

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; 7 C.F.R. Part 210]

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. Including representatives from all schools (parents and employees) in discussion of the policy/plan via SHAC
2. Presenting policy/plan to MISD Board of Trustees for further input

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 Director of Special Programs 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.”

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>)
- <http://www.squaremeals.org/>
- <http://misd.nutrislice.com/>

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)];
1. A copy of this wellness plan, with dated revisions;
2. Notice of any Board revisions to policy FFA(LOCAL);
3. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC’s triennial assessment; 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 PEIMS/Student Information Officer, 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

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.

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.

FOODS AND BEVERAGES 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)

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 not allow exempted fundraisers during the school day while school meals are provided; all fundraisers will include nonfood items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

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)]

Local Requirement:

All students will continue to be provided the option to choose a school meal.

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.

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. Encourage directors/administrators to review advertisements so they are in compliance with the SMART Snack requirements via reminders in Administration Meetings.
2. Make visual observations of the schools and athletic facilities.

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.

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
Present healthy messages in the cafeteria and food lines.	Baseline or benchmark data points:

Steps:
 -Use revolving power points on screen with healthy food facts (e.g: What do carrots do for me?)
 -Use tus for positive food messages (Secondary level)
 -Signage/posters for younger children

- Number of schools used in now and Number of location within schools

Resources needed:

- IT department, time, purchase of posters/signs, school cooperation

Obstacles:
 Expensive, nutrition department is restricted to space in kitchen and serving area messaging.

Objective 2:

Action Steps	Methods for Measuring Implementation
Use food presentation to make healthy foods appealing. Steps: -Use motto "You eat with your eyes." as motivation -Using creative presentation (fruit roses, etc) to appeal to students -Workers proactively check produce to assure it's best for students	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of schools where "food art" is currently used. Resources needed: <ul style="list-style-type: none"> • Time needed to prep food & training for other schools Obstacles: <ul style="list-style-type: none"> • Time and Training

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
Utilize District Website to push nutrition information. Steps: Use of Nutrislice site and app	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of parents who currently are registered with Nutrislice

<p>-gives extensive nutrition information; -gives allergy information; and -information is in multiple languages.</p>	<p>Resources needed: <ul style="list-style-type: none"> IT Department, Time Obstacles: <ul style="list-style-type: none"> Parents can look without registering, parents actually using information (cannot force it). </p>
---	--

Objective 2:	
Action Steps	Methods for Measuring Implementation
<p>Reduction of Paper Menus sent home to elementary school students. Steps: Menus with some nutrition info printed and sent home with elementary students.</p>	<p>Baseline or benchmark data points: <ul style="list-style-type: none"> Number of menus sent home now Resources needed: <ul style="list-style-type: none"> Printing, paper, ink, typing menu time Obstacles: <ul style="list-style-type: none"> Parents are accustomed to receiving paper menus. Paper menus are expensive and time-consuming. </p>

<p>GOAL: 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.</p>	
Objective 1:	
Action Steps	Methods for Measuring Implementation
<p>Current and future contracts with food vendors will be reviewed for compliance</p>	<ul style="list-style-type: none"> Baseline or benchmark data points: Number of current food vendors which advertise on MISD campuses' Resources needed: Personnel

	<ul style="list-style-type: none"> • Obstacles: current contracts may include vendors that have products that don't provide products that meet federal guidelines
--	--

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:	
Action Steps	Methods for Measuring Implementation
Physical Education instructors will provide nutrition education in conjunction with physical fitness instruction	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of nutrition lessons per year for each grade level Resources needed: <ul style="list-style-type: none"> • Nutrition literature, models Obstacles: <ul style="list-style-type: none"> • Class size, frequency of instruction

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 incorporated into science and reading instruction as appropriate	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of opportunities that exist in science and reading for nutrition education in MAC (Montgomery Aligned Curriculum) <p>Resources needed:</p> <ul style="list-style-type: none"> • Curriculum resources <p>Obstacles:</p> <ul style="list-style-type: none"> • Timeline and TEKS expectation

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
Education in the District will be expanded via the following programs: Agrilife, Foodbank and Child Nutrition.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of program opportunities • Number of participants year to year <p>Resources needed:</p> <ul style="list-style-type: none"> • Personnel and Space <p>Obstacles:</p> <ul style="list-style-type: none"> • Participation

<p>GOAL: The District shall establish and maintain school gardens and farm-to-school programs.</p>	
<p>Objective 1:</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Elementary School Garden and Etrack programs.</p> <p>Steps: Have tastings for students of what is growing with surveys</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> One school in the District with a garden <p>Resources needed:</p> <ul style="list-style-type: none"> Gardens, Food for Tastings <p>Obstacles:</p> <ul style="list-style-type: none"> Gardens don't grow enough for all students to taste. Expense of buying produce to taste
<p>Objective 2:</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Sampling foods to get students to try new things.</p> <p>Steps: Identify fruits/veggies for sampling plan tastings.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Number of times each school currently holds tastings. <p>Resources needed:</p> <ul style="list-style-type: none"> Foods for tasting; staff time <p>Obstacles:</p>
<p>Objective 3:</p> <p>Taste testing new recipes at the High School level which leads to more buy-in.</p> <p>Steps: Identify new options/recipes and let students test and choose</p>	<p>Baseline or benchmark data points: Number of new recipes introduced each year.</p> <p>Resources: Time to plan, extra food to taste; staff time</p> <p>Obstacles:</p>

	Cost and 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.]

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

- Number of minutes of physical activity as established by state law
- At least 50 percent of a PE course (on a weekly basis) must be at a moderate or vigorous level, while meeting the needs of students of all ability levels, including students with a mental disability, as per state law.

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
PE Classes are required with option of Athletics when students are in secondary schools	Baseline or benchmark data points: Physical Fitness screening (Fitness Gram) ● Resources needed:

	<ul style="list-style-type: none"> Staff, facilities and equipment <p>Obstacles:</p> <ul style="list-style-type: none"> Ratio-Student to teacher
Objective 2:	
Action Steps	Methods for Measuring Implementation
<p>Cheer, dance, ROTC, Marching Band, Drill Team - Offered as optional PE Credit</p> <p>Objective 3: Encourage healthy competition between schools for additional physical activity.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Fitness Gram <p>Resources needed:</p> <ul style="list-style-type: none"> Staff, facilities and equipment <p>Obstacles:</p> <ul style="list-style-type: none"> Ratio and time

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
<p>Classroom Activity</p> <ul style="list-style-type: none"> "Brain Breaks" Flexible Seating 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Lesson plans, informal observations <p>Resources needed:</p> <ul style="list-style-type: none"> Technology Go Noodle, Space Flexible Seating <p>Obstacles:</p> <ul style="list-style-type: none"> Renewing subscriptions, Cost, Space, Cost for Flexible Seating

Objective 2:	
Action Steps	Methods for Measuring Implementation
"Bear Well" Fair	Baseline or benchmark data points: <ul style="list-style-type: none"> • Attendance Resources needed: <ul style="list-style-type: none"> • Vendors & Community involvement Obstacles: <ul style="list-style-type: none"> • Attendance, Staff to plan/organize event

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
Inclusion of Sports Extracurricular activities at targeted/all schools	Baseline or benchmark data points: <ul style="list-style-type: none"> • Attendance & performance Resources needed: <ul style="list-style-type: none"> • Equipment, Staff, Facilities and Stipends Obstacles: <ul style="list-style-type: none"> • Funding & Stipends
Objective 2:	
Action Steps	Methods for Measuring Implementation
Teacher initiated before/after clubs & activities - running, cup stacking, jump rope, etc.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Attendance & performance Resources needed: <ul style="list-style-type: none"> • Volunteer Coaches

	Obstacles: <ul style="list-style-type: none"> ● Getting Volunteer Coaches
--	--

GOAL: 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.

Objective 1:

Action Steps	Methods for Measuring Implementation
Staff members can participate in Walk Across Texas as a district initiative	Baseline or benchmark data points: <ul style="list-style-type: none"> ● Number of participants Resources needed: <ul style="list-style-type: none"> ● Staff for planning purposes Obstacles: <ul style="list-style-type: none"> ● Participation

Objective 2:

Action Steps	Methods for Measuring Implementation
CPR Certification Offered to Staff	Baseline or benchmark data points: <ul style="list-style-type: none"> ● Attendance, Certification Resources needed: <ul style="list-style-type: none"> ● Nurses to teach, Equipment Obstacles: <ul style="list-style-type: none"> ● Attendance

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:	
Action Steps	Methods for Measuring Implementation
Jump Rope for Heart	Baseline or benchmark data points: <ul style="list-style-type: none"> • Participation Resources needed: <ul style="list-style-type: none"> • Volunteers and equipment Obstacles: <ul style="list-style-type: none"> • Space
Objective 2:	
Action Steps	Methods for Measuring Implementation
Elementary Schools: "Move & Groove with Moms" "Dad Day" Family Field Day "Running with the Bears" Event	Baseline or benchmark data points: <ul style="list-style-type: none"> • Participation Resources needed: <ul style="list-style-type: none"> • Volunteers, Facilities Obstacles: <ul style="list-style-type: none"> • Participation before/after school

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 outside the school day.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Have facilities available- Tracks, fields, courts and gym Gym Open to Employees	Baseline or benchmark data points: <ul style="list-style-type: none"> • Security, cameras - to see

Training at Schools	usage & monitor improper usage Resources needed: <ul style="list-style-type: none"> Facilities Obstacles: <ul style="list-style-type: none"> Locked up facilities Cost
Objective 2:	
Action Steps	Methods for Measuring Implementation
Playgrounds available to public, soccer, basketball and team practice	Baseline or benchmark data points: <ul style="list-style-type: none"> Security, cameras - to see usage & monitor improper usage Resources needed: <ul style="list-style-type: none"> Updated facilities and equipment Obstacles: <ul style="list-style-type: none"> Vandalism, Cost for repairs Cost for updating

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.

<p>GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. http://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/bergman2.asp and http://www.andjrn.org/article/S2212-2672(15)01248-4/fulltext.]</p>	
<p>Objective 1:</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>The schedule will allow sufficient time for students to obtain and eat a nutritious meal.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● All students had the opportunity to eat lunch. <p>Resources needed:</p> <ul style="list-style-type: none"> ● Master schedule <p>Obstacles:</p> <ul style="list-style-type: none"> ● Location and adequate to serve.
<p>Objective 2:</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>The students will eat lunch in a clean environment; free of hazard, and with adequate seating opportunities.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Cafes are cleaned daily & between each session. No accidents reported. <p>Resources needed:</p> <ul style="list-style-type: none"> ● Custodial ● Staff, tables, equipment, trash cans <p>Obstacles:</p> <ul style="list-style-type: none"> ● Limited facility capacity ● Student willingness/perceived observation

GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Continue to promote "Moving with Moms"; "Fitness with Fathers"; and other activities (K-5) (Options for encouraging)	Baseline or benchmark data points: <ul style="list-style-type: none"> Two family activities per year (minimum) Resources needed: <ul style="list-style-type: none"> Facility, advertisement, staff, water, snacks Obstacles: <ul style="list-style-type: none"> Non-participation by families
Objective 2:	
Action Steps	Methods for Measuring Implementation
All MISD students (K-12) and families will be invited to participate in "Walk Across Texas" (830 miles) sponsored by TAMU.	Baseline or benchmark data points: <ul style="list-style-type: none"> Data from TAMU Website. Resources needed: <ul style="list-style-type: none"> Advertisement, Computer Access Obstacles: <ul style="list-style-type: none"> Participation

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Employees are encouraged to participate in the Employee Health Fair (annual)	Baseline or benchmark data points: <ul style="list-style-type: none"> Number of visitors to the health fair

	<p>Resources needed:</p> <ul style="list-style-type: none"> • Vendors and time <p>Obstacles:</p> <ul style="list-style-type: none"> • Low number of vendors and tight schedule
Objective 2:	
Action Steps	Methods for Measuring Implementation
<p>Employees are encouraged to participate in physical fitness activities (ie. Walk Across Texas).</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of participants <p>Resources needed:</p> <ul style="list-style-type: none"> • None <p>Obstacles:</p> <ul style="list-style-type: none"> • Lack of time and interest to participate