

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]</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, physical activity 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 posting on the District’s website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.</p>
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 Health and Physical Education Coordinator 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>In accordance with law, the District will periodically measure and make available to the public an assessment on 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. Absent federal regulations to the contrary, the District commits to the evaluation activities described below.</p>

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:

- Relevant portions of the WellSAT 2.0 (www.wellsat.org)
- Relevant portions of the Center for Disease Control'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 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 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 annual report on the District's wellness policy and plan; and
6. 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.

GUIDELINES AND
GOALS

The following provisions describe the District's nutrition guidelines and physical education activities and objectives chosen by the SHAC to implement the Board-adopted wellness goals in policy FFA(LOCAL).

NUTRITION

All District campuses participate in the United States Department

GUIDELINES

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 or otherwise made available 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 or offered to students during the school day, the District will comply with the federal requirements for competitive foods. The school day is defined federally as midnight to 30 minutes after the end of the instructional day. 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. All foods sold to students during the school day must be procured through district food service provider with the exception of plain uncarbonated water and whole produce. 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-standardsschool-meals>
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>

FUNDRAISERS

Fundraisers including foods and beverages must meet "Smart Snacks" standards requirements with the exception of six (6) preapproved days. [See FJ(LOCAL)].

FOODS 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 during the school day: Any foods and beverages given away or otherwise made available to students must meet the Smart Snacks standards and be procured through the district's food service provider with the exception of plain uncarbonated water and whole fresh produce. Field trips and necessary medical modifications are exempted from this requirement.

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.

In accordance with FFA(LOCAL), the District has established the following goals 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.

<p>Objective 1: The District will increase knowledge at the campus level on meal programs offered on campus and menu offerings resulting in an increase participation in federal child nutrition programs by two percent by the end of each school year.</p>	
Action Steps	Methods for Measuring Implementation
<p>Distribute menus with nutrition education information and activities monthly to all campuses for incorporation into lesson plans and reinforce the importance of participation in district meal programs.</p> <p>District shall recognize School Breakfast Week and National School Lunch Week annually</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Participation rates in federal child nutrition programs monthly • Monthly Menus available on district website and printed at campuses • Board Proclamations recognizing NSLP in October and SBP in March <p>Resources needed:</p> <ul style="list-style-type: none"> • Monthly menus and monthly meal participation reports • Annual board proclamations

<p>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.</p>	
<p>Objective 1: Food & Nutrition Services website will be updated monthly with nutrition information and recipes as well as nutrition information of menu items offered in schools.</p>	
Action Steps	Methods for Measuring Implementation
<p>Department website will be maintained with monthly newsletters, recipes, menu, and nutrition analysis of cycle menus.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Monthly website updates • Visitor counts per pages • Annual survey to principals on knowledge of resources and dissemination of information. <p>Resources needed:</p> <ul style="list-style-type: none"> • Website • Nutrition analysis & recipes

<p>Objective 2: Food & Nutrition Services will host annual food show to showcase and solicit feedback on new food and beverages to be offered on menus.</p>	
<p style="text-align: center;">Action Steps</p> <p>Annually during the first week in February, a food show will be held along with an overview of Federal nutrition guidelines, and a tour of central kitchen. Food and beverage manufacturers will be selected to attend as well campus student representatives, parents, administrators, and community partners.</p>	<p style="text-align: center;">Methods for Measuring Implementation</p> <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Feedback surveys and tabulations <p>Resources needed:</p> <ul style="list-style-type: none"> • Flyers and website updates • Invitations to manufacturers, campuses, parents, and community
<p>Objective 3: Food & Nutrition Services will participate in recognizing National School Lunch Week Proclamations in October and School breakfast Week Proclamations in March in conjunction with our Board of Directors to educate the community of the importance of Federally subsidized meal programs and the benefit to our students of no cost meal participation.</p>	
<p style="text-align: center;">Action Steps</p> <p>Annually during October and March, Food & Nutrition Services will partner with TDA to showcase local products on menus and will work with Board of Director's on proclamations to ensure the community is aware of the importance of meal participation on learning outcomes.</p>	<p style="text-align: center;">Methods for Measuring Implementation</p> <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Board Proclamations <p>Resources needed:</p> <ul style="list-style-type: none"> • Flyers and website updates • Menus • Board proclamations

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]

The District will implement the nutrition services and health education component through instruction of the essential knowledge and skills related to nutrition and health.

In accordance with FFA(LOCAL), the District has established the following goals for nutrition education.

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: Food & Nutrition Services will provide classroom resource materials and menu activities as part of their website to facilitate nutrition education.	
Action Steps	Methods for Measuring Implementation
<p>All principals will be provided links to nutrition education materials as they are updated along with monthly menus with activities.</p> <p>Teachers will have breakfast in the classroom and website resources shared at the beginning of the year and as needed during staff meetings at campus level.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Agendas & Sign In Sheets <p>Resources needed:</p> <ul style="list-style-type: none"> • Website • Menus

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: District staff will promote and integrate nutrition education facts during at least 2 District-sponsored events in a school year.	
Action Steps	Methods for Measuring Implementation
<p>Identify appropriate events at which nutrition education could be promoted.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The number of events during the school year at which nutrition education was either communicated or distributed <p>Resources needed:</p> <ul style="list-style-type: none"> • A flier to distribute to event attendees • Sample mini-lessons for staff to teach at an event <p>Obstacles:</p> <ul style="list-style-type: none"> • The SHAC may not be aware of all District-sponsored events
Objective 2: District staff will promote consumption of plain uncarbonated water throughout the school day.	
Action Steps	Methods for Measuring Implementation

<p>Include in enrollment and registration materials that students are permitted to carry personally owned water bottles at all times and accessibility of water fountains throughout campuses.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Documentation from the school nutrition department that water was available during meal periods, as required by federal standards, and that students were informed of water bottle being allowed on campus. <p>Resources needed:</p> <ul style="list-style-type: none"> Easily accessible water fountains Cups for students who do not have their own water bottles for consumption of water during meal periods
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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 District will meet the required physical activity in elementary school grades by providing at least 30 minutes per day or 45 minutes three days a week of physical education classes, weather permitting.

At the middle school level, the District will require students, unless exempted because of illness or disability, to be enrolled for a minimum of 45 minutes daily in physical education or athletics courses for at least four out of the six semesters in grades six, seven, and eight.

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 goals 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: Students participate in safe, enjoyable and developmentally appropriate fitness activities that improve their fitness levels

Action Steps	Methods for Measuring Implementation
<p>Use current McAllen ISD PE curriculum to support appropriate fitness activities daily for all students.</p> <p>Review current resources, supplies, and equipment at campuses to support fitness activities and encourage use of varied components to encourage student participation.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Fitness assessments for all students • McAllen ISD curriculum writing and review team reviews annually curriculum and makes changes if needed to improve current fitness levels. <p>Resources needed:</p> <ul style="list-style-type: none"> • PE Curriculum • PE Equipment and supplies
<p>Objective 2: District is in compliance with minutes requirements in physical education and allowances for student removal from physical activity/physical education</p>	
Action Steps	Methods for Measuring Implementation
<p>Student removal from scheduled physical education classes shall not exceed 10 percent of school days on which class is offered. Removal of students must be equally distributed throughout the school year.</p> <p>Recess cannot be used to replace instructional minutes removed from physical education.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • CSHAC will submit McAllen ISD Student Removal from Physical Education Report to Health and PE Coordinator and Executive Leadership Team at the end of each six week instructional period. • McAllen ISD Wellness Goals Survey to be completed by CSHACs and submit to SHAC Physical activity subcommittee chair each fall and spring data on physical education minutes and removal days. Subcommittee chair will compile and present to SHAC. <p>Resources needed:</p> <ul style="list-style-type: none"> • Removal from PE Report form • Wellness Goals reporting form

Objective 3: District elementary campuses provide 20 minutes of recess before lunch. Recess or other forms of unstructured physical activity is highly encouraged at middle schools and high school levels.

Action Steps	Methods for Measuring Implementation
<p>Recess will be unstructured activity unrelated to required physical education requirements.</p> <p>Recess will not be used as a form of discipline or as a punishment.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • CSHAC will submit McAllen ISD Student Removal from recess report to Health and Physical Education Coordinator and Executive Leadership Team at the end of each six weeks • McAllen ISD Wellness Goals Survey to be completed by CSHAC's and submitted to SHAC at the end of Fall and Spring Semesters <p>Resources needed:</p> <ul style="list-style-type: none"> • Removal from PE Report form • Wellness Goals reporting form

Objective 4: Teachers will integrate physical activities into the academic curriculum where appropriate.

Action Steps	Methods for Measuring Implementation
<p>Utilize HOPSports licenses purchase and other resources such as Alliance for Healthier Generation for all teachers that provide technology-based brain energizer ideas for classroom teachers.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • CSHAC will monitor integration and submit report to Health & PE Coordinator and Executive leadership team at the end of each six weeks. • McAllen ISD Wellness Goals Survey to be completed by CSHAC's and submitted to SHAC at the end of Fall and Spring Semesters <p>Resources needed:</p> <ul style="list-style-type: none"> • HOPSports licenses • Alliance for Healthier Generation resources • Wellness Goals reporting form

GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate	
Objective 1: Teachers will receive training at the beginning of the academic year and throughout the year as necessary to ensure compliance with physical education requirements, implementation of unstructured play, and integration of physical activities into curriculum and instruction.	
Action Steps	Methods for Measuring Implementation
<p>All McAllen ISD Teachers will receive training at the beginning of the academic year on the information outlined.</p> <p>CSHAC, campus administration, and Health & PE Coordinator will provide ongoing site based training to new teachers.</p> <p>CSHAC, campus administration, and Health & PE Coordinator will provide ongoing site based training as needed to correct identified deficiencies.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Agendas and sign in sheets Wellness Goals Survey reflecting progress in implementation from Fall to Spring Semester and trainings provided to assist with compliance <p>Resources needed:</p> <p>Training materials Train the trainer content area experts</p>

GOAL: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
Objective 1: Before and after physical activity programs are available for students to participate in.	
Action Steps	Methods for Measuring Implementation

<p>CSHAC will assess and develop an implementation plan at each campus to provide before and/or afterschool physical activity opportunities on campus.</p> <p>Partnerships will continue with City of McAllen Parks and Recreation and with McAllen Boys & Girls Clubs to use existing district facilities for afterschool physical activity programs</p> <p>Participation will be encouraged in community events such as Let's Move Pep Rally and McAllen Kid's Marathon</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • CSHAC will submit report on availability of before and afterschool activities to Health & PE Coordinator and Executive Leadership Team every six weeks • Wellness Goals Survey reflecting progress in implementation from Fall to Spring Semester and trainings provided to assist with compliance <p>Resources needed:</p> <ul style="list-style-type: none"> • Interlocal agreement with City of McAllen and McAllen Boys & Girls Clubs
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<p>GOAL: The District shall encourage students, parents, staff and community members to use the District's recreation facilities, such as tracks, playgrounds, and the like, that are available outside of the school day ([See GKD]</p>	
<p>Objective 1: Students, parents, staff and community will increase participation in the use of District's recreational facilities that are available outside of the school day</p>	
Action Steps	Methods for Measuring Implementation
<p>Campus School Health Advisory Committee (CSHAC) will encourage the use of District's recreation facilities available outside of the school day</p> <p>Partnerships will continue with City of McAllen Parks and Recreation and with McAllen Boys & Girls Clubs to use existing district facilities for afterschool physical activity programs</p> <p>Incorporate physical activity as part of Safe & Secure Programs</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • CSHAC will submit report on availability of before and afterschool activities to Health & PE Coordinator and Executive Leadership Team every six weeks • Wellness Goals Survey reflecting progress in implementation from Fall to Spring Semester and trainings provided to assist with compliance <p>Resources needed:</p> <ul style="list-style-type: none"> • Interlocal agreement with City of McAllen and McAllen Boys & Girls Clubs

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: All campuses will build their master schedules to allow for at least ten minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.	
Action Steps	Methods for Measuring Implementation
Evaluate current meal time allowances by campus. Work with campus administrators to adjust master schedules as necessary.	Baseline or benchmark data points: <ul style="list-style-type: none"> The number of campuses that currently meet the standard compared to the previous school year Resources needed: <ul style="list-style-type: none"> Average time it takes for students to receive a meal and be seated Obstacles: <ul style="list-style-type: none"> Master schedules take into account several issues, only one of which will be meal times

GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1: At each athletic event sponsored by the District at which food and beverages are sold, each concession vendor will offer at least one food and beverage that meets the Smart Snacks standards.	
Action Steps	Methods for Measuring Implementation

<p>Communicate this objective with appropriate organizations and booster clubs responsible for concession sales in the district.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Self-reports by administration whether this standard was met consistently during the year on the campus <p>Resources needed:</p> <ul style="list-style-type: none"> A list of Smart Snacks compliant foods and beverages to distribute to organizations and booster clubs that are responsible for concession sales <p>Obstacles:</p> <p>Difficult to actively and accurately measure</p>
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Objective 2: Except for concession stands at extracurricular activities after the school day, all food and beverage items made available through fund-raising activity both on and off campus shall be required to meet USDA Smart Snack guidelines with the exception of six (6) pre-approved days in the instructional year and must occur after the end of the school day and on weekends.

Action Steps	Methods for Measuring Implementation
<p>Communicate this objective with appropriate student, parent, and booster organizations and clubs responsible for fundraising sales in the district annually.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> All groups interested in fundraising will submit list of events and dates for 6 days of exempt fundraising to principals no later than 9/1. Principal at campus will review for duplication and submit final dates for all exempt fundraisers for the year to Food & Nutrition Services no later than 9/15 annually. <p>Resources needed:</p> <ul style="list-style-type: none"> Calendar developed by principal of all fundraising meeting 6 day requirement

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Objective 1: The District will prioritize employee wellness by providing annual flu clinic and immunization clinics to employees.	
Action Steps	Methods for Measuring Implementation
<p>Annual immunization clinic will take place each fall to provide access to all employees.</p> <p>Develop materials to explain the program to employees.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> The number of employees who utilized this benefit <p>Resources needed:</p> <ul style="list-style-type: none"> Cooperation of principals Creation of forms to request an exemption and document completion of physical activity
Objective 2: The District will utilize its health insurance provider to encourage wellness by communicating the preventive services covered at 100 percent during each open enrollment period.	
Action Steps	Methods for Measuring Implementation
<p>Work with the District's health insurance provider to determine what services are covered at 100 percent.</p> <p>Develop materials and identify methods to share information about services with employees.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Documentation of when and how information was shared with employees. General reports from health insurance provider showing use of services <p>Resources needed:</p> <ul style="list-style-type: none"> A list of preventive services covered at 100 percent <p>Obstacles:</p> <ul style="list-style-type: none"> Coverage is subject to change Participation rates of those who are willing to self-report may be low