

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.]
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 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:</p> <ol style="list-style-type: none"><li>1. Posting on the Van ISD SHAC, Health, and Wellness Website.</li></ol>
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 Deputy Director of Business, Personnel, and Operations 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	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.”

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

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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:

- Smarter Lunchrooms' website (<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>)
- A District-developed self-assessment

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 [see FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
5. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
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 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 Deputy Director of Business, Personnel, and Operations, the District's designated records management officer.

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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).

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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). 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.

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. 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>  
(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. [See CO(LEGAL)]

The District will allow the following exempted fundraisers for the 2016–2017 school year:

<b>Campus or organization</b>	<b>Food / Beverage</b>	<b>Number of days</b>
Van High School	Project Graduation	A Maximum of 6 Days
	(Chik-Fil-A and Dairy Queen)	

**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 occasion of the student’s birthday or to children at a school-designated function. [See CO(LEGAL)]

**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 goal(s) for nutrition promotion.

<b>GOAL:</b> The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	
<b>Objective 1: The District will increase participation in federal child nutrition programs by two percent by the end of each school year</b>	
Action Steps	Methods for Measuring Implementation
In addition to the promotion of meal benefits, required by the state, fliers will be sent out, at the beginning of the school year and at mid-term reminding parents of the National School Lunch Program and the School Breakfast Program.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Participation rates will be monitored from the beginning, mid-term, and at the end of the school year.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Development of fliers and follow-up letters</li> <li>Personnel to distribute fliers</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>None</li> </ul>

<b>GOAL:</b> 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.	
<b>Objective 1: The District will research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding any programs offered by the District.</b>	
Action Steps	Methods for Measuring Implementation
A Child Nutrition web link is available for parents and students that includes information and tools for healthy nutrition choices. Menus are also posted in the newspaper, campuses, and on the Van ISD website.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>The types of food access programs identified and ways the information was communicated to families and the community.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Literature to send to families/community</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>None</li> </ul>

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 TEKS related to nutrition and health and The Great Body Shop, a program approved by the Texas Education Agency, in the District's physical education, health education, and/or science sources.

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

<b>GOAL:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
<b>Objective 1: All high school students (who have not already taken health in 8<sup>th</sup> grade) in each four-year cohort will complete one-half credit of health education as an elective.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Health is currently a required course in Van ISD. Monitoring is only needed to ensure that all students have successfully completed this course.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Percentage of each four-year cohort who successfully complete health.</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Certified staff to teach the course</li> <li>Four-year plans that include Health as a required one-half credit before graduating.</li> </ul>
<b>Objective 2: At least 90 percent of students enrolled in physical education courses throughout the District will achieve at least a semester grade average of 80 on a scale of 100</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Create a formula and action plan to obtain the semester grade averages of students enrolled in physical education	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Average semester grades at the end of the first and second semesters for all District students enrolled in physical</li> </ul>

	<p>education</p> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Support from central administration to obtain grade averages</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Nutrition education is only a part of the TEKS for physical education courses.</li> </ul>
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<b>GOAL:</b> The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Identify appropriate events at which nutrition education could be promoted. In Grades K-8 The Great Body Shop is part of Van ISD's Coordinated School Health Program. This program will be used to integrate nutrition education.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• The number of events during the school year at which nutrition education was communicated or distributed.</li> <li>•</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• A flier to distribute to event attendees</li> <li>• Implementation of The Great Body Shop for K-8 which provides nutrition education in its curriculum.</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• SHAC may not be aware of all District-sponsored events</li> <li>• SHAC is current re-reviewing Coordinated School Health Programs.</li> </ul>
<b>GOAL:</b> The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Once a School Coordinated Health Plan is selected by SHAC and the school district for board approval for grades K-8, staff involved in the nutrition education program	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Evidence of Training for appropriate staff through certificates and evidence placed in Eduphoria Workshop</li> </ul>

<p>will be provided professional development.</p>	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>Approved release-time for staff who need to attend professional development or through staff development provided during in-service.</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Nutrition education is one piece of a full array of required professional development.</li> </ul>
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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 of recess, weather permitting.

At the middle school (6<sup>th</sup> grade)/junior high (7<sup>th</sup>-8<sup>th</sup> grade) levels, the District will require students, unless exempted because of illness or disability, to be enrolled in physical education or athletics courses for at least two out of the four semesters.

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

- All physical education classes currently meet or exceed the 135 minutes required per week of physical activity through PE courses or through qualified electives such as band and athletics.
- In addition to the 135 minute requirement , Van ISD requires additional recess time to be provided as follows:
  - J. E. Rhodes Elementary – Two 20-minute sessions per day
  - Van Intermediate School – Two 20-minute sessions per day
  - Van Middle School – Two 15-minute sessions per day
  - Van Junior High – 10 minutes of recess provide at their lunch period

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.

<b>GOAL:</b> 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.	
<b>Objective 1: All students will have at least one class that includes physical activity.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Counselors review class schedules of students prior to the start of school	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>95% Students will have at least one class (PE or Elective) that provides physical activity.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Counselors to review schedules (1 per campus)</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Timeliness of enrollment</li> </ul>
<b>Objective 2: Take measures to increase unstructured free play in grades K-5.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ol style="list-style-type: none"> <li>Meet state minimums for state and federal for physical education.</li> <li>Provide unstructured free play.</li> </ol>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Provide free play K-1:30 min/day</li> <li>2<sup>nd</sup> Grade- 5:20 min/day</li> </ul> <p>Monitor teacher satisfaction and student focus and education</p> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Create and disseminate a teacher survey</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>None</li> </ul>

<b>GOAL:</b> The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
<b>Objective 1: Provide information on benefits of student physical activity.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
1. Check that each student has the minimum requirements of PE on	Baseline or benchmark data points:

<p>schedule prior to school starting each fall.</p>	<ul style="list-style-type: none"> <li>• Each student will have a minimum of 135 minutes of physical activity per week</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Access to master schedule</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Objective 2: Provide information on benefits of student activity and free play.</b>	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> <li>1. Provide information to teachers on the benefit of physical activity, free play, and being outdoors.</li> <li>2. Support teachers through technology applications and continuing education in regards to activity and children's cognitive performance and creativity.</li> </ol>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Evaluate student test scores and compare to last year's test scores for evidence of academic improvement and achievement.</li> <li>• Reduction in school discipline/behavior issues.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Availability of access to data for review</li> <li>• Consider using Fitnessgram as a measure</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• New enrolling students</li> <li>• Time need to compile data</li> </ul>

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

<b>Objective 1: At least one campus will show an increase in student physical improvement through activity.</b>	
Action Steps	Methods for Measuring Implementation
<ol style="list-style-type: none"> <li>1. ID any campuses currently offering such programs.</li> <li>2. Have staff from those campuses share results with district.</li> </ol>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Record students' data at start of school year and at end of school year.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Time to compile completion of comparative study of students' participation at beginning and end of year.</li> </ul>

	<p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Proper collection of data</li> <li>• Time need to compile data</li> </ul>
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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.

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.

<p><b>GOAL:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p>	
<p><b>Objective 1: All campuses will for at least ten minutes to eat breakfast and 20 minutes to each lunch from the time a student receives his or meal and is seated.</b></p>	
Action Steps	Methods for Measuring Implementation
<p>Evaluate current meal time allowances by campus.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• The number of campuses that currently meet the standard compared to the previous school year.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Average time it takes for students to receive a meal and be seated.</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Master schedules must taken into account several issues, only one of which will be meal times.</li> </ul>

**GOAL:** The District will utilize its health insurance and/or other services provided to encourage wellness by communicating the preventive services covered at 100% during each enrollment period as well as that of outside sources to be made available that may or may not be covered by its health insurer.

**Objective 1:**

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"> <li>• Documentation of when and how information was shared with employees.</li> <li>• General reports, if available, from health insurance provider showing use of services.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• A list of preventive services covered at 100%</li> <li>• Flyers and emails sent to employees of services available such as Health Matters and Texas Mobile Imaging.</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Coverage is subject to change</li> <li>• Participation rates of those who are willing to self-report may be low</li> </ul>