

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 data-bbox="552 945 1442 1018">1. Posting SHAC meeting agendas and minutes on the District’s website.<li data-bbox="552 1039 1442 1113">2. Sending SHAC meeting requests to members and other interested persons.
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 Assistant Superintendent 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	<p>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.”</p>

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

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>)
- USDA SMART Snacks in School-- website
<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

PUBLIC
NOTIFICATION

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness plan, 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.

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, 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 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 2017-2018 school year:

Campus or Organization	Food / Beverage	Number of Days
Elementary School- Field Day	Candy, Chips, Sodas	1
Elementary School- PTO	Snow cones	1
Intermediate School- Field Day	Candy, Chips, Sodas	1
Intermediate Student Council	Pizza	1
Intermediate Student Council	Gourmet Popcorns	2
Junior High- Challenge Day	Candy, Chips, Sodas	1
Junior High – Talent Show	Candy, Chips, Sodas	1
Junior High- Activity Fund	Snow cones	1
Junior High- Track Meet	Candy, Chips, Sodas	1
High School- Challenge Day	Candy, Chips, Sodas	1
High School- Project Graduation	Krispy Kreme Donuts	1
High School- Project Graduation	Bundt Cakes	1

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)]

In addition, the District has established the following local standards for foods and beverages made available to students:

Elementary school: Q&U Wedding; and Thanksgiving, Christmas, Valentine's Day, Easter, and End of Year school parties.

Intermediate school: Christmas and Valentine’s Day parties, and Etiquette Luncheon

Junior high school: On four days students will bring and consume food items not on the Smart Snacks list that relate to a class project.

High school: Spanish Classes- Day of the Dead; and Cinco de Mayo cultural food tastings.

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 plan. 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. Each campus principal will report to the SHAC during the first semester of each school year, what marketing signage is student accessible at their campus.
2. The Director of Child Nutrition will annually discuss with the child nutrition employees the expectations of marketing materials made accessible to students.

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 periodically monitor these and make recommendations when replacements or new contracts are considered.

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: The District and Director of Child Nutrition will provide materials for use in promoting healthy nutrition to teachers and staff.	
Action Steps	Methods for Measuring Implementation
The Director of Child Nutrition, or designee, will research to order or print posters and fliers and other materials promoting healthy nutrition messages.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Observe the cafeterias at the end of each six weeks for healthy nutrition signage. • Ask teachers what poster or other materials are needed in their classrooms at the beginning of each school year. <p>Resources needed:</p> <ul style="list-style-type: none"> • Time and materials <p>Obstacles:</p> <ul style="list-style-type: none"> • Funding sources

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: The Director of Child Nutrition, or designee, will provide educational nutrition information for families distributed via the district and campus webpages, and/or through campus newsletters.	
Action Steps	Methods for Measuring Implementation
<p>The Director of Child Nutrition will provide to the District Webmaster information for families on healthy nutrition to be placed on the district website.</p> <p>Campus principals will add pertinent nutrition information in their newsletters.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Quarterly postings of healthy nutrition information on the district website. • The number of newsletters containing nutrition information for parents. <p>Resources needed:</p> <ul style="list-style-type: none"> • Information for posting and for newsletter articles <p>Obstacles:</p> <ul style="list-style-type: none"> • Space on website and in newsletters

GOAL: 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: The administrative team will evaluate all signage accessible to students outside the school day at the beginning of each school year.

Action Steps	Methods for Measuring Implementation
<p>Campus principals will observe and note all posters and signs accessible to students at ball fields, stadiums and gymnasiums.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Ensure there are no signs or posters advertising foods that do not meet federal guidelines for competitive foods. <p>Resources needed:</p> <ul style="list-style-type: none"> • Time <p>Obstacles:</p> <ul style="list-style-type: none"> • 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]

The Elementary School, Intermediate School, and the Junior High School implement the CATCH Curriculum. The curriculum is delivered in physical education classes, science courses, and in school counselor guidance lessons.

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: Paradise ISD will implement the CATCH Curriculum K-8.	
Action Steps	Methods for Measuring Implementation
Through the Coordinated School Health Program- CATCH Curriculum, Paradise ISD will educate students on healthy eating behaviors.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Materials purchased and implemented in 2017-2018 <p>Resources needed:</p> <ul style="list-style-type: none"> \$250.00 from Curriculum budget <p>Obstacles:</p> <ul style="list-style-type: none"> Scheduling implementation into courses

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

- Elementary school students in grades kindergarten through grade three receive 30 minutes of physical education class time daily.
- Intermediate school students in grades four and five receive 30 minutes of physical education daily.
- Junior High school students in grades six, seven and eight are enrolled in an athletic or physical education course of 45 minutes each semester.

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: The district will maintain safe facilities and encourage all students, including those who are not participating in physical education classes or competitive sports, to be active.	
Action Steps	Methods for Measuring Implementation
The District administrative team will be proactive in encouraging all students to utilize the facilities for developmentally appropriate activities.	Baseline or benchmark data points: <ul style="list-style-type: none"> Discuss periodically in administrative meetings Resources needed: <ul style="list-style-type: none"> None Obstacles: <ul style="list-style-type: none"> None

GOAL: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.	
Objective 1: The District will partner with Fit-n-Wise to offer employee membership discounts and encourage District Employees to be active members.	
Action Steps	Methods for Measuring Implementation
Allow Fit-N-Wise to have a booth at the Back To School Employee Breakfast for a membership drive.	Baseline or benchmark data points: <ul style="list-style-type: none"> The number of memberships compared to the number of active participants. Resources needed: <ul style="list-style-type: none"> Information from Fit-N-Wise Obstacles: <ul style="list-style-type: none"> Time to retrieve the data
Objective 2: The District will maintain a list of activities and physical fitness opportunities on the District website.	
Action Steps	Methods for Measuring Implementation
Annually, the Assistant Superintendent will receive updated information on opportunities from staff and organizations	Baseline or benchmark data points: <ul style="list-style-type: none"> Updated by September 30th Resources needed:

	<ul style="list-style-type: none"> Email and District website <p>Obstacles:</p> <ul style="list-style-type: none"> None
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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: The District will offer several events throughout the year that allows parents to attend student physical activities and to participate in many of them.	
Action Steps	Methods for Measuring Implementation
<p>The Elementary and Intermediate schools schedule Fun Runs, Turkey Trots, and other activities that students and parents can participate.</p> <p>The Junior High and High Schools have organizations that sponsor fun runs for students and families.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Schedule of activities <p>Resources needed:</p> <ul style="list-style-type: none"> Physical Education teachers, Parent volunteers, partnership with Fit Youth. <p>Obstacles:</p> <ul style="list-style-type: none"> None

GOAL: The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as tracks, playgrounds, and the like, that are available outside the school day.	
Objective 1: The District will maintain gymnasiums, tracks, playgrounds, and other outside areas to promote safe and enjoyable developmentally appropriate physical fitness activities for all students.	
Action Steps	Methods for Measuring Implementation
<p>Ensure that district facilities are open to students, parents, staff and community members outside of school hours.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Inquire of status of facilities at administrative team meetings. <p>Resources needed:</p> <ul style="list-style-type: none"> None <p>Obstacles:</p> <ul style="list-style-type: none"> None

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.

SCHOOL-BASED

GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Objective 1: The District will schedule meal times for students that allow at least 20 minutes for food consumption in cafeterias that are clean, safe and comfortable.	
Action Steps	Methods for Measuring Implementation
The Campus administrators will develop schedules that allow students sufficient time for meals.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> By the end of the first week of school any needed adjustments to the schedule or serving procedures will be made. <p>Resources needed:</p> <ul style="list-style-type: none"> Principal, Director of Child Nutrition, and Cafeteria Managers collaborate, as needed <p>Obstacles:</p> <ul style="list-style-type: none"> Time

GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1: The District will be aware of District and Campus activities and opportunities where the promotion of overall health and wellness may take place.	
Action Steps	Methods for Measuring Implementation
Discuss this goal at administrative meetings and faculty meetings.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Gather feedback of ideas from staff <p>Resources needed:</p> <ul style="list-style-type: none"> None <p>Obstacles:</p> <ul style="list-style-type: none"> None

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1: The District will encourage employees to be involved in wellness activities at District and Campus activities.	
Action Steps	Methods for Measuring Implementation
The District and Campuses will promote the participation of employees in walks, runs and other activities sponsored by or supported by the District or Campuses.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Ensure employees are notified of walks and runs and other activities <p>Resources needed:</p> <ul style="list-style-type: none"> • Email and District website <p>Obstacles:</p> <ul style="list-style-type: none"> • None