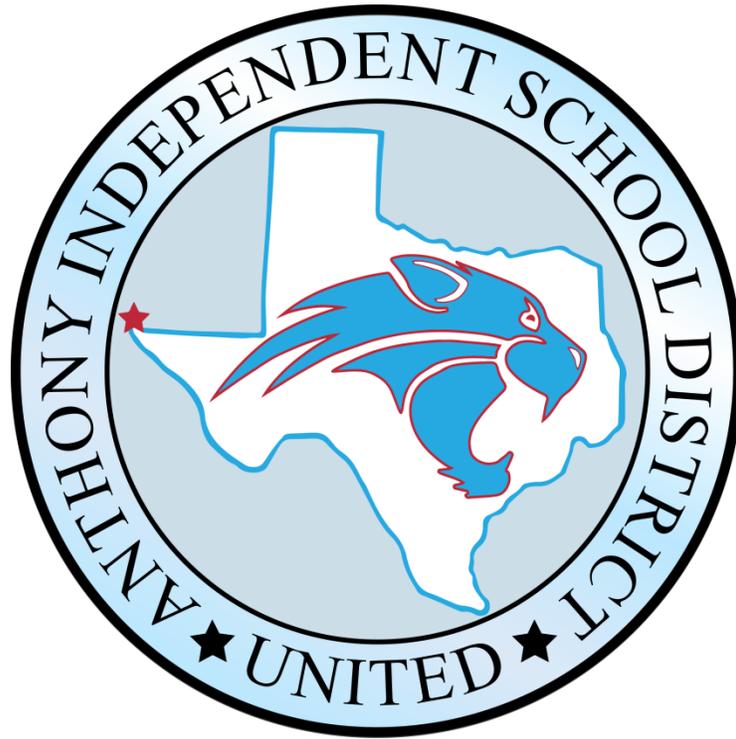


ANTHONY ISD WELLNESS PLAN



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]

The District’s local school health advisory council (SHAC) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

Soliciting Involvement and Input

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC will solicit involvement and input from parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. Utilizing the school website, as well as school messenger.
2. Solicit involvement in SHAC from campus administrators, coaches and district personnel.

Responsibility for Implementation

Each campus principal is responsible for implementing FFA(LOCAL) and this wellness plan at his or her campus, including submitting necessary information to the SHAC for evaluation.

The Superintendent or Designee is the District official responsible for overall implementation of FFA(LOCAL), including development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

Goals for 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. The SHAC will review a District’s goal and progress toward meeting the goals of the policy and plan by reviewing the District and campus-level activities and events tied to the wellness program.

2. The SHAC will prepare a report on the information gathered by all administrators and departments involved in the campus activities and events that tie to the wellness program.

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 make recommendations when replacements or new contracts are considered.

Implementing Goals for Nutrition Promotion and Education

GOAL 1: 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: Child Nutrition staff will reinforce messages on healthy eating by creating monthly themes related to healthy foods and provide nutritional information with flyers.

Action Steps: Decorate cafeterias with nutritional information that comply with the monthly theme.

Measures of Success: End of year meeting to review the monthly themes that were in place to promote the healthy foods.

Objective 2: The District will promote nutrition education as a District-wide priority and shall integrate nutrition education into other areas of the curriculum as appropriate

Action Steps: Each campus will name at least 2 examples of cross curricular nutrition education integrated in their coursework (i.e. PE, Health). .

Measures of Success: End of year meeting to review list of courses and dates of nutritional information presented.

GOAL 2: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the maintenance of healthy eating behaviors.

Objective 1: The Child Nutrition department will provide food samples during parent-teacher conferences to parents and the public to taste some of the nutritional foods being served. A flyer with nutritional facts will be handed out with additional information.

Action Steps: Food sampling will take place during all parent-teacher conferences.

Resources Needed: Flyers with nutritional facts.

Measures of Success: End of year meeting to go review dates the samples were given.

Objective 2: The District will offer Workshops on Nutrition.

Action Steps: Parent Workshops on Nutrition to be conducted several times a year.

Measures of Success: End of year meeting to go review topics and attendance of workshops held.

GOAL 3: 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.

Objective 1: Monitor to ensure that all food service programs, vending machines and fundraisers will contribute to promoting healthy eating.

Action Steps: Monitor all food served and sold on campus premises.

Measures of Success: End of year meeting to go review results of monitoring. .

Objective 2: Post in easily accessible location on the District's website the monthly school breakfast and lunch menus. Nutritional information on each meal may be obtained by contacting the Cafeteria Manager.

Action Steps: Child Nutrition to post monthly menus and fundraisers items sold must be approved before selling.

Measures of Success: End of year meeting to verify monthly monitoring of the postings.

GOAL 4: The District shall ensure that all health and nutrition staff are adequately prepared to effectively deliver the program.

Objective 1: The Child Nutrition Department will conduct trainings with staff at least once a year to educate on promoting healthy eating choices.

Action Steps: Child Nutrition Director to conduct a training with all staff on menu items served and what foods count as a nutritious meal..

Measures of Success: End of year meeting to review agenda(s) and attendance documentation.

Goals for Physical Activity

Federal law requires that the District establish goals for physical activity in its wellness policy. In accordance with state law, the District will implement a coordinated health program with physical education and physical activity components. The District will offer at least the re-

quired amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC], as follows:

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

- *Elementary*
 - All students will be provided with at least 135 minutes of PE and / or recess weekly.
- *Middle*
 - Counselors will ensure all students meet the physical education requirements by scheduling students in the appropriate courses as necessary.
- *High School*
 - Counselors will ensure all students meet the physical education requirements by scheduling students in the appropriate courses as necessary.

Implementing Goals for Physical Activity

GOAL 1: 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: Coaches will encourage healthy physical activities outside of school hours.

Measures of Success: Feedback from students and parents

GOAL 2: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective 1:

Action Steps: Each campus will be provided with strategies on how to actively engage students with movement in the classroom, when appropriate.

Measures of Success: Feedback from teachers

GOAL 3: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Objective 1:

Action Steps: The District shall promote participation in sports and other physical activities.

Measures of Success: Data on enrollment in sports teams

Objective 2:

Action Steps: The District shall advertise and conduct outreach for participation in sports teams and activities

Measures of Success: Data on enrollment in sports teams and activities

GOAL 4: 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: The District shall provide various parent and community classes to support healthy life styles.

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). As required by federal law, the District has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus 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.

Exceptions for 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)]

Measuring Compliance with Nutrition Guidelines

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 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.

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. This "triennial assessment" will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state- or federally designated model policies..

Public Notification

Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

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-adopted revisions to FFA(LOCAL);
4. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
5. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
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 publication.

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 Superintendent.

Disclaimer: This information is provided for educational purposes only to facilitate a general understanding of the law or other regulatory matter. This information is neither an exhaustive treatment on the subject nor intended to substitute for the advice of an attorney or other professional adviser. Consult with your attorney or professional adviser to apply these principles to specific situations.