

HPS Waco District-Wellness Plan

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

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]

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 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:

1. *Publishing meeting information in school newsletters and websites.*
2. *Providing information during Parent Involvement activities.*

IMPLEMENTATION 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.

The District Child Nutrition 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.

EVALUATION In accordance with law, District will periodically measure and make available to the public 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. Absent federal regulations to the contrary, the District commits to the evaluation activities described below.

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

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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:

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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.

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 and the District's records management program. Questions may be directed to the District Child Nutrition Coordinator, 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 policy FFA(LOCAL).

NUTRITION
GUIDELINES

All District campuses participate in the United States Department 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, otherwise made available, 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 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:

- <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>

Smart Snacks Guidelines

Smart Snacks are science-based nutrition standards for snack foods and beverages sold to children at school during the school day.

USDA recent updates, as part of Child Nutrition Act, requires that all food (including beverages) sold outside of the school meal programs, on the school campus and at any time during the school day must meet the Smart Snacks nutrition standards.

According to USDA, the "school day" shall begin at midnight until 30 minutes after the last bell.

Smart Snacks Nutrition Standards for Foods

- Any food (competitive foods) sold in schools shall:
 - Meet all of the proposed competitive food nutrient standards; and
 - Be a grain product that contains 50 percent or more whole grains by weight (have a whole Grain as the first ingredient); or
 - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 - List the second ingredient as one of the above if water is the first ingredient; or
 - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and
- Foods shall also meet several nutrient requirements:
 - Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
 - Sodium limits:
 - Snack items: ≤ 200 mg
 - Entrée items: ≤ 480 mg
 - Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans-fat: zero grams
 - Sugar limit:
 - ≤ 35% of weight from total sugars in foods

Smart Snacks Nutrition Standards for Beverages

- All schools may sell:
 - Plain water (with or without carbonation)
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice, with or without carbonation
- and
 - 100% fruit or vegetable juice diluted with water, with or without carbonation, and no added sweeteners
- Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.
- Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.
 - No more than 20-ounce portions of

- Calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of
- Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

COMPETITIVE
FOOD GUIDELINES

A competitive food is defined as Foods and/or beverages sold to students that compete with the school's operation of the NSLP (National School Lunch Program) and/or SBP (School Breakfast Program). This definition includes, but is not limited to, food and/or beverages sold in a meal service line, in vending machines, in school stores, or as part of fundraisers. (Competitive foods are **not allowed** to be sold during the school's operation of the NSLP and/or SBP).

When Competitive Food Nutrition Standards Apply

The Competitive Food Nutrition Standards* apply only to food and/or beverages *sold* during the *school day* on the *school campus*.

- **a. Elementary Schools:** Schools do not sell competitive food and/or beverages to students (or provide access to competitive foods to students through indirect sales) anywhere on the

school campus throughout the school day except for those items made available by the school food service department.

Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during meal times) under the teacher's guidance. The classroom snack may be provided by school nutrition staff members, teachers, parents, or other groups and should be at no cost to students. Snacks provided to students shall be in accordance with the USDA Smart Snacks in Schools Standards as well as individually pre-packaged. The only exception shall be for parents, who may provide any type of snack(s) they wish for their child only. A list of authorized snacks are available through the link provided on the school's website nutrition page or by visiting <https://foodplanner.healthiergeneration.org> (Smart Snack compliance).

Parent involvement activities (i.e. "Muffins for Mom" and "Donuts for Dad"): Not allowed to be provided to students during meal periods in areas where reimbursable meals are served and consumed.

- b. Middle or Junior High Schools*:** Schools do not sell competitive food and/or beverages to students (or provide access to competitive foods to students through indirect sales) anywhere on the school campus from 30 minutes before to 30 minutes after meal periods except for those food items made available by the school food service department.
- c. High Schools*:** Schools do not sell competitive food and/or beverages to students (or provide access to competitive foods to students through indirect sales) in any area where reimbursable school meals are served and/or consumed during the meal periods except for those food items made available by the school food service department.

***If there are Elementary Grade levels with Middle and High Schools, Elementary Competitive Food Nutrition Standards apply overall.**

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. [See CO(LEGAL)]

Fundraisers

(All items listed below apply to school vending machines, concession stands, school stores, snack carts, a la carte lines, and in-school fundraisers)

- Fundraisers are considered by the USDA to be events that include any activity during which tokens, currency, tickets, and the like are exchanged for the sale/purchase of a product in support of the school or school-related activity. These activities that involve the sale of food items for consumption during the school day must be in accordance USDA Smart Snacks in School Standards.
 - The sale of food items that meet the nutrition standards at fundraisers are limited to after-school sell only.
 - Fundraisers that include food or beverage items that **do not** meet the competitive food nutritional standards, and are intended to be consumed at a school, must be sold outside the school day or on exempt days only. This covers the entire school day; that means from midnight the night before to 30 minutes after the end of the school day.
 - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
 - The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. As stated above, Texas policy allows for six (6) days per campus per school year to sell food or beverages on campus that do not have to meet federal nutrition standards.

- **All exempt fundraiser dates are due to the District Child Nutrition Coordinator by September 1 each school year for first semester and January 8 for second semester.**
- Accompaniments
 - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
 - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

EXEMPTIONS

● **Fundraiser Exemption Dates as set by the District:** Up to two (2) “free” days per month during the school year shall be allowed in which students may be sold candy items or other restricted food and beverages after the last school bell (end of school day). These days shall be reported to the District Child Nutrition Director by September 1 for the first semester and January 8 for the second semester of each school year and shall be published on the school calendar. However, during these days, the items may not be given during meal times in areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) shall continue to be available to all students.

● **School Celebrations:** Up to four (4) “free” days or events during the school year shall be allowed in which students may be given store bought, pre-packaged or restaurant prepared items (no home-made items) during the school day. These days or events shall be reported to the District Child Nutrition Coordinator by September 1 for the first semester and January 8 for the second semester of each school year and shall be published on the school calendar. However, during these days or events, the items may not be given during meal times or in areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) shall continue to be available to all students.

● **School Reward Parties (i.e PRS, Attendance, etc):** Up to four (4) “free” days or events during the school year shall be allowed in which students may be given store bought, pre-packaged or restaurant prepared items (no home-made items) during the school day. These days or events shall be reported to the District Child Nutrition Coordinator by September 1 for the first semester and January 8 for the second semester of each school year and shall be published on the school calendar. However, during these days or events, the items may not be given during meal times or in areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) shall continue to be available to all students.

● **School nurses:** This policy shall not apply to the school nurses’ provision of health care to individual students

● **Accommodating Students with Special Needs:** This policy shall not apply to special needs students whose individualized education program (IEP) indicates the use of a restricted food item for behavior modification (or other suitable need).

● **Field Day:** There are no restrictions on foods or beverages given away (made available at no cost) to all students on Field Day. However, during these days or events, the items may not be given during meal times or in areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) shall continue to be available to all students.

●**Field Trips / Competitions:** This policy shall not apply to students who leave campus for school-approved field trips and competitions. A school official shall approve the dates and purposes of the field trips and competitions in advance.

●**State-Mandated Assessment Test Days:** Parents, teachers, and administrators may provide one, individually pre-packaged, additional snack to the entire class. These snacks shall follow the Smart Snacks policy. The only exception shall be for parents, who may provide any type of snack(s) they wish for their child only.

●**Instructional Use of Food in Classroom:** Students may consume food prepared in class for instructional purposes. This should be done on an occasional basis, and these items may not be provided or sold to other students or other classes. Food and/or beverages provided for students as part of a class or cultural heritage event for instructional or enrichment purposes shall be exempt from the policy. However, these food and/or beverages may not be served during the meal periods in areas where school meals are served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students. (Exemption to this rule applies to Culinary Clubs only. Club leaders are responsible for obtaining dietary information from all participant guardians).

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FOODS MADE
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:

It does not:

- Require the teacher to stop instruction to allow for the birthday party;
- Allow the parents/legal guardians or grandparents a right of access to the classroom; or
- Allow balloons, decorations, gifts, and the like.

Parents/guardians should notify school administration five (5) school-days in advance if they are going to bring in any food product (i.e cakes/cupcakes) for the classroom on his or her child's birthday.

The principals shall have discretion on when to allow the consumption of the food products.

Teachers must notify all parents prior to the approved celebration date in case of dietary restrictions.

The food products cannot be consumed or provided to students during meal periods in areas where reimbursable meals are served and consumed.

SCHOOL-WIDE
RESTRICTIONS

Restrictions due to allergies may be set forth by the individual campuses at the discretion of the campus building principal.

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.

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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 goal(s) 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.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
The school shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •
Objective 2:	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors. • Nutrition education shall be a district wide priority and will be integrated into other areas of the curriculum, as appropriate. • Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members. 	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •

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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.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • . • The Child Nutrition staff, teachers, and other school personnel shall co-ordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings. 	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •
Objective 2:	
Action Steps	Methods for Measuring Implementation
	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •

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]

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

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GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Staff responsible for nutrition education shall be adequately prepared and will participate in professional development activities to effectively deliver the program as planned	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •
Objective 2:	
Action Steps	Methods for Measuring Implementation
	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •

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]

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: 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	Methods for Measuring Implementation
The district shall implement, in accordance with law, a coordinated health program with	Baseline or benchmark data points:

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<p>physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.</p>	<ul style="list-style-type: none"> • <p>Resources needed:</p> <ul style="list-style-type: none"> • <p>Obstacles:</p> <ul style="list-style-type: none"> •
<p>Objective 2:</p>	
<p style="text-align: center;">Action Steps</p>	<p style="text-align: center;">Methods for Measuring Implementation</p>
<ol style="list-style-type: none"> 1. The district shall provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports. 2. Physical education classes shall regularly emphasize moderate to vigorous activity. 3. The district shall encourage teachers to integrate physical activity into the academic curriculum where appropriate. <p>The district shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • <p>Resources needed:</p> <ul style="list-style-type: none"> • <p>Obstacles:</p> <ul style="list-style-type: none"> •

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.