

GISD WELLNESS PLAN

STUDENT WELFARE

FFA

WELLNESS AND HEALTH SERVICES

(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. *Posting on District website.*
2. *Presenting at various District stakeholder events.*

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 Superintendent or his/her designee(s) is the District official responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other

GISD WELLNESS PLAN

STUDENT WELFARE

FFA

WELLNESS AND HEALTH SERVICES

(REGULATION)

appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.

EVALUATION

In accordance with law, the 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 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:

- Fitnessgram Data
- Student Nutrition Services Administrative Reviews
- Annual Health Services Report
- Annual TEA School Health Survey
- Professional Development Attendance

GISD WELLNESS PLAN

STUDENT WELFARE

FFA

WELLNESS AND HEALTH SERVICES

(REGULATION)

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)][FFA(LEGAL)];
1. A copy of this wellness plan, with dated revisions;
2. Notice of any Board revisions to policy FFA(LOCAL);
3. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
4. The SHAC's annual report on the District's wellness policy and plan; and
5. 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 Executive Director of Student Services, 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).

GISD WELLNESS PLAN

STUDENT WELFARE

FFA

WELLNESS AND HEALTH SERVICES

(REGULATION)

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), School Breakfast Program (SBP) and the Supper Program. 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.

Under the terms of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) , Summer Food Service Program (SFSP) and Supper Program agreements the District agrees to serve a lunch, breakfast and/or supper that meets meal requirements including:

1. Provide free and reduced-price meals to eligible children for NSLP and SBP and provide free meals to eligible children for SFSP and Supper Programs;
2. Maintain proper sanitation and health standards in conformity with all applicable state and local laws; and
3. Comply with recordkeeping requirements and other terms as outlined in the agreement.

Meals served under the National School Lunch, School Breakfast Program, Summer Food Service Program and Supper Program are the official meals of the District. The programs will be available to students every day that school is in session and outside parties

GISD WELLNESS PLAN

STUDENT WELFARE

FFA

WELLNESS AND HEALTH SERVICES

(REGULATION)

may not provide these meals. Menu and a la carte items are determined by the Student Nutrition Services Department. In the event that an alternate non reimbursable meal is made available to students in lieu of the planned meal provided by the Student Nutrition Services Department, the responsible party will be charged for the loss in reimbursement.

The expressed purpose of federal assistance is to safeguard the health and well-being of the nation's children. Meals served to adults are not authorized to be subsidized by federal funds. Use of donated food, assistance, children's payments, and other non-designated nonprofit food service revenues cannot subsidize meals served to adults, including adults eating portions of a student's meal.

Breakfasts and lunches served to teachers, administrators, custodians, and other adults must be priced, so that the adult payment in combination with any other revenues (i.e., school subsidizing as a fringe benefit) is sufficient to cover the overall cost of the meal, including the value of USDA entitlement and bonus donated foods used to prepare the meal

Upon the principal's request, with approval of Student Nutrition Services Department and the District Superintendent, principals may request meal service for special school events that may involve meal periods. Upon approval, the school will work with Student Nutrition Services Department to ensure all meals meet the requirements of the National School Lunch and Breakfast Program and will be served by Student Nutrition Services.

All food and beverages served and consumed on school or school-related premises will be in accordance with Health Code regulations and federal regulations and will be audited by Student Nutrition Services Department.

GISD WELLNESS PLAN

STUDENT WELFARE

FFA

WELLNESS AND HEALTH SERVICES

(REGULATION)

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. No food items except approved vending items in high schools may be sold to students during breakfast or lunch meal periods except by Student Nutrition Services. 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>
- <https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks>
- <https://squaremeals.org/Programs/National-School-Lunch-Program/Policy-ARM>

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 individual campuses to select 6 exemption days per school year. The following table must be filled out in advance of the fundraiser by each school and kept on file in the main office at the school. These records are subject to audit by the Texas Department of Agriculture. No food items may be sold to

GISD WELLNESS PLAN

STUDENT WELFARE

FFA

WELLNESS AND HEALTH SERVICES

(REGULATION)

students on these days during breakfast or lunch meal periods except by Student Nutrition Services.

Campus	Food/Beverage Sold	Fundraiser Date

FOODS MADE AVAILABLE

There are currently no federal requirements for foods or beverages made available at no cost 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)]

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.

GISD WELLNESS PLAN

STUDENT WELFARE

FFA

WELLNESS AND HEALTH SERVICES

(REGULATION)

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.

<p>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>	
<p>Objective 1: Healthy eating promotion activities will include marketing materials, food service line placement and incentives to encourage healthy food selection in school cafeterias.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> ● Harvest of the Month Program ● Quarterly Promotions for Healthy Foods in cafeterias 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Provide sample of marketing materials ● Nutrition Promotion Plan

GISD WELLNESS PLAN

STUDENT WELFARE

FFA

WELLNESS AND HEALTH SERVICES

(REGULATION)

<p>GOAL: The District shall share educational nutrition information with families, staff and the general public to promote healthy nutrition choices and positively influence the health of students and staff.</p>	
<p>Objective 1: Provide nutritional information on selected foods or topics to promote healthy eating habits.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> ● Adoption of marketing program to focus on benefits of certain foods. ● Promote district nutrition initiatives through various forms of media. ● Provide nutritional materials at District-wide events. ● Offer opportunity for education and involvement through the Menu Advisory Committee (MAC). This committee is open to all GISD stakeholders. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Develop marketing plan for each school year. ● Determine topics important to all stakeholders. <p>Resources needed:</p> <ul style="list-style-type: none"> ● Marketing materials. ● Stakeholder engagement.
<p>Objective 2: Utilize SHAC adopted CATCH Coordinated School Health program in all Garland ISD elementary and middle schools.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> ● Utilization of the CATCH Coordinated School Health program. Curriculum is utilized so that each component of Coordinated School Health (CSH) is taught each grading period. 	<p>Baseline or benchmark data points:</p> <p>Determine if the CATCH Coordinated School Health Program is being utilized at all elementary and middle schools.</p>

GISD WELLNESS PLAN

STUDENT WELFARE

FFA

WELLNESS AND HEALTH SERVICES

(REGULATION)

	<p>Resources needed:</p> <ul style="list-style-type: none"> Continued funding of CATCH Curriculum CATCH resources added each year. CATCH professional development training.
<p>Objective 3: Offer nutrition education to the general public at community events throughout the year as appropriate</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> Have information about nutrition and healthy eating/cooking at district health events Coordinate with the District's communities and local community organizations to promote nutrition education to the public at appropriate events and through community initiatives 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Number of participants per year and nutrition education currently provided Determine community events and initiatives Document events we participate in and nutrition education that is offered <p>Resources needed:</p> <ul style="list-style-type: none"> Locations Community resources

GISD WELLNESS PLAN

STUDENT WELFARE

FFA

WELLNESS AND HEALTH SERVICES

(REGULATION)

<p>GOAL: The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.</p>	
<p>Objective 1: Student Nutrition Services will work with approved vendors to promote products that meet federal guidelines.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Contact vendors and arrange printing for menus. • Conduct menu promotions at least monthly with various SNS vendors 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Completed menus • Promotional material

<p>GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities.</p>	
<p>Objective 1: The District recommends that administrators schedule a minimum of thirty minutes per lunch period.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • All schools are encouraged to schedule thirty minute lunch periods. • Elementary schools are encouraged to release only one class every five minutes per serving line. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Local Wellness Assessment

GISD WELLNESS PLAN

STUDENT WELFARE

FFA

WELLNESS AND HEALTH SERVICES

(REGULATION)

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

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: Elementary and middle school health/physical education curriculums will include at least one nutrition component each grading period.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none">A nutrition component will be added to the middle school and elementary school curriculums each grading period.	Baseline or benchmark data points: <ul style="list-style-type: none">Documentation of Health topic being taught in teacher gradebook. Resources needed: <ul style="list-style-type: none">Continued Curriculum Support and additional CATCH Resources.

GISD WELLNESS PLAN

STUDENT WELFARE

FFA

WELLNESS AND HEALTH SERVICES

(REGULATION)

GOAL: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum and District initiatives, as appropriate.	
Objective 1: The district will make available nutritional materials to support cafeteria promotions in the classroom and provide locations to research other nutrition related topics.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none">• Educational Fact Sheets will be available on district website for teachers to use in classroom lessons.• Maintain <i>Nutrition Information</i> page on the district website.• Nutrition education will be disseminated via alternate media platforms.	Baseline or benchmark data points: <ul style="list-style-type: none">• Annual participation comparison. Resources needed:<ul style="list-style-type: none">• Marketing plan• Educational materials• Teacher involvement

GISD WELLNESS PLAN

STUDENT WELFARE

FFA

WELLNESS AND HEALTH SERVICES

(REGULATION)

<p>GOAL: 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.</p>	
<p>Objective 1: Middle and elementary school physical education teachers will implement CATCH into their curriculums.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> Physical Education teachers will be asked to provide the names of the individuals to serve as the Campus Wellness Team (PE Teacher, Administrator, School Nurse, and other individuals) 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Staff Development Date Recruiting/Coordinating of the Campus Wellness Teams <p>Resources needed:</p> <ul style="list-style-type: none"> Staff Development time allocated for CATCH training Continued funding for the writing of Coordinated School Health documents.
<p>Objective 2: Offer professional development to District employees on nutrition to adequately educate employees to communicate sound nutrition messages throughout the year as appropriate</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> Review CATCH CSH education materials to determine nutrition messages and education to be provided to staff. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Nutrition education messages and information to provide

GISD WELLNESS PLAN

STUDENT WELFARE

FFA

WELLNESS AND HEALTH SERVICES

(REGULATION)

<ul style="list-style-type: none">• Determine ability to offer professional development-location & time availability• Determine staff that needs the education• Provide a variety of nutrition education to all employees in the District to improve health and wellness	<ul style="list-style-type: none">• Number of trainings offered• Staff knowledge of nutrition Resources needed:<ul style="list-style-type: none">• Time• Location
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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]

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.

GISD WELLNESS PLAN

STUDENT WELFARE

FFA

WELLNESS AND HEALTH SERVICES

(REGULATION)

<p>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.</p>	
<p>Objective 1: Campus master schedules will be checked each semester to ensure that all TEA regulations concerning physical education are met by the school district.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> ● Campus schedules are checked to ensure compliance with the TEA required minutes. ● Exposure to a wide variety of recreation/leisure sports as well as traditional physical education is being written into the curriculum. ● Integrate physical activity into the academic curriculum is encouraged when appropriate. ● Enhance the quality of physical education curricula and provide training of physical education teachers through District-wide staff development. ● Encourage parents to support their children’s participation by being active role models, and to include opportunities for physical activity at school events. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● The use of Brain Breaks in the academic classroom setting to integrate movement into all classes when appropriate. ● Calendar/record keeping of Lifetime sport equipment checkout such as bowling, tennis, cup stacking, and outdoor games. ● After school PLC meetings throughout the school year will support professional development. Opportunities to attend conferences equal to other subject areas. ● Coordinated School Health calendar will be compiled to show family involvement on all campuses. <p>Resources needed:</p> <ul style="list-style-type: none"> ● Continued funding for the updating of Curriculum and support of the adopted Coordinated School Health Program.

GISD WELLNESS PLAN

STUDENT WELFARE

FFA

WELLNESS AND HEALTH SERVICES

(REGULATION)

<ul style="list-style-type: none"> • Recess guidelines are posted on the district web site to assist elementary campus administrators with the writing of master schedules for their individual campuses. 	
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<p>GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.</p>	
<p>Objective 1: Professional development opportunities will be provided to classroom teachers on how to incorporate movement in their classroom environment.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Implementation of Brain Breaks into the classroom when appropriate. • Physical education teachers from each campus will be available to faculty to assist with movement integration into the classroom. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Online programing usage reports for each Elementary Campus <p>Resources needed:</p> <ul style="list-style-type: none"> • Online physical activity programs

GISD WELLNESS PLAN

STUDENT WELFARE

FFA

WELLNESS AND HEALTH SERVICES

(REGULATION)

<p>GOAL: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students and District employees to participate.</p>	
<p>Objective 1: Offer as able, community based appropriate before-school and after-school physical activity programs.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Offerings from community based facilities for after school physical activity programs. Determine appropriated programs and locations where offered. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Determine campuses offering before or after school programs Annual Local Wellness Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> Community organizations Collaboration between multiple departments
<p>Objective 2: Offer appropriate physical activity programs for staff in accordance with Risk Management policies as able</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Offer education and information on fitness and physical activity Provide staff with information on discounts offered by local fitness groups and gyms Promote local walks and runs that staff can participate in such as the American Heart Association Heart Walk, American Diabetes Walk and bike event, along with other community events Offer walking paths (indoor and outdoor) for staff to utilize 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Determine fitness class offerings Determine schedule of local walks, runs, and other fitness events <p>Resources needed:</p> <ul style="list-style-type: none"> Time Location Funding

GISD WELLNESS PLAN

STUDENT WELFARE

FFA

WELLNESS AND HEALTH SERVICES

(REGULATION)

GOAL: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for students.	
Objective 1: The district will provide teachers with an equipment check-out system to make the instruction of lifetime physical fitness activities available to all students.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Incorporation of Lifetime into the physical education curriculum. Students will have the opportunity to participate in lifetime physical fitness activities. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Teacher check-out of Lifetime sports equipment. <p>Resources needed:</p> <ul style="list-style-type: none"> Additional traveling Physical Education equipment

GOAL: 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: Include at least one physical activity at each District health event, as appropriate.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Offer physical activity education and activities at District health events. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Determine District health events Document events and physical activity information provided by District <p>Resources needed:</p> <ul style="list-style-type: none"> Physical activity information and activities from internal District departments or community groups

GISD WELLNESS PLAN

STUDENT WELFARE

FFA

WELLNESS AND HEALTH SERVICES

(REGULATION)

Objective 2: Campuses will be encouraged to host at least one event each school year that includes parent/family involvement.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Prepare a Coordinated School Health Calendar for each campus. On elementary campuses, teachers will be encouraged to hold family inclusive activity events such as Family Fitness/Jam the Gym/Fun Runs on their campuses. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Survey of current campus activities <p>Resources needed:</p> <ul style="list-style-type: none"> • Assistance with the compilation of a district-level Coordinated School Health Calendar

GOAL: The District shall promote physical activity by making available the use of the District’s recreational facilities, such as tracks, playgrounds, and the like, to students, parents, staff, and community members outside of the school day.	
Objective 1: Allow use of District facilities as appropriate based on District policies	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Campuses may be utilized for after school physical activities and clubs. • Middle school campuses may host “open gym time”, this time is controlled by the athletic department. • Walking paths for interior and exterior of each campus have been produced for student, faculty, and staff use. • Facility use for recreational sports leagues and other fitness classes after school. • Work with Athletic and Facilities Departments to determine when tracks and other facilities are available for use 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Local Wellness Assessment <p>Resources needed:</p> <ul style="list-style-type: none"> • Funding for replacement of equipment that is “overused” or broken during the course of external practice. • Compensation for gym monitors during before/after school hours.