

Local Wellness Plan

PURPOSE

This document, referred to as the wellness plan (“the plan”), is intended to implement policy FFA(LOCAL) which has been adopted by the Rockwall ISD Board of Trustees (“the Board”) to comply with the requirements for a school wellness policy. Rockwall ISD (“the District”) is committed to creating an environment that is collaborative, safe, challenging and responsive to the diverse needs of our community. This plan applies to all students, staff and schools in the District.

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 School Health Advisory Council (SHAC). The SHAC membership is appointed annually by the Board and the composition shall be consistent with BDF(LEGAL).

The SHAC shall solicit involvement and input from other interested persons by:

1. Permitting participation to the extent possible from all school levels, parents, students, child nutrition staff, physical education teachers, school health professionals, school administrators, Board members, and members of the public.
2. Posting dates and times of SHAC meetings on the District’s website.

The District shall solicit involvement and input by:

1. Listing in the student handbook the person and/or position responsible for the oversight of the District’s wellness policy and plan along with an invitation to contact that person.
2. Establishing a wellness team and team leader at every campus in the District.

IMPLEMENTATION

The District will manage and coordinate the execution of the wellness policy including delineation of roles, responsibilities, actions, and timelines. The District will use tools to evaluate wellness goal progress and complete school-level assessments.

Roles and Responsibilities

The Director of Health Services is responsible for the overall implementation of FFA(LOCAL) including:

1. Development of this wellness plan and any other appropriate administrative procedures.
2. Coordination with other responsible departments including child nutrition, curriculum and instruction, physical education, and student services.
3. Coordination of wellness plan data collection tools with other responsible departments and campuses.
4. Coordination of staff wellness through the District’s Rock Solid Wellness team.

The Director of Child Nutrition is responsible for overall implementation of FFA(LOCAL) nutrition guidelines including:

1. Compliance with federal requirements for reimbursable meals.
2. Compliance with federal requirements for other foods and beverages sold to students during the school day (competitive foods).
3. Compliance with review of competitive foods sold and foods sold in approved fundraisers.
4. Development of local guidelines on foods and beverages made available to students during the school day.
5. Compliance with submission of meal reimbursement submissions to the Texas Department of Agriculture (TDA).

The Coordinator of PE, Health and Wellness is responsible for overall implementation of FFA(LOCAL) physical activity and coordinated school health including:

1. Compliance with state requirements for physical activity at elementary school grades, including recess.
2. Compliance with state requirements for physical activity at middle school level.
3. Compliance with school-based activities to promote student wellness and create an environment conducive to physical activity, and consistent wellness messages.
4. Compliance with implementation of a coordinated school health program.

The Executive Director of Student and Family Services is responsible for the advising the SHAC and the overall implementation of programs and procedures to create safe and civil school environments including:

1. Oversight of SHAC agendas and meetings.
2. Oversight of counselors.
3. Oversight safe & civil campuses.

The Executive Director of Curriculum & Instruction is responsible for overall implementation of:

1. Annual wellness goal measurement completion in each Campus Improvement Plan (CIP).
2. Compliance with integration of nutrition education into appropriate curriculum areas.
3. Compliance with professional development of staff responsible for nutrition education.
4. Compliance with integration of physical activity and fitness behaviors into appropriate curriculum areas.
5. Compliance with professional development of staff responsible for physical activity.

Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including

1. Submission of necessary information to the SHAC for evaluation.
2. Establishing a campus wellness team and team leader.
3. Ensuring campus compliance with nutrition guidelines for foods sold, foods provided and exempted fundraisers.
4. Ensuring compliance with school-based activities to promote student wellness and create an environment conducive to healthful eating, physical activity, and consistent wellness messages.
5. Monitoring the types of foods and beverages made available to students during the school day.

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 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.

Annual Progress Reports

Campuses will track, analyze and report programs, strategies, activities, and actions to promote wellness and comply with FFA(LOCAL) wellness goals in the areas of nutrition promotion, nutrition education, physical activity, and school based activities.

1. The District will require at least one wellness goal in each Campus Improvement Plan (CIP).
2. Each campus will track and document progress toward meeting the FFA(LOCAL) wellness goals by reviewing campus-level activities, programs and actions.
3. District will prepare a report on the wellness activities of each campus to present to the SHAC upon their request.

Triennial Progress Assessments

Every three years the District will gather wellness information from each campus and appropriate District administrators to evaluate compliance with the wellness policy.

1. Data collection will be completed using relevant portions of the Centers for Disease Control's School Health Index (CDC SHI).
2. Each campus will complete their wellness assessment when requested by the district administrator overseeing the triennial progress assessment.
 - a. Campus administrator and/or wellness team leader will assign wellness team members to assess the school environment on: health education, nutrition, physical activity, competitive foods and beverages, family and community involvement, staff wellness, healthy and safe school environments, and health services.
 - b. Wellness team leader or campus administrator will submit the results of their school environment wellness assessment using the data collection tool provided by the assigned district administrator.
 - c. Campus wellness teams will consider implementing additional wellness activities based on the results of their wellness assessments and progress toward LWP goals.
3. The SHAC will review the results of the triennial progress assessment. The SHAC will consider the assessment results along with evidence-based strategies and techniques to:
 - a. Make recommendations to the Board and District to update or modify the wellness policy.
 - b. Solicit input and involvement from persons knowledgeable of wellness or interested in the wellness plan to meet changing community health needs, emerging health science and technologies, and new federal or state guidance or standards.
 - c. Submit any wellness policy recommendations to the Board.

Public Notification

The District will inform and update the public about the content and implementation of the local wellness policy and plan by posting and documenting information and activity related to the wellness policy on the District's SHAC web page. The District will also publish the above information in appropriate District or campus publications.

1. Link to the wellness policy FFA(LOCAL).
2. Copy of this wellness plan.
3. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed by posting the SHAC meeting agenda prior to the meeting date.
4. The results of the triennial progress assessment.
5. Any other relevant information.

Records Retention

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program.

Nutrition Guidelines and Standards

All District campuses participate in the United States Department of Agriculture (USDA) child nutrition program and are required to establish nutritional guidelines for foods made available on each campus that are consistent with federal standards. 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. The following provisions describe the District's nutrition guidelines, activities and objectives chosen by the SHAC to implement the Board-adopted wellness goals in policy FFA(LOCAL) and to comply with state and federal requirements.

Foods Sold

1. The District will comply with federal requirements for reimbursable meals.
2. For other foods and beverages sold to students during the school day (competitive foods and beverages, such as those a la carte meal options or vending machines):
 - a. The District will comply with the federal requirements for competitive foods ("Smart Snacks" standards). <https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>
 - b. The District will not permit carbonated, diet sodas (artificially sweetened) in student vending machines.
3. **Elementary Schools:** No foods and beverages will be sold outside of the school meal programs during the school day. Celebrations and Rewards are an exception to this rule and are addressed in the Foods Provided section.
4. **Middle Schools:** No foods or beverages will be sold outside of the school meal programs during the meal periods. Celebrations and Rewards are an exception to this rule and are addressed in the Foods Provided section.



5. **High Schools:** No foods or beverages will be sold outside of the school meal programs during the meal periods where school meals are sold and/or consumed. Celebrations and Rewards are an exception to this rule and are addressed in the Foods Provided section.
6. **Fundraising:** All schools may sell food and beverages that do not meeting Smart Snacks standards as part of a fundraiser during the school day for up to six days per school year on each campus.
 - a. No exempted fundraisers may sell food or beverages in competition with school meals in the food service area during the meal service, or where school meals are sold or consumed. CO(LEGAL)
 - b. Fundraising shall not be permitted during class time. FJ(LOCAL)
 - c. Sales of foods and beverages for fundraising that could be consumed during the school day must meet the Smart Snacks requirements if they have not been approved by their campus administrator as an exempted fundraiser (maximum six per year, per campus). FJ(LOCAL)
 - d. The District encourages that carbonated sodas (regular or artificially sweetened) are NOT sold at exempted fundraisers.

Foods Provided

There are currently no federal requirements for foods or beverages made available at no charge to students during the school day. The District encourages that foods and beverages provided to students at no charge meet the Smart Snack standards. Foods and beverages provided should also comply with the District's *Food & Severe Allergy Management Plan* to limit risk of allergen exposure to students with food allergies. [CO(LEGAL); FFAF(LEGAL/LOCAL)]

1. **Celebrations and parties:** Each school may designate three (3) days each school year for celebrating holidays or other events. The campus will encourage healthy celebration ideas to parents and teachers, including non-food celebration ideas.
1. **Rewards and incentives:** The District will provide teachers and other relevant school staff list of alternative ways to reward students. Use of non-food rewards are encouraged, such as stickers, pencils, special privileges (i.e. line leader, outdoor lunch, homework pass), etc. Refer to the District's SHAC-Wellness web page for ideas and resources.
2. **Classroom Activities:** The District will permit foods and beverages for instructional, classroom activities. Use of non-food items or foods and beverages that meet the Smart Snack standards are encouraged for instructional activities and projects.
3. **Birthday celebration:** The District will comply with state law ("Lauren's law"), which allows a parent or grandparent to provide a food product of their choice to classmates of their child or grandchild on the student's birthday. Foods and beverages provided must comply with the District's *Food & Severe Allergy Management Plan* to assure safety to students with life-threatening food allergies.
4. **Water:** The District will promote hydration by making free, unflavored drinking water available to all students throughout the school day at every campus. Drinking water will be available at no charge during meal times where school meals are served.

Food and Beverage Marketing in Schools

Any foods and beverages marketed or promoted to students on academic school campuses during the school day will meet or exceed the federal nutrition standards (competitive foods, Smart Snacks standards) and will not include carbonated, diet sodas containing artificial sweeteners. “Marketing” will be considered as any written, graphic or oral statement made for the purpose of promoting the sale of a food or beverage, including but not limited to: brand names, trademarks or logos present on posters, equipment, marquees, cafeteria menu boards, or other campus displays; vending machine exteriors; free product samples, coupons or taste tests displaying advertising of a product.

WELLNESS GOALS [FFA(LOCAL)]

Nutrition Promotion and Education

In compliance with federal law the District, with SHAC input, has established a goals for nutrition promotion and education in FFA(LOCAL). The District’s nutrition promotion activities shall encourage participation in the NSLP, School Breakfast Program and any other supplemental food and nutrition programs offered by the District.

Nutrition Promotion Goal: The District shall consistently promote healthy nutrition messages and share educational information to promote healthy nutrition choices and positively influence the health of students.

Nutrition Education Goal: The District shall deliver nutrition education that fosters a lifestyle of healthy eating behaviors through integration of nutrition education into appropriate curriculum areas and provision of professional development to staff responsible for nutrition education.

The District will promote healthy food and beverage choices using evidence-based strategies and techniques. It is recommended that child nutrition and school staff promote healthy food choices strategies to increase school meal participation, improve healthy food consumption, and reduce food waste at school.

Nutrition education will be integrated in classroom instruction or learning activities in areas of curriculum such as math, science, physical education, health, language arts and social studies.

Physical Activity

The District shall implement, in accordance with law, a coordinated health program with physical activity and physical education components and shall offer at least the required amount of physical activity for all grades. In compliance with federal law the District, with SHAC input, has established goals for physical activity.

Goal: The District shall permit the use of District’s recreation facilities in accordance with policy GKD.

Goal: The District shall provide an environment that fosters a lifestyle of physical activity and fitness behaviors through integration into appropriate curriculum areas and provision of professional development to staff responsible for physical activity.

Physical education shall include the instruction of individual activities as well as competitive and non-competitive team sports to encourage lifelong physical activity. Campuses are encouraged to participate in

programs including but not limited to: Fuel Up to Play 60; Kids Heart Challenge; Healthy Zone; Kids Teaching Kids; Marathon Kids, etc. Refer to the District's SHAC-Wellness web page for ideas and resources.

Physical activity will be integrated across curricula and throughout the school day when appropriate. Movement can be a part of science, math, social studies and language arts.

The physical activity facilities on school grounds will be safe and regularly maintained.

Other School-Based Activities

The District will strive to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities.

Goal: The District shall promote wellness for students, families, and employees at suitable District and campus activities.

Safety, Security and Civility

The district will implement initiatives and processes to make campuses more safe, secure and civil.

1. The Executive Director of Student Services will coordinate campus safety and security through:
 - a. Implementation and promotion of *Better Together*.
 - b. Identification and implementation of campus CORE Councils (safety teams).
 - c. Identification and implementation of evidence-based safety and security processes and procedures.
2. Each campus will develop and CORE Council to implement and maintain campus safety and security.

Employee Wellness and Health Promotion

The District will have an employee wellness team, Rock Solid Wellness ("RSW"), that focuses on staff wellness promotion.

1. The Director of Health Services will coordinate employee wellness interventions and activities through:
 - a. Identification of evidence-based health promotion interventions or strategies specific to adult health needs and issues.
 - b. Identification and implementation of district-wide employee wellness events, in collaboration with Communication & Marketing staff and community-based health providers.
 - c. Promotion of existing health and wellness benefits provided to employees, in collaboration with Human Resources Benefits staff and appropriate District administrators or departments.
2. Each campus administrator and each non-campus department administrator will select at least one staff member to serve on the RSW team each year.
3. Each RSW team member will:
 - a. Promote and communicate District wellness initiatives to all staff at their campus/department.
 - b. In collaboration with the campus/department administrator, identify and implement health activities and health messages specific to their campus/department staff members.



PROFESSIONAL LEARNING

The District will meet or exceed annual continuing education and training hours required by the USDA Professional Standards Requirements for Child Nutrition Department staff.

Physical education staff will attend regular professional development. Topics may include nutrition education, physical activity, classroom management, and health education.