals listed in this section with those listed in FFA(LOCAL).]

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GOAL: (1) The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

[Two studies regarding recommended seat time for children to eat meals are available at <http://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/bergman2.asp> and [http://www.andjrn.org/article/S2212-2672\(15\)01248-4/fulltext.](http://www.andjrn.org/article/S2212-2672(15)01248-4/fulltext.)]

Objective 1: Students will be given appropriate time to eat lunch.

Action Steps	Methods for Measuring Implementation
Schedule at least 30 minutes for each student to collect a lunch tray and sit down to eat during their lunch period	Baseline or benchmark data points: <ul style="list-style-type: none"> • Amount of time scheduled daily Resources needed: <ul style="list-style-type: none"> • Adequate cafeteria staff Obstacles: <ul style="list-style-type: none"> • Students wasting time

Objective 2: Students will be given appropriate time to eat breakfast.

Action Steps	Methods for Measuring Implementation
Allow student appropriate time to eat breakfast	Baseline or benchmark data points: <ul style="list-style-type: none"> • Amount of time scheduled daily Resources needed: <ul style="list-style-type: none"> • Adequate cafeteria staff Obstacles: <ul style="list-style-type: none"> • Student not wasting time

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

Objective 1: Help provide opportunities for students to be involved in physical activities outside the school.

Action Steps	Methods for Measuring Implementation
Coordinate with various local youth activity groups to help students enroll in after school activities.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of students enrolled in each activity Resources needed:

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	<ul style="list-style-type: none"> • Staff to issue enrollment forms <p>Obstacles:</p> <ul style="list-style-type: none"> • Communication with groups
Objective 2:	
Action Steps	Methods for Measuring Implementation
Coordinate with local youth activity groups to schedule practice and games for various youth activities	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of times school facilities are used by groups after school <p>Resources needed:</p> <ul style="list-style-type: none"> • Coordinate between school and youth activity personnel <p>Obstacles:</p> <ul style="list-style-type: none"> • Lack of communication

GOAL: (3) The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1: Provide facilities for staff to participate in exercise or wellness activities after work hours.	
Action Steps	Methods for Measuring Implementation
Allow the track or school buildings to be used for walking/jogging activities and allow the weight room and gym to be used by staff	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of physically active staff <p>Resources needed:</p> <ul style="list-style-type: none"> • Coordination between individual workouts and scheduled student activities <p>Obstacles:</p> <ul style="list-style-type: none"> • Facility conflicts