

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; 7C.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. Posting on the District’s website the dates and times of SHAC meetings.2. Posting on the District’s website opportunities for involvement and input on the SHAC website.
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 Director of Student Activities 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 with any state or federally designated model wellness policies. This will be referred to as the “triennial assessment”.</p> <p>Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.</p>

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://snaped.fns.usda.gov/success-stories/smarter-lunch-rooms-movement>)
- CDC's School Health Index
(<http://www.cdc.gov/healthyschools/shi/index.htm>)
- A District-developed self-assessment

PUBLIC NOTIFICATION

To comply with the legal requirement to 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 [FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions.
3. Notice of any Board revisions to the policy FFA(LOCAL);
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed.
5. The SHAC's 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 the District's records management program. Questions may be directed to the District's Deputy Superintendent, 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 the policy FFA(LOCAL).

NUTRITION GUIDELINES

All District campuses participate in the United States Department of Agriculture's (USDA's) child nutrition program, 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 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 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:

- <https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks>
- <https://squaremeals.org/>
(see the Complete Administrator Reference Manual [ARM], Section 20, Competitive Foods)

EXEMPTION FUNDRAISERS

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of District fundraiser.

The District will allow exempted fundraisers with the approval of campus administrators on the exempted dates provided to Child Nutrition Services. Each campus is responsible for identifying no more than six days per school year and providing such dates to Child Nutrition Services prior to the exemption date.

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. The District will comply with state law, which allows a parent or grandparent to provide 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.

MARKETING

The District marketing guidelines for items sold to students are approved through Child Nutrition Services and are compliant with the Competitive Food Nutrition Standards. The Director of Child Nutrition Services does not authorize marketing information that is not compliant with the Competitive Food Nutrition Standard.

All marketing items require approval from Child Nutrition Services by the Director of Child Nutrition Services. Items must be approved before reaching a campus for marketing.

MEASURING
COMPLIANCE

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to 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 National School Breakfast Program, and any supplemental food and nutrition programs offered by the District.

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

GOAL 1: The District shall share educational nutrition information with families and the public to promote healthy nutrition choices and positively influence the health of students.	
OBJECTIVE 1: Each campus will provide a link on their school page to the College Station ISD Nutrition Services website to promote meal availability/participation as well as general nutrition information for children and families	
Action Steps	Methods of Measuring Implementation
Work with district website designer and Meal Viewer to allow access to online menus.	<p>Resources needed:</p> <p>Computer access/internet access</p> <p>https://schools.mealviewer.com/</p> <p>Evaluation:</p> <p>The number of times the menus were viewed during the school year.</p>

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 service 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 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
OBJECTIVE 1: The District will review coordinated health program health curriculum and make any needed changes to ensure instruction meets state requirements.	
Action Steps	Methods of Measuring Implementation
Review coordinated school health (CATCH) and science curriculum units and make necessary adjustments to reflect state requirements.	Evaluation: Updated curriculum document.
OBJECTIVE 2: The District will implement the new PE TEKS and ensure the instruction follows the guidance of healthy eating behaviors.	
Action Steps	Methods of Measuring Implementation
Review nutrition unit. Make any necessary adjustments needed.	Evaluation: Updated curriculum document.

PHYSICAL
EDUCATION

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]

All CSISD elementary students in each grade will receive physical education for at least 150 minutes per week throughout the school year. To continue exceeding state requirements, students will participate in daily physical education through sixth grade.

All CSISD secondary students (middle and high school) are required to take the equivalent of one academic year of physical education.

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 1: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
OBJECTIVE 1: Students shall be given multiple opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.	
Action Steps	Methods of Measuring Implementation
Provide a resource bank of ideas for before and after school physical activity options.	Evaluation: School Health Index

GOAL 2: 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 of the school day.	
OBJECTIVE 1: The District will allow access to District recreational facilities under the guidelines of College Station ISD Policy.	
Action Steps	Methods of Measuring Implementation
Allow campus physical activity facilities to be used when school is not in operation and when it does not conflict with District-sponsored activities. Create wording for a sign that could be posted at certain facilities and post on district webpage.	Evaluation: Documentation of website posting and signs verifying that the information was communicated.

SCHOOL-BASED
ACTIVITIES

Federal law requires that the District establish goals for the 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 healthy eating and physical activity and to promote and express a consistent wellness message.

GOAL 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
OBJECTIVE 1: All campuses will schedule 30 minutes daily for lunch and make every effort to provide 15 minutes to eat lunch, from the time a student receives his or her meal and is seated.	
Action Steps	Methods of Measuring Implementation
<p>Work with campus administrators to adjust master schedules as necessary.</p> <p>Monitor serving lines for adjustments that can be made to increase serving line speed.</p>	<p>Evaluation:</p> <p>Monitor lunches for time it takes for students to be seated and eating their lunch.</p> <p>School Health Index</p>
OBJECTIVE 2: One hundred percent of cafeterias will always maintain Hazard Analysis Critical Control Points (HACCP) logs.	
Action Steps	Methods of Measuring Implementation
<p>Monitor for forms</p>	<p>Evaluation:</p> <p>Review HACCP binders for completed forms.</p>

GOAL 2: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
OBJECTIVE 1: The district will provide information about health services offered throughout the community to staff.	
Action Steps	Methods of Measuring Implementation
<p>Collaborate with the benefits department to promote employee wellness.</p>	<p>Evaluation:</p> <p>School Health Index</p> <p>Review information provided to employees.</p>