

# Colmesneil ISD



# Wellness Plan

# School Health Advisory Council Members

Alexis Follmar	Student Representative
Brooke Mitcham	Student Representative
Robyn Bass	NSLP
Janey Butler	Food Nutrition Director
Carrie Edwards	Parent
Twyla Darder	Board Member
Angela Matterson	School Superintendent
Walter McAlpin	Secondary Principal
Yvette Carlton	Elementary Principal
Robin Grissom	Elementary Physical Education
Michele Marshall	District Nurse
Ross Mc Murry	Secondary Athletic Director

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

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. *Parent Newsletters*
2. *District Calendar*
3. *Social Media – FB, [www.colmesneilisd.net](http://www.colmesneilisd.net), Reminder 101*
4. *Email*

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 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.

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>)

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 Superintendents' Office, 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:

Campus or Organization	Food / Beverage	Number of Days
Secondary (7-12)	Food	2
Elementary PK-6	Food	2

**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:

**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.

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. *Input from campus staff and administrators*

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.

<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:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>• CATCH Program</li> <li>• Secondary Health Course</li> <li>• Heart Healthy Parties</li> </ul>	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Implementation Status Check (each 6 weeks)</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Curriculum</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Objective 2:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>• Healthy Poster displays in cafeteria</li> <li>• Brain Pop (elementary)</li> <li>• Fruit Sale</li> </ul>	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• Student Participation in Brain Pop(observed by Admin)</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Technology</li> </ul> Obstacles: <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:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>• School Website <a href="http://www.colmesneilisd.net">www.colmesneilisd.net</a></li> <li>• Cafeteria Posters, Menus</li> <li>• Grandparent's Day</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Sign In Sheets / Student Participation</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Technology, Local Funds</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Objective 2:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>• Summer Meal Program</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Student Participation</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• State / Local Funds</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]

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:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>CATCH Program Implemented and promoted in Physical Education, Classroom and Cafeteria</li> <li>Health Curriculum</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Implementation Status Check (each 6 weeks)</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Curriculum</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>None</li> </ul>
<b>Objective 2:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>Region 5 ESC Food Show Lufkin</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Choices of students considered for cafeteria items</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Region 5</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>None</li> </ul>

<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>
<ul style="list-style-type: none"> <li>• Physical Education</li> <li>• Athletics</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Healthier Choices made my students</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• None</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• None</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>
<ul style="list-style-type: none"> <li>• Region 5 ESC</li> <li>• Texas Association for Health, Physical Education, Recreation &amp; Dance (TAPHERD)</li> <li>• Training for Secondary PE Teachers/Coaches Wellness (Summer Training)</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Training Certificates</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Local Funds</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Objective 2:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>• Horticulture Course</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Student Progress/Participation, Teacher Certification</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Local Funds, Curriculum</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• None</li> </ul>

<b>GOAL:</b> The District shall establish and maintain school gardens and farm-to-school programs.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>• Horticulture Course(s)</li> <li>• Maintain Greenhouse / Garden</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Productivity of Greenhouse/Garden, Vegetable / Plant Sales</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Local Funds</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• None</li> </ul>

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:

- *Student Handbook located @ [www.colmesneilisd.net](http://www.colmesneilisd.net)*
- *PK-Grade 5 – 30 minutes per day (135 per week)*
- *Grades 6-8 – 50 minutes per day – 4 semesters*
- *Grades 9-12 – 50 minutes per day*

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:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>Maintenance of Facilities/Grounds</li> <li>Playground Safety Checklist</li> <li>Weight room guidelines / Safety</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Daily check of facilities prior to student use</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Personnel, Local funds</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:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>TAPHERD</li> <li>Summer Coach/PE Training</li> <li>Brain Pop</li> <li>Marching Band</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Student Participation, Training Certificates</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Local Funds, Personnel</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>None</li> </ul>

<b>GOAL:</b> The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>UIL Extracurricular and Athletic Sports/Programs</li> </ul>	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Class Rosters/ Athletic Rosters of Student Participation</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Local Funds, Personnel</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>None</li> </ul>

<b>GOAL:</b> 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.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Staff <ul style="list-style-type: none"> <li>Monthly Yoga</li> <li>12 week Health / Boot Camp</li> <li>Health Screening for Employees</li> </ul>	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Staff Participation</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Personnel, Trainers</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>None</li> </ul>
<b>Objective 2:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Students <ul style="list-style-type: none"> <li>FitnessGram</li> <li>Elementary Fitness Program</li> </ul>	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Student Data/Student Participation</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Personnel</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>None</li> </ul>

<b>GOAL:</b> The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>• Elementary Programs</li> <li>• Health Fair</li> <li>• People Involved in Education Night</li> <li>• Community Involvement in athletic activities/athletic fundraisers</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Participation / Photos</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Personnel, Volunteers</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Objective 2:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>• Social Media</li> <li>• Athletic FB</li> <li>• District FB</li> <li>• School Website</li> <li>• Remind 101</li> <li>• Emails</li> <li>• Broadcast Journalism Announcements</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Tech data of shares/likes/participation</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Technology, Local Funds</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• None</li> </ul>

<b>GOAL:</b> 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.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>Outdoor facilities available throughout school day</li> </ul>	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Involvement</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>None</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>None</li> </ul>

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.

<b>GOAL:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>Lunch Schedules for PK- Grades 12 identified on campus schedules</li> </ul>	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Student Participation</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>None</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>None</li> </ul>

<b>GOAL:</b> The District shall promote wellness for students and their families at suitable District and campus activities.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>• Elementary Programs</li> <li>• Health Fair</li> <li>• People Involved in Education Night</li> <li>• CHS Blood Drives</li> <li>• Field Day</li> <li>• Lake Day</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Participation</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Volunteers, Personnel, Local Funds</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• None</li> </ul>

<b>GOAL:</b> The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>• Health Fair</li> <li>• Monthly Yoga</li> <li>• 12 week Health / Boot Camp</li> <li>• Health Screening for Employees</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Participation of Staff</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Volunteers</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• None</li> </ul>