

STUDENT WELFARE, WELLNESS, AND HEALTH SERVICES

Wellness Plan

This document, locally referred to as the “wellness plan,” is intended to implement policy **FFA(LOCAL)**, which has been adopted by the La Feria Independent School District (LFISD) Board of Trustees, to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C.1788B; 7 C.F.R. Part 210]

Soliciting Involvement and Input

Federal law requires that specific collaborators be involved in the development, implementation, and periodic review and update of this wellness plan. The LFISD’s local Student Health Advisory Council (SHAC) will work on behalf of the district to review and consider evidence-based strategies and techniques in efforts to develop and implement federally mandated nutrition guidelines and wellness goals. The SHAC will solicit involvement and input from select parents and students, the district’s Child Nutrition Department (otherwise known as Food Service Department) personnel, physical education teachers, school health professionals, member(s) of the Board of Trustees, campus-level administrators, and chosen community stakeholders by invitation to monthly, closed meetings via

- Notices on respective LFISD websites and social media outlets,
- Electronic mail, phone text messages, phone calls, and/or, mailed correspondence.

Responsibility for Implementation

The Assistant Superintendent of Students and Support Services is the LFISD’s official responsible for the overall deployment of **FFA(LOCAL)**, including the development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan. Each campus principal is responsible for implementing **FFA(LOCAL)** and this wellness plan at their respective campus, including submitting helpful and relevant information to the SHAC for evaluation.

Measuring compliance

The district will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the Child Nutrition Department to the Texas Department of Agriculture (TDA), reviewing foods and beverages that are sold in

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competition with regular school meals, reviewing items sold as part of approved district fundraisers, and by monitoring the type of foods and beverages made available to students during the day.

Nutrition Guidelines and Goals

Federal law requires that school districts establish nutrition guidelines for foods made available at each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity. All LFISD campuses participate in the U.S Department of Agriculture's (USDA's) child nutrition programs, including the Nation School Lunch Program (NSLP), School Breakfast Program (SBP), and the Supper Program. 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 and Beverages Sold

The district complies with federal requirements for reimbursable meals. Other foods and beverages sold to students during the school day are known as competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as à la carte options. The district will also comply with the federal requirements for these items. 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://squaremeals.org/Publications/Handbooks.aspx>

Exempt Fundraisers

State rules adopted by the Texas Department of Agriculture (TDA) allow an exception to the "Smart Snacks" requirements for up to six days per year per campus when a food beverage is sold as part of the district fundraiser. [See CO(LEGAL)]

The District will allow the following exempted fundraisers for the 2023-2024 school year:

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- Elementary schools and Junior High- 3 exempt days per year
- High School and Academy- 6 exempt days per year

Food and Beverages Provided

The district will comply with state law, which allows a legal guardian, 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)] The district has established the following local standards for foods and beverages made available to students by a legal guardian, parent, or grandparent.

- Foods provided should be the last 30 minutes of the school day
- Foods provided from home should be store-bought items only
- Foods provided by the schools are encouraged to be "Smart Snacks" items
 - A list of suggested items is provided on the district's Child Nutrition Department website.

Goals for Nutrition Promotion

Federal law requires that school districts establish goals for nutrition promotion in their wellness policy. The nutrition promotion activities, outlined below, will encourage participation in the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and supplemental food and nutrition programs offered by the district.

In accordance with FFA(LOCAL), LFISD has prioritized the following goals for nutrition promotion .

Goal 1:

The LFISD's Child Nutrition Department staff, campus teachers, and other district personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate school settings.

Action Steps:

- The Child Nutrition Department will order signage as necessary

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- Healthy nutrition messages will be displayed in the cafeteria throughout the school year
- Teachers will be encourage to display healthy nutrition messages in their classroom
- The Child Nutrition Department will deem whether or not a healthy nutrition message is visible at each campus cafeteria and make recommendations

Goal 2:

In hopes to increase healthy nutrition choices and positively influence the health of students and staff, LFISD shall share educational nutrition information with families, staff, and the general public by

Action Steps:

- Will provide nutrition information material at district-wide events
- Promoting district nutrition initiatives throughout various forms of media
- Providing nutrition facts of the district's menus and other information on the district's Child Nutrition Department website

Goal 3:

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:

- Nutrition education material will be available on the district's Child Nutrition Program website. Teachers will be encouraged to use resources in the classroom
- Nutrition education will be disseminated via alternate media platforms

Nutrition Education

Federal law also requires that school districts establish goals for nutrition education in their wellness policy. State law also requires that the school districts 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\(LOCAL\)](#), LFISD has established the following goals for nutrition education.

Goal 1:

The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

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Action steps:

- Teachers will be encouraged to provide nutrition education on healthy plants and foods.
 - Schools with gardens.
 - School participating in the Fresh Fruit and Vegetable program
- Nutrition education will be provided to students, parents, staff and community.
 - Monthly menus are used to teach students how to make healthy food choices.
 - Nutrition education lessons for teachers, students and parents are available on the Child Nutrition Department website.
- District wide we will incorporate nutrition education at school events.

Goal 2: The district shall make nutrition education a district-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

Action Steps:

- Identify appropriate events at which nutrition education could be promoted
- Nutrition education will be provided during National School Lunch Week and School Breakfast Week to all grade levels
- Determine staff involved in nutrition education program and the appropriate professional development necessary

Physical Activity

Federal law requires that school districts establish goals for physical activity in their wellness policy. Under state law, LFISD will implement a coordinated health program with physical education and physical activity components. The district will offer at least the required amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC].

In accordance with **FFA(LOCAL)**, LFISD has established the following goals for physical activity:

Goal 1:

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 competitive sports.

Action Steps:

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- Optional time allotments for Moderate to Vigorous Physical Activity (MVPA)
Physical Education
 - Elementary Schools (flexible time requirements)
 - 30 minutes of daily or
 - 135 minutes weekly or
 - 225 minutes per two weeks if on a block schedule.
 - Junior High
 - Six semesters of physical education
 - High School
 - 1 credit (2 semesters) of physical education.
- Examples of moderate forms of Physical Education. (optional time allotments remain the same as above)
 - Yoga
 - Walking
 - Skipping
 - Weight training
- Examples of vigorous forms of Physical Education. (optional time allotments remain the same as above)
 - High-Intensity Interval Training (HIIT)
 - Soccer
 - Tennis
 - Running
 - Basketball Presidential Youth Fitness Program

Kids Heart Challenge

- Jump Rope for Heart
- Field day
- Recess- opportunities to select from a variety of activities.
 - Example- towards the end of lunch

Goal 2:

The district shall make developmentally appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Action Steps:

- Ace- After school program
- Summer sport camps- 4th-8th grade students

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- Weightroom access- high school students
- Sport-specific training- high school students
- Extracurricular programs- high school students

Goal 3:

The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

Action Steps:

- Parent Band Booster Club/Parent Volunteer
- Encourage parents to attend their child's games
- Parent-night celebrations during games
- Monthly physical education flyers that foster the adoption and maintenance of healthy exercise habits for parents to do at home with their children.

Goal 4:

The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Action Steps:

- Yearly and periodic coaches' meetings
- Teachers are encouraged to include physical activity in their daily classroom activities some examples:
 - Take a Stand - For just five minutes a day, teachers encourage students to stand up and stretch their limbs.
 - Dance party
 - Embrace nature- teachers encourage students to go out into the gardens.
 - Campus celebrations

School-Based Activities

Federal law requires that school districts establish goals for school-based activities in their wellness policy. Under state law, LFISD strives to create an environment that

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fosters students' holistic development and well-being by nurturing a multidisciplinary enmeshment with other school-based programs and activities.

In accordance with **FFA(LOCAL)**, LFISD has established the following goals in the areas of emotional and physical health, parental involvement, and physical safety.

Goal 1:

The district shall sustain a culture that is committed to promoting the optimum mental health of students and staff as outlined in The Texas Model for Comprehensive School Counseling Programs (5th Edition).

Action Steps:

- Guidance Curriculum
 - [Character Strong](#) classroom curriculum
 - Campus and classroom anti-bullying posters
 - [Healthy Relationships](#) (secondary schools)
 - [Project Wisdom](#) broadcast and staff email
- Responsive Services
 - Crisis Intervention Policy and campus teams
 - Substance Abuse Awareness
 - Suicide and nonsuicidal self-injury intervention
 - [College/career choice](#)
- Individual planning
 - Free Application for Federal Student Aid ([FAFSA](#)) [application](#)
 - [College application](#)
 - [Career inventory](#)
 - [Personal and social strengths](#)
- System support
 - Advisory councils
 - Staff professional development
 - Community outreach events
 - Parental support and resources
 - Staff Wellness Expo

Goal 2:

The district shall foster an environment that is committed to promoting the optimum health of students and staff through preventative care, emergency care, care coordination, and chronic disease management.

Action Steps:

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- Students undergo approved screening for vision and hearing disorders and any other special senses and communication disorders specified by the Texas Department of State Health Services (TDSHS). Health and Safety Code 36.005(a)
- Each student required by TDSHS rule to be screened shall undergo approved screening for abnormal spinal curvature. Health and Safety Code 37.002(a)
- Students undergo approved risk assessment for type 2 diabetes. The risk assessment shall be performed at the same time hearing and vision screening or spinal screening is performed. Health and Safety Code 95.002(d), .003(a)
- The risk assessment should:
 - Identify students with acanthosis nigricans; and
 - Further assess students identified to determine the student's: body mass index, and blood pressure.
- The district enforces Immunization requirements required by Texas Administrative Code, Title 25, Part 1, Chapter 97, Subchapter B.
- The district shall provide monthly health education that fosters the adoption and maintenance of healthy habits for students and their families
- The district shall engage in collaborative efforts with internal and public health partners to ensure students and staff are healthy and prepared to make healthy lifelong choices.
 - Vaccine clinics
 - Health Fairs

Goal 3:

The district shall validate parents' efforts to provide a healthy lifestyle for their children through education, encouragement, and support.

Action Steps:

- Parent Education Programs
- Communication and Outreach
- Parent Workshops
- Collaborations with Parent Associations
- Nutrition Classes
- Family Fitness Challenges
- Supportive Policies
- Resource Sharing
- Parent-Child Events
- Recognition and Celebration
- Feedback and Evaluation

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Goal 4:

The district shall ensure a safe and secure environment through a multi-hazard approach to prevent, prepare for, respond to, and recover from all emergencies that might affect the safety and security of students, staff, and visitors.

Action Steps:

- Controlled access to buildings
- Reporting systems
 - Anti bullying
- District and campus threat assessment teams
- Emergency Operation Plan
- Staff training
- Safety audits
- Security cameras to monitor
- Mandatory school drills
 - Secure drill
 - Lockdown drill
 - Evacuation drill
 - Shelter-in-place for hazmat drill
 - Hold drill
 - Fire evacuation drill

Policy and Plan Evaluation

As required by law, the district will measure and make available to the public the results of an evaluation of the implementation of the district's wellness policy every three years. This triennial assessment will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compares with any state or federally designated model policies. As mentioned at the outset of this document, the SHAC will work on behalf of the district to consider evidence-based strategies when setting and evaluating goals and measurable outcomes. In turn, recommendations made by members of the SHAC during monthly meetings will be considered and reviewed by **(policy administrators)** before amending, implementing proposed changes, or republicizing the revised wellness plan.

Public Notification

The district will honor the legal requirement to notify the public about the content and implementation of the wellness policy and implement necessary updates to this

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document on an annual basis. To meet this mandate, the district will create a wellness page on the website to document information and activity related to the school wellness policy, including:

- A copy of the wellness policy **FFA(LOCAL)**
- A copy of this wellness plan, with date revisions
- Notice of any Board of Trustees revisions to **FFA (LOCAL)**
- The name, position, and contact information of the district official responsible for oversight and implementation of the wellness policy and wellness plan;
- Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
- The SHAC's triennial assessment; and
- 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 Assistant Superintendent of Students and Support Services, the district's designated records management officer. **[See CPC(local)]**

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