

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. *Input during SHAC Meetings*
2. *Community Survey*

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 of 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 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 with any state- or federally designated model wellness policies. This will be referred to as the “triennial assessment.”

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:

- Smarter Lunchrooms' website (<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>)

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 Assistant Superintendent of Curriculum and Instruction is 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.

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 of Campus 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).

NUTRITION
GUIDELINES

Some 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 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>
(see the Complete *Administrator Reference Manual* [ARM], Section 20, Competitive Foods)

The District has also incorporated the following stricter standards that are not prohibited by federal or state law:

Red Oak ISD will not use deep fat frying as a method of cooking at any campus participating in the National School Lunch Program.

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:

Campus or Organization	Food / Beverage	Number of Days
Elementary	Both	6

Campus or Organization	Food / Beverage	Number of Days
Red Oak Middle School	Both	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 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:

Elementary school: Allows Elementary campuses up to five (5) "free" days or events during the school year which students may be given (not sold) food and beverage items which are otherwise restricted foods during the school day. In addition to the five event days, principals may, at their discretion, provide reward days where the reward involves food items given to students. These days/events must be reported to the student nutrition director. However; on these principal sponsored days/events the items may not be given during meal times in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be made available to all students.

Middle/junior high school: Secondary campuses will have no restrictions on foods given to students other than time and place. At secondary campuses, food items may not be given during meal times in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be made available to all students.

All foods will meet proposed competitive food nutrients standards as specifically set out in Red Oak ISD Student Nutrition Department 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.

Although the District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SHAC will periodically monitor these and make recommendations when replacements or new contracts are considered.

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

The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

The SHAC will monitor this by:

1. Record Review
2. Walkthrough

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:

Action Steps	Methods for Measuring Implementation
Posters and flyers on bulletin boards displayed in the cafeteria. Menus with nutrition information posted in the cafeteria.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Present in all schools Resources needed: <ul style="list-style-type: none"> • Some Schools may need bulletin Obstacles: <ul style="list-style-type: none"> • N/A

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:	
Action Steps	Methods for Measuring Implementation
<p>Menus with nutritional information posted on district website.</p> <p>Links to nutrition education websites posted on district website.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Information is updated monthly <p>Resources needed:</p> <ul style="list-style-type: none"> District website <p>Obstacles:</p> <ul style="list-style-type: none"> Menu changes due to product availability may occur

GOAL: The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
<p>Materials with advertisements such as drink barrels and vending machines only display product that meets Federal guidelines for competitive foods.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Monitor all possible advertisement <p>Resources needed:</p> <ul style="list-style-type: none"> <p>Obstacles:</p> <ul style="list-style-type: none">

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.

The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Coordinate Bienestar with the Student Nutrition program regarding nutrition education.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Documentation of efforts Resources needed: <ul style="list-style-type: none"> • Posters and handouts Obstacles: <ul style="list-style-type: none"> • Coordinating of efforts / Time/Scheduling

GOAL: 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:	
Action Steps	Methods for Measuring Implementation
Nutrition education will be integrated into curriculum.	Baseline or benchmark data points: <ul style="list-style-type: none"> • . Bienestar program being used. Nutrition incorporated into health, PE, science classes.Documentation

	<p>Resources needed:</p> <ul style="list-style-type: none"> • Bienestar training materials <p>Obstacles:</p> <ul style="list-style-type: none"> •
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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:	
Action Steps	Methods for Measuring Implementation
<p>Bienstar training for district PE staff. Professional Standards required by TDA for SN Staff</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation of training <p>Resources needed:</p> <ul style="list-style-type: none"> • Training <p>Obstacles:</p> <ul style="list-style-type: none"> •

GOAL: The District shall establish a pilot campus and create a school garden and farm-to-school program.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
<p>Student Nutrition will ask for a volunteer campus that would be willing to pilot a school garden and incorporate some of the farm-to-school program.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Pilot Campus School Garden <p>Resources needed:</p> <ul style="list-style-type: none"> • Pilot Campus and Teacher, Grants <p>Obstacles:</p> <ul style="list-style-type: none"> • Grants

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.]

The following addresses how the District meets the required amount of physical activity:

- *20 minutes of daily recess in elementary (K – 5th) school grades*
- *135 minutes of physical education per week (K – 5th)*
- *4 semesters of physical education during middle school*

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.

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:	
Action Steps	Methods for Measuring Implementation
Students have the opportunity to take Health and Nutritional classes. SHAC provide ideas on Website for students to participate in fitness activities.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Class Numbers and Fitness Activities Available Resources needed: <ul style="list-style-type: none"> • Classes, SHAC Website, Fitness Activities Offered Obstacles: <ul style="list-style-type: none"> • Facility scheduling

GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
School-Wide opportunities for physical activity during academic coursework when appropriate.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Record of attendance to SD and use of opportunities

	<p>Resources needed:</p> <ul style="list-style-type: none"> • Adventure Fitness and Go Noodle <p>Obstacles:</p> <ul style="list-style-type: none"> • Scheduling, Adventure Fitness Subscription
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GOAL: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Extra- curricular activities for UIL events for grade 7-12	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Scheduling <p>Resources needed:</p> <ul style="list-style-type: none"> • Existing <p>Obstacles:</p> <ul style="list-style-type: none"> • Scheduling
Objective 2:	
Action Steps	Methods for Measuring Implementation
Physical activities incorporated into After the Bell curriculum at each elementary school.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Schedules <p>Resources needed:</p> <ul style="list-style-type: none"> • Physical Activity Ideas <p>Obstacles:</p> <ul style="list-style-type: none"> • Facility Spaces Available, Scheduling, Staff

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. The district shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Healthy Hawk Program for all staff members	Baseline or benchmark data points:

	<ul style="list-style-type: none"> Usage data, Number of participants Resources needed: <ul style="list-style-type: none"> Gym, Trainer, Wellness Classes Obstacles: <ul style="list-style-type: none"> Scheduling
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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. The District shall promote wellness for students and their families at suitable District and campus activities.

Objective 1:

Action Steps	Methods for Measuring Implementation
Enlist help from our PTA organizations to have healthy family “fun nights” or activities	Baseline or benchmark data points: <ul style="list-style-type: none"> Sign in sheet Resources needed: <ul style="list-style-type: none"> To be determined Obstacles: <ul style="list-style-type: none"> Facilities / PTA participation/ equipment

Objective 2:

Action Steps	Methods for Measuring Implementation
Education Foundation Annual Color Run and Santa Shuffle. Community events using ROISD facilities.	Baseline or benchmark data points: <ul style="list-style-type: none"> Participation sign in sheets Resources needed: <ul style="list-style-type: none"> School staff to facilitate events, Facilities Obstacles: <ul style="list-style-type: none"> Weather / Scheduling / Facilities

GOAL: The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as playgrounds, and the like, that are available for use outside the school day.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Encourage use of facilities by community members. Baseball/Softball fields, soccer fields, and playgrounds.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of events using facilities • Families using playgrounds. Resources needed: <ul style="list-style-type: none"> • Supervise the usage/clean up after events. Obstacles: <ul style="list-style-type: none"> • Not District Supervised

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:	
Action Steps	Methods for Measuring Implementation
Follow schedule of 30 minutes for lunch meal.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Monitor time allowed for lunch. Resources needed: <ul style="list-style-type: none"> • Schedules Obstacles: <ul style="list-style-type: none"> • Scheduling