

Tioga ISD 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]

The District’s local school health advisory council (SHAC) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

Soliciting Involvement and Input

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC will solicit involvement and input from parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. Emails sent to SHAC members, parents, and community organizations inviting participation.
2. Notices posted at the Administration building.

Responsibility for Implementation

Each campus principal is responsible for implementing FFA(LOCAL) and this wellness plan at his or her campus, including submitting necessary information to the SHAC for evaluation.

The Superintendent is the District official responsible for overall implementation of FFA(LOCAL), including development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

Goals for 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.

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:

- All food and beverages marketed or promoted to students on the school campus during the school day must meet or exceed the USDA Smart Snacks standards. This may include:

- Advertisements in school publications or school mailings
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product
- Food and beverage marketing often includes oral, written or graphic statements.

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 make recommendations when replacements or new contracts are considered.

Implementing Goals for Nutrition Promotion

Objective 1: Solicit feedback from students, parents, and SHAC to develop customized menus based on student and community input.

Action Steps: Feedback will be solicited from students and adults through surveys. The nutrition department will coordinate with vendors and conduct tastings at all campuses (one per semester) to let students and staff try new items that will be included on future menus.

School and Community Stakeholders: Students, parents, staff, SHAC

Resources Needed: Personnel, survey data

Measures of Success: Increased participation, especially with new items that have received positive responses during testing.

Goals for 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 component addressing nutrition services and health education at the elementary and middle school levels. [See EHAA]

Implementing Goals for Nutrition Education

Objective 1: Provide nutrition education at each campus and engage in nutrition promotion.

Action Steps: Promote nutrition education Tioga ISD website and display information in the cafeterias.

School and Community Stakeholders: Campus nutrition staff with the support of campus instructional and office staff

Resources Needed: Posters, personnel, researched based sources such as, American Heart Association, American Diabetes Association, Academy of Nutrition and Dietetics, School Nutrition Association, Dairy Max Nutrition Network, and USDA MY PLATE websites.

Measures of Success: Nutrition education will be increased by sharing information with students, families, and the community via Tioga ISD Child Nutrition website.

Goals for Physical Activity

Federal law requires that the District establish goals for physical activity in its wellness policy. In accordance with state law, the District 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], as follows:

- The district will ensure that students in full-day prekindergarten–grade 5 engage in moderate or vigorous physical activity for at least 30 minutes per day or 135 minutes per week, in accordance with policies at EHAB, EHAC, EHBG, and FFA.
- The district will ensure that students in middle or junior high school will engage in at least 225 minutes of moderate or vigorous physical activity within each two-week period for at least four semesters, in accordance with policies at EHAB, EHAC, EHBG, and FFA.

Implementing 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 physical education classes or competitive sports.

Objective 1:

Action Steps: Establish a PE department that will help ensure physical education needs are addressed on a curriculum and funding (equipment) basis.

School Stakeholders: Campus administrators and PE staff (elementary, middle and high schools).

Resources Needed: Meeting space, budget printouts, equipment inventory and computers.

Measures of Success: Successful implementation of a PE department with records of meeting minutes and organized notes.

Objective 2: Promote and reinforce physical fitness outside of TISD.

Action Steps: Communicate events to the community that supports physical education concepts (TISD games/events, practices, clinics, youth sports events, turkey trots, marathons, etc.)

School and Community Stakeholders: Campus staff

Resources Needed: Anything related to communication. “Blast” messages, emails, social media, phone calls, texts, etc.

Measures of Success: Successful attendance and participation based on the needs of school-aged children.

Goals for 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, create an environment that encourages healthy eating and physical activity, and promote a consistent wellness message.

Implementing Goals for Other School-Based Activities

GOAL 1: Objectives, benchmarks, and activities for implementing the wellness goals and methods for measuring implementation of the wellness goals are in place. **Action Steps:**

- Hand out flyers with nutrition activities & information for students & families
- Maintain health education curriculum
- Nutritional information (posters) are displayed in the cafeteria & dining areas
- PE curriculum will include positive health & wellness activities
- District-wide surveys to track results
- Health classes curriculum documentation
- Review activities from the last SHAC meeting for effective & policy enforcement
- Run Day/Week-15min runs in PE and the number of laps are recorded.
- Fitnessgram Test is done at least 1x a year.

Fitnessgram shows the % of the student body that is in the healthy fitness zone or above based on cardio, strength, endurance, and flexibility. There are 6 different tests that the students will perform.

- Field Day stations involve races, games, jump houses, obstacle courses, kickball
- Water Day-Kindergarten
- Park Day-Pre-k
- Jump Rope For Heart
- Fall Festival-games and activities for all ages

School and Community Stakeholders: Food service staff, campus administrators, SHAC

Measures of Success: All steps will be reviewed annually

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). As required by federal law, the District has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus 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. No energy drinks for students are allowed in school or school activities. No alcohol, vaping, tobacco or illegal drugs are allowed anywhere in TISD.

Foods and Beverages Provided

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)]

Although a parent or grandparent may provide food to share for a school-designated function or for a student's birthday, please be aware that children in the school may have severe allergies to certain food products. Therefore, it is imperative to discuss any classroom allergies with the teacher before bringing food to share.

Occasionally, the school or a class may host functions or celebrations tied to the curriculum that involve food. The school or teacher will notify students and parents of any known food allergies when soliciting potential volunteers to provide food.

Measuring Compliance with Nutrition Guidelines

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to TDA, reviewing foods and beverages that are sold in competition with 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.

Policy and Plan 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.

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 compare with any state- or federally designated model policies. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

Public Notification

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

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-adopted revisions to FFA(LOCAL);
4. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
5. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
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 publication.

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 *RISD PEIMS Coordinator*, the District’s designated records management officer. [See CPC(LOCAL)]

Disclaimer: This information is provided for educational purposes only to facilitate a general understanding of the law or other regulatory matter. This information is neither an exhaustive treatment on the subject nor intended to substitute for the advice of an attorney or other professional adviser. Consult with your attorney or professional adviser to apply these principles to specific situations.