

Mabank Independent School District 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 Mabank ISD Board of Trustees (“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.

Responsibility for Implementation

The Director of Health Services is the District official responsible for overall implementation of FFA(LOCAL), including development of the wellness plan, implementation of the wellness plan, assessment of the wellness plan, update of the wellness plan, and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

Soliciting Involvement and Input (Stakeholder Engagement)

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 the stakeholders and the public by:

1. Permitting participation to the extent possible from all school levels, parents, students, child nutrition staff, physical education teachers, school health professionals, school administrators, Board members, and members of the public.
2. Posting dates and times of SHAC meetings on the District’s website.

Student/Parent Involvement

The following strategies and activities may be employed to encourage parental and student involvement:

1. Prepare articles for local newspapers or student newsletters featuring menus, meal statistics, special activities, offer versus serve, or nutritional information.
2. Take pictures that can be shared with local newspapers or used in student newsletters that demonstrate parent-involvement activities, students trying new foods, or activities that might interest the public or parents.
3. Plan special menus to highlight special events, foods eaten in foreign countries, or foods eaten in specific regions of the country.

4. Invite parents, grandparents, or other people in the community to have lunch at campuses.
5. Conduct student surveys on food likes and dislikes and solicit menu suggestions.
6. Engage students in advisory groups to support program participation and promote good nutrition.

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.

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.

The District establishes the following goal for nutrition promotion:

GOAL: The District shall consistently promote healthy nutrition messages and share educational information to promote healthy nutrition choices and positively influence the health of students.

The District will promote healthy food and beverage choices using evidence-based strategies and techniques. It is recommended that child nutrition and school staff promote healthy food choices strategies to increase school meal participation, improve healthy food consumption, and reduce food waste at school.

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 component addressing nutrition services and health education at the elementary and middle school levels. [See EHAA]

The District establishes the following goal for nutrition education:

GOAL: The District shall deliver nutrition education that fosters a lifestyle of healthy eating behaviors through integration of nutrition education into appropriate curriculum areas and provide professional development for staff responsible for nutrition education.

Nutrition education will be integrated in classroom instruction or learning activities in areas of curriculum such as math, science, physical education, health, language arts and social studies.

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 and will offer at least the required amount of physical activity for all grades. In compliance with federal law the District has established goals for physical activity.

GOAL: The District shall permit the use of District's recreation facilities in accordance with policy GKD.

GOAL: The District shall provide an environment that fosters a lifestyle of physical activity and fitness behaviors through integration in appropriate curriculum areas and provide professional development for staff responsible for physical activity.

Physical education shall include the instruction of individual activities as well as competitive and non- competitive team sports to encourage lifelong physical activity.

Physical activity will be integrated across curricula and throughout the school day when appropriate. Movement can be a part of science, math, social studies and language arts.

The physical activity facilities on school grounds will be safe and regularly maintained.

Other School-Based Activities

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness, create an environment that encourages healthful eating and physical activity, and promote a consistent wellness message.

GOAL: The District shall promote wellness for students, families, and employees at suitable District and campus activities.

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)]

Foods and Beverages Provided

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)]

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. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

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 the current wellness plan;
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 may also publish the above information in appropriate District or campus publication.

Records Retention

Records regarding the District's wellness policy, including, but not limited to, stakeholder involvement, development, and implementation of the wellness plan, triennial assessments, public notifications, and marketing policy will be retained in accordance with law and the District's records management program. Questions may be directed to the Assistant Superintendent of HR, the District's designated records management officer. [See CPC(LOCAL)]