

## DFW/Waco District Wellness Plan 2019-2020

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

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### DFW/Waco District Wellness Plan

#### WELLNESS PLAN

This document, referred to as the “wellness plan”(the plan), is intended to implement policy HPS 3.43, 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 Wellness Policy Advisory Committee (WPAC) 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 WPAC will permit the following persons to work with the WPAC 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 WPAC will solicit involvement and input of these other interested persons by:

1. Posting information regarding the WPAC on each school website, along with the date, time, and location of the next meeting.
2. Include in the weekly parent newsletter an invitation for parents and students to attend the next WPAC meeting, no less than 2 weeks before the meeting date.

#### IMPLEMENTATION

Each campus principal is responsible for the implementation of HPS 3.43 and this wellness plan at his or her campus, including the submission of necessary information to the WPAC for evaluation.

The Superintendent is the District official responsible for the overall implementation of HPS 3.43, 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

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

Approved by Dr. S. Aykac August 16, 2019

## DFW/Waco District Wellness Plan 2019-2020

### STUDENT WELFARE WELLNESS AND HEALTH SERVICES

### FFA (REGULATION)

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 WPAC will prepare a report on the wellness policy and this plan by gathering information from each principal and appropriate District administrators. The WPAC 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.

#### 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 [HPS 3.43];
1. A copy of this wellness plan, with dated revisions;
2. Notice of any Board revisions to policy HPS 3.43;
3. Notice of any WPAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
4. The WPAC'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.

#### GUIDELINES AND GOALS

The following provisions describe the District's nutrition guidelines and activities and objectives chosen by the WPAC to implement the Board-adopted wellness goals in policy HPS 3.43.

Approved by Dr. S. Aykac August 16, 2019

#### 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) and the School Breakfast Program (SBP). 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 and shall be at least as restrictive as federal regulations and guidance, except when the School allows an exemption for fundraising activities as authorized by state and federal rules.

The School shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the School's wellness plan. The School shall encourage nutrition promotion and education integrated throughout the school day. The School's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the School.

#### 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. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements.

Smart Snacks may be sold during lunch periods by the Child Nutrition department (all profits benefit the Child Nutrition department) or following the last bell of the school day for all other organizations. Smart Snacks items cannot be sold before the school day or at any time on campus other than described above.

Smart Snack fundraisers are **unlimited**. The campus administrator or designee reserves the right to limit these fundraisers as it pertains to their individual campus.

Approved by Dr. S. Aykac August 16, 2019

## DFW/Waco District Wellness Plan 2019-2020

### STUDENT WELFARE WELLNESS AND HEALTH SERVICES

### FFA (REGULATION)

The items that are allowed to be sold are limited to the list of items found in attachment A. Items not listed, are not approved and shall not be sold. To have an item added to the list, the request must be made in writing and submitted to the District Child Nutrition Coordinator for approval.

It is the responsibility of the campus Child Nutrition Assistant and Operations Manager to keep complete and accurate documentation of records for competitive beverages and foods sold. Documentation includes, but not limited to, child nutrition labels, nutrition fact labels, manufacturer product formulation statements, or nutrition value calculations. These records must be kept as hard-copies in a binder labeled Smart Snack Compliance Documentation.

In addition to maintaining complete and accurate documentation for competitive beverages and food sold, the campus Lunch Clerk and Operations Manager must also maintain documentation for all fundraisers, Smart Snack compliant and non-competitive Smart Snack compliant.

\*Records may be requested at anytime.\*

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>
- ◆ <https://foodplanner.healthiergeneration.org>
- ◆ Hershey Ice Cream Products:  
<https://www.hersheyicecream.com/smartsnacksinschools/products>
- ◆ Yumi Ice Cream Products:  
<https://yumiicecream.com>
- ◆ Kona Ice  
<https://www.kona-ice.com>
- ◆ Old Fashion Candy Company  
<https://oldfashioncandy.com/smart-snacks-in-school>
- ◆ Freedom Fundraising  
<https://www.freedomfundraising.com/smart-snack-fundraiser-variety-cyo>
- ◆ Rich's Ice Cream  
<https://www.richicecream.com/>

Approved by Dr. S. Aykac August 16, 2019

## DFW/Waco District Wellness Plan 2019-2020

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(REGULATION)

### 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. [HPS 3.43]

- Fundraisers are considered by the USDA to be events that include any activity during which tokens, currency, tickets, and the like are exchanged for the sale/purchase of a product in support of the school or school-related activity.

- Fundraisers that include food or beverage items that **do not** meet the competitive food nutritional standards, and are intended to be consumed at school, must be sold outside the school day on exempt days only.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.

The District will allow six (6) exempt fundraisers days for the 2019–2020 school year. During these six (6) exempt days, items purchased in advance, such as candy for candy-grams, may be delivered to students.

Campus or Organization	Food/Beverage	Number of Days
All campuses-Must maintain complete and accurate documentation of food labels and documentation of all approved and whether completed or not completed fundraisers.	Any item	Six (6) exact dates decided by the campus. <b>These dates must be provided to the District Child Nutrition Coordinator on or before the third (3<sup>rd</sup>) Wednesday in September and on or before the third (3<sup>rd</sup>) Wednesday in January.</b>

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### FOODS MADE AVAILABLE

There are currently no federal requirements for foods or beverages made available 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. [HPS 3.43]

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

Approved by Dr. S. Aykac August 16, 2019

a. **Elementary Schools:** Schools do not sell competitive food and/or beverages to students (or provide access to competitive foods to students through indirect sales) anywhere on the school campus throughout the school day except for those items made available by the school food service department.

Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during meal times) under the teacher's guidance. The classroom snack may be provided by school nutrition staff members, teachers, parents, or other groups and should be at no cost to students. Snacks provided to students shall be in accordance with the USDA Smart Snacks in Schools Standards as well as individually pre-packaged. The only exception shall be for parents, who may provide any type of snack(s) they wish for their child only. A list of authorized snacks are available in attachment A of this Wellness Plan.

**Parent involvement activities (i.e., “Muffins for Mom” and “Donuts for Dad”):** Not allowed to be provided to students during meal periods and in areas where reimbursable meals are served and consumed.

b. **Middle or Junior High Schools\*:** Schools do not sell competitive food and/or beverages to students (or provide access to competitive foods to students through indirect sales) anywhere on the school campus from 30 minutes before to 30 minutes after meal periods except for those food items made available by the school food service department.

c. **High Schools\*:** Schools do not sell competitive food and/or beverages to students (or provide access to competitive foods to students through indirect sales) in any area where reimbursable school meals are served and/or consumed during the meal periods except for those food items made available by the school food service department.

**\*If there are Elementary Grade levels with Middle and High Schools, Elementary Competitive Food Nutrition Standards apply overall.**

d. **Schoolwide Celebrations:** Up to four (4) “free” days or events during the school year shall be allowed in which students may be given store bought, pre-packaged or restaurant prepared items (no home-made items) during the school day. These days or events must be published on the school calendar. During these days or events, the items may not be given during designated meal times or in areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) shall continue to be available to all students. **These dates must be provided to the District Child Nutrition Coordinator on or before the third (3<sup>rd</sup>) Wednesday in September and on or before the third (3<sup>rd</sup>) Wednesday in January.**

e. **Schoolwide Reward Parties (i.e PRS, Attendance, etc):** Up to four (4) “free” days or events during the school year shall be allowed in which students may be given store bought, pre-packaged or restaurant prepared items (no home-made items) during the school day. These days or events shall be reported to the District Child Nutrition Coordinator **on or before the third (3<sup>rd</sup>) Wednesday in September and on or before the third (3<sup>rd</sup>) Wednesday in January.** These events shall be published on the school calendar as well. During these days or events, the items may not be given during meal times or in areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) shall continue to be available to all students.

f. **Individual class/class group (i.e. 6A, 6B etc.) reward parties:** With advanced (two (2) weeks), written permission from the campus Principal or their designee, individual classes or class groups may have one (1) reward party per semester/per class. All class parties for Pre-K through 5<sup>th</sup> grade must be held during the last class period of the school day. All class parties for 6<sup>th</sup>-12<sup>th</sup> grade must be during a designated period after the end of all meal periods or at the last bell of the school day.

g. **School nurses:** This policy shall not apply to the school nurses’ provision of health care to individual students.

h. **Accommodating Students with Special Needs:** This policy shall not apply to special needs students whose individualized education program (IEP) indicates the use of a restricted food item for behavior modification (or other suitable need).

## DFW/Waco District Wellness Plan 2019-2020

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(REGULATION)

i. **Field Day:** There are no restrictions on foods or beverages given away (made available at no cost) to all students on Field Day. However, during these days or events, the items may not be given during designated meal times or in areas where school meals are being served or consumed; regular meal service (breakfast and lunch) shall continue to be available to all students. If competitive items are purchased as a pre-sell, the items cannot be consumed during the school day (from midnight to 30 minutes after the last bell).

j. **Field Trips / Competitions:** This policy shall not apply to students who leave campus for school-approved field trips and competitions. A school official shall approve the dates and purposes of the field trips and competitions in advance.

k. **State-Mandated Assessment Test Days:** Parents, teachers, and administrators may provide one, individually pre-packaged, additional snack to the entire class. These snacks shall follow the Smart Snacks policy. The only exception shall be for parents, who may provide any type of snack(s) they wish for their child only.

l. **Instructional Use of Food in Classroom:** Students may consume food prepared in class for instructional purposes once per semester. The teacher and/or host is responsible for contacting all participant parents/guardians to obtain special dietary accommodations. These items cannot be provided or sold to other students or other classes, food and/or beverages provided for students as part of a class or cultural heritage event for instructional or enrichment purposes must adhere to all city health codes and cannot be homemade. These food and/or beverages cannot be served during meal periods or in areas where school meals are served or consumed and regular meal service (breakfast and lunch) must continue to be available to all students. Permission must be obtained from the campus Principal or designee and the Child Nutrition Assistant must be notified. (Exemption to this rule applies to Culinary Clubs only. Club leaders are responsible for obtaining dietary information from all participant guardians and adhering to all city health guidelines and purchasing of all items to be consumed).



**m. Food from home:** This policy shall not restrict what parents may provide for their own child's breakfast, lunch and/or snack, but they may not provide items to other children at school.

- Students who receive food and/or beverages from an outside source that is brought to them from a parent, guardian or designee for consumption during the school day is not allowed to share food items with other students.
- Students are not allowed to receive food and/or beverages that are ordered and paid for off campus and delivered to them from a delivery company
- School staff is not allowed to purchase food/beverages for students and deliver it to them unless they are the parent or guardian of that student.
- Students are not allowed to bring food items to share unless it is on an exempt day and falls within the guidelines and times as outlined by the campus administration.

**n. Birthday celebrations:**

- Parents, guardians and/or designee may bring in any food product that is store or restaurant bought (pre-packaged or in a sealed container). Food cannot be "home-made".
- The principal or other school designee shall have discretion on the type of item(s) that may be brought.
- All birthday celebrations must occur during the last period of the school day.
- Teachers are required to notify all parents prior to the approved celebration date in case of dietary restrictions.
- The food products cannot be consumed or provided to students before designated meal periods, during designated meal periods, or in areas where reimbursable meals are served and/or consumed.
- Parents, guardians or designee must notify the school administration in writing 5 school days in advance if they would like to bring in any food product for their child's birthday celebration

**o. Campus wide restrictions:** The campus administration may implement rules and procedures regarding what

Approved by Dr. S. Aykac August 16, 2019

may be brought due to severe allergies of students or staff on campus.

**MEASURING COMPLIANCE**

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 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 WPAC will monitor this by:

1. Requiring written approval for all items sold
2. Maintaining a list (CN Labels) for food items and/or beverages that are should during the school day

In accordance with HPS 3.43, 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: Promote healthy nutrition messages through posters, class discussions and other grade specific activities</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The school shall post posters that promote healthy messages. This will be the responsibility of the campus Child Nutrition Assistant in conjunction with the campus Operations Manager.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>● No baseline was previously set</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>● Posters</li> </ul>

Approved by Dr. S. Aykac August 16, 2019

**DFW/Waco District Wellness Plan 2019-2020**

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(REGULATION)

	Obstacles: <ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Objective 2: Promote healthy nutrition messages through</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The school shall promote healthy eating as well as share information in weekly newsletters at least once monthly.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• No baseline was previously set</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 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: Share flyers with families at least once per semester that are in line with the National School Lunch week and National School Breakfast week.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
In addition to providing posters to hang in the school cafeteria, Child Nutrition Assistants, with the support of the campus Operations Managers will also need to send flyers home with each student and promote the weeks through daily activities or share the flyer in the weekly newsletter two weeks prior, one week prior and the week of the event. Daily activities must also be promoted through the daily, morning announcements.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• No baseline was previously set</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Flyers</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Objective 2: Share information regarding healthy eating at family night events that are held during the school year.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The campus Child Nutrition Assistant shall coordinate with the campus Event Coordinator to promote healthy nutrition services during family night events. This can range from having flyers available to having a nutritionist or dietitian speak at the event,	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• No baseline was previously set</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Flyers, speaker</li> </ul> Obstacles:

Approved by Dr. S. Aykac August 16, 2019

**DFW/Waco District Wellness Plan 2019-2020**

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(REGULATION)

having a booth at family night events or having a booth during orientation.	<ul style="list-style-type: none"> <li>Finding a speaker who is willing to come and speak to the families</li> </ul>
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**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.

**Objective 1: Outside vendors, except the catering company, are not allowed to promote their brand at the campuses.**

Action Steps	Methods for Measuring Implementation
The campus Child Nutrition Assistant and Operations Manager should continuously monitor what is posted in and outside of the school building as it pertains to outside vendors.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>No baseline was previously set</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>

**Objective 2: The catering company may post items that promote healthy nutritional choices with prior approval.**

Action Steps	Methods for Measuring Implementation
The catering company must have prior approval from campus administration before posters/items may be posted. The Child Nutrition Assistant must ensure that approval was given.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>No baseline was previously set</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>

**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 school shall implement in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition. Health education will be incorporated with Physical Education courses for all Pre-K-8 grade levels.

In accordance with HPS 3.43, 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.	
Objective 1: Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Action Steps	Methods for Measuring Implementation
Child Nutrition Assistants shall promote fruits, vegetables, whole grains, low fat and fat free dairy, healthy food preparation and health enhancing nutrition practices during various campus events at least once per semester.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>● No baseline was previously set</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>● Handouts, facts about healthy eating/choices</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>● None</li> </ul>
Objective 2: Staff responsible for nutrition education shall be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.	
Action Steps	Methods for Measuring Implementation
Physical Education teachers and Child Nutrition Assitants shall be required to participate in programs that will help them to better educate students on proper nutrition.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>● No baseline was previously set</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>● Professional development courses</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>● Campus budgets</li> </ul>

**DFW/Waco District Wellness Plan 2019-2020**

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(REGULATION)

<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: Nutrition education shall be a part of not only physical education courses, but also classroom instruction in subjects such as Math, Science, ELAR, Social Studies and electives.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The campus administration shall ensure that teachers incorporate nutrition education into their lesson plans in order for students to see and comprehend the correlation between nutrition and their daily lifestyles.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• No baseline was previously set</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• TEKs</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Due to a set curriculum structure this may not be possible in all subject areas.</li> </ul>
<b>Objective 2: The school cafeteria serves as a “learning lab” to all students to apply critical thinking skills taught in the classroom.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Child Nutrition Assistants shall foster an environment that promotes nutrition education within the cafeteria through various means such as worksheets and posters.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• No baseline was previously set</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Hand-outs for students to complete</li> </ul> Obstacles: <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: The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver accurate nutrition education as planned.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Professional development that focuses on nutrition and physical education shall be administered district-wide by either an outside source or a district member.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• No baseline was previously set</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• None</li> </ul>

Approved by Dr. S. Aykac August 16, 2019

**DFW/Waco District Wellness Plan 2019-2020**

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(REGULATION)

	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>
Professional development shall be aligned to state requirements for health education as well as physical education.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• No baseline was previously set</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>

**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]

All Pre-K-5<sup>th</sup> grade student will have weekly physical education classes as well as a minimum of 30 minutes of daily recess. All 6<sup>th</sup>-8<sup>th</sup> grade students will be required to meet the required 4 semesters of Physical Education courses.

Federal law requires that the District establish goals for physical activity in its wellness policy.

In accordance with HPS 3.43, 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: Schools will provide opportunities for students to regularly participate in physical activity and maintain physical fitness</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Teachers will incorporate recess into their daily schedules for all K-5 campuses in addition to a regular Physical Education course.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• No baseline was previously set</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• None</li> </ul> Obstacles:

Approved by Dr. S. Aykac August 16, 2019

**DFW/Waco District Wellness Plan 2019-2020**

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(REGULATION)

	<ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Objective 2: Schools will adopt or exceed the state standard for physical activity.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Policies will be in place that ensure that state physical education classes have student ratio to others. Schools will provide opportunities for activity through physical education classes, recess and integration in curriculum.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• No baseline was previously set</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• State standards</li> </ul> Obstacles: <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: The district will provide adequate and applicable professional development to all staff in regards to nutrition education.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The district shall incorporate nutrition education for all applicable grade level teachers in order to have a successful nutrition education program.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• No baseline was previously set</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• Trainers</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Budget constraints</li> </ul>
<b>Objective 2: The district shall ensure that staff attend trainings that promote nutrition education.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The staff shall be required to produce verification that they have attended a training that incorporates nutrition education.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• No baseline was previously set</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• List of available trainings</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>• Budget constraints</li> </ul>



**DFW/Waco District Wellness Plan 2019-2020**

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(REGULATION)

<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: Schools shall incorporate nutrition education into family involved events hosted at the campus.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The campus Child Nutrition Assistant shall collaborate with other campus coordinators to present health education to families during school sponsored events at least once per semester.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>● No baseline was previously set</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>● Brochures, speakers</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>● Coordination and collaboration amongst school staff</li> </ul>
<b>Objective 2:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The campus Child Nutrition Coordinator and/or other campus personnel should host events, fundraisers, fun-runs, etc, that promote healthy life styles and physical activities at least once per semester.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>● No baseline was previously set</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>● Unknown</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>● Unknown</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 HPS 3.43, 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: Schools shall ensure meal periods are scheduled to allow adequate times for meals to be consumed and students to socialize.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Meal periods should be a minimum of 15-20 minutes of “sit-down” time for breakfast and 18-25 minutes for lunch. Scheduling is the responsibility of the campus administrator and their designee.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>● No baseline was previously set</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>Objective 2: Schools will create a total school environment that is conducive to being physically active.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Schools shall not deny student participation in recess or other physical activity as a form of discipline or classroom make-up time.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>● No baseline was previously set</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>● Observation by Dean of Students and Dean of Academics</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>● None</li> </ul>

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STUDENT WELFARE  
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<b>GOAL:</b> The District shall promote wellness for students and their families at suitable District and campus activities.	
<b>Objective 1: To promote healthy lifestyles.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
School newsletters shall include information about healthy eating and the benefits of physical activity at least once a month. Nutrition Health shall be promoted in conjunction with different campus activities such as parent meetings.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>• No baseline was previously set</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>