

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 will convene a 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. In the development, implementation, and review of these guidelines and goals, the SHAC will permit the following persons to work with the SHAC on the District's wellness policy and plan: parents and caregivers, students, the District's food service staff, physical education teachers, school health professionals, Board members, administrators, and members of the public.

GUIDELINES AND  
GOALS

The following provisions describe the District's nutrition guidelines, physical activities, other school based activities, nutrition guidelines for all foods and beverages available to students during the school day, and guidelines for reimbursable meals that will not be less restrictive than USDA regulations.

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). The District also operates additional nutrition-related programs and activities including Grab 'n' Go Breakfast. 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 and shall not be less restrictive than the regulations and guidance of the Child Nutrition Act and the National School Lunch Act.

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. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements. The fol-

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.

The District will allow the following exempted fundraisers for the 2017–2018 school year:

Campus or Organization	Food/Beverage	Number of Days
TEXAS SERENITY ACADEMY	CANDY/SNACKS/JUICES	6

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 student's birthday or to children at a school-designated function.

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

1. Celebrations/Parties: The district will provide a list of healthy party ideas to parents and teachers, including non-food items. All foods and beverages provided will be store bought and individually wrapped.
2. Classroom snacks brought by parents. The District will provide to parents a list of foods and beverages that meet Smart Snack nutrition standards.
3. Rewards and Incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or with-

held as punishment for any reason, such as for performance or behavior.

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

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 establishes the following goals for nutrition promotion:

1. The District's food service staff, teachers, and other District personnel shall consistently promote health nutrition messages in cafeterias, classrooms, and other appropriate settings.
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.
3. The District shall ensure that food and beverage advertisements accessible to students during the school days contain only products that meet the federal guidelines for meals and competitive foods.

NUTRITION  
EDUCATION

The District will establish goals for nutrition education that will teach, model, encourage, and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

1. Provides students with knowledge and skills necessary to promote and protect health.
2. Will be integrated in the classroom instruction through subjects such as math, science, language arts, social studies, and elective subjects.
3. Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, and farm visits.

4. Promote fruits, vegetables, whole grain products, low-fat and fat free dairy products and healthy food preparation methods.
5. Includes nutrition education training for teachers and other staff.

#### 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.

The District establishes the following goals for physical activity:

- The District will work with schools to ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.
- The District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.
- Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld as** punishment for any reason: "This does not include participation on sports teams that have specific academic requirements." The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.
- 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.

#### OTHER SCHOOL BASED ACTIVITIES

The District has established the following goals 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.

1. The District will integrate wellness activities across the entire school setting, not just in the cafeteria.
2. All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

3. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

4. The District will promote employee wellness activities and involvement at suitable District and campus activities.

5. The school's newsletters will provide information about healthy eating and the benefits of physical activity.

IMPLEMENTATION

The district is responsible for the development and implementation to manage and coordinate the execution of this wellness plan and policy.

The Child Nutrition Director is the District official responsible for the overall implementation of the wellness plan and policy, 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, any updates to the policy, and implementation status of the wellness policy and plan.

It shall be posted on the District's website, along with the contact information for the District's Child Nutrition Director.

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:

- *The Local Wellness Policy Checklist*
- *SquareMeals.org*
- The Administrative Reference Manual

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;
2. Notice of any Board revisions to policy, if applicable;
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. The SHAC's triennial assessment; and
5. 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 Child Nutrition Director or the District's designated records management officer.

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