

BANQUETE ISD



SCHOOL HEALTH ADVISORY COUNCIL

WELLNESS PLAN
2022

Reviewed by the SHAC committee April 1, 2022

Approved for BISD Board Recommendation April 1, 2022

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. Social Media Presence
2. Health Fairs
3. Local Gyms Staff on board
4. BANQUETE ISD website and the Health and Physical Education website

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.

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:

1. Assigning a campus staff member to manage in school marketing.
2. Assigning the SHAC subcommittee members for Goals for nutrition promotion to make campus visits and set meetings with the campus staff member that is managing the in school marketing.

3. Periodic campus visits by the health and physical education specialist.

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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 for gymnasiums, the SHAC will make recommendations when replacements or new contracts are considered.

Implementing Goals for Nutrition Promotion

GOAL 1: The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

BISD will encourage students to consume nutritious foods by sharing information on bulletin boards and on the district website at least once per six weeks.

Objective 1: Encourage students to consume nutritious foods.

Action Steps:

1. Display posters around the school, utilizing bulletin board around the cafeteria serving line, and in areas that are accessible to all students.
2. Provide nutrition education speakers for students and food service staff.
3. Include nutrition guidelines on BANQUETE ISD website.

School and Community Stakeholders:

1. SHAC
2. Community Partners
3. Students
4. Parents
5. Health and Physical Education Teachers
6. Executive Director Leadership
7. Campus Administration
8. Wellness Team

Resources Needed:

1. Display materials to place around the campuses.
2. Community partners and help collaborate with SHAC and BANQUETE ISD to provide students nutrition education.
3. Continued professional development for food service staff.
4. Technology.

Measures of Success:

1. Use of the Wellness Plan assessment tool, Wellness School Assessment Tool 3.0 (WellSAT 3.0) to measure for implementation.
2. Use of the Alliance for a Healthier Generation Wellness and physical activity measuring

tool.

3. Walkthroughs performed by SHAC and BANQUETE ISD Wellness Plan committee members.

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GOAL 2: 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.

BISD will share nutritional information with families to promote health choices by distributing the menu monthly, and by making nutrition information available to parents on the BISD website at the beginning of each school year.

Objective 1: Provide multiple opportunities to families and the general public to obtain nutrition information to promote healthy nutrition choices that may positively influence the students and community.

Action Steps:

1. Cafeteria staff will ensure a monthly menu is available to students and families by posting in the front office, and on the district website.
2. Campus administration will provide information about birthday celebrations.
3. Cafeteria staff will post the monthly menu in the main office.

School and Community Stakeholders:

1. SHAC
2. Community Partners
3. Students
4. Parents
5. Health and Physical Education Teachers
6. Executive Director Leadership
7. Campus Administration
8. Cafeteria Staff
9. Food Serveries
10. Wellness Team

Resources Needed:

1. Display materials to place around the campuses.
2. Display materials on BANQUETE ISD's website.
3. Continued professional development for food service staff.
4. Technology.
5. Child Nutrition website.
6. Staff access to the District adopted school health curriculum.

Measures of Success:

1. Use of the Wellness Plan assessment tool, Wellness School Assessment Tool 3.0

[\(WellSAT 3.0\)](#) to measure for implementation.

2. Walkthroughs performed by SHAC and BANQUETE ISD Wellness Plan committee members.

Objective 2: Provide resources and information to community members that positively influence their nutritional habits.

Action Steps:

1. Campus Wellness team will incorporate healthy nutritional messaging at applicable campus based events.
2. Campus Wellness team will promote school based health fairs or wellness events on the community boards or campus marquee.
3. Campus Wellness team will encourage community members to attend school based health fairs or wellness events.

School and Community Stakeholders:

1. SHAC
2. Community Partners
3. Students
4. Parents
5. Health and Physical Education Teachers
6. Executive Director Leadership
7. Campus Administration
8. Cafeteria Staff
9. Food Serveries
10. Wellness Team

Resources Needed:

1. Staff access to various media that promotes healthful food choices.
2. Staff access to the District-adopted coordinated school health curriculum, CATCH
3. A school marquee (if available) and letters.

Measures of Success:

1. Use of the Wellness Plan assessment tool, Wellness School Assessment Tool 3.0 (WellSAT 3.0) to measure for implementation.
2. Walkthroughs performed by SHAC and BANQUETE ISD Wellness Plan committee members.

GOAL 3: The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.

BISD will ensure that food and beverage advertisements accessible to students on district property will meet the federal guidelines for competitive foods by conducting an annual audit/walkthrough of the district.

Objective 1: Vending machines will only display marketing messages for food and beverage

items identified by the USDA's Smart Snacks guidelines.

Action Steps:

1. Campus administration, the office of health and wellness, the office of food service, 5 and the SHAC will help identify vending machines currently not in compliance 2. Campus administration will request any advertisement that does not meet the federal guidelines to be transitioned out as inappropriate.

School and Community Stakeholders:

1. SHAC
2. Community Partners
3. Students
4. Parents
5. Health and Physical Education Teachers
6. Campus Administration
7. Cafeteria Staff
8. Food Services
9. Wellness Team

Resources Needed:

1. Access to USDA's federal requirements
2. USDA's Smart Snacks Guidelines

Measures of Success:

1. Use of the Wellness Plan assessment tool, Wellness School Assessment Tool 3.0 (WellSAT 3.0) to measure for implementation.
2. Walkthroughs performed by SHAC and BANQUETE ISD Wellness Plan committee members.

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

GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

BISD will utilize the district approved curriculum to encourage nutrition education.

Objective 1: Encourage students to consume nutritious foods.

Action Steps:

1. The District will establish and support partnerships to obtain and maintain current and factual Nutrition Education.
2. The District will designate approved educators, speakers, curriculum and/or electronic resources to be used for Virtual and/or Live Nutrition Education.
3. The District's Food Service Department will post monthly menus and nutritional analysis on the district website and other social media platforms.

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School and Community Stakeholders:

1. SHAC
2. Students
3. Parents
4. Teachers

Resources Needed:

1. <https://choosemyplate.gov>
2. Materials and funding sources
3. Internet access

Measures of Success:

1. Number of schools in elementary, middle, and high schools receiving nutrition education for the school year.
2. Which schools did receive NE, which ones did not, and which programs were delivered.

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.

BISD will annually provide teachers/staff with a resource bank of ways to integrate physical activity into classroom instruction.

Objective 1: The school district will integrate nutrition education into the physical education program in grades PK-12.

Action Steps:

1. The District will utilize Texas A&M AgriLife Programs
2. The District will utilize Coastal Bend Food Bank
3. The District will bring together specialists in each subject to integrate NE concepts into the lessons taught (example: calories - algebra, vitamins/minerals – science,

carbs/fats/proteins – cell biology, colorful plates – art)

School and Community Stakeholders:

1. SHAC
2. Students
3. Parents
4. Teachers

Resources Needed:

1. Referrals to Specific curriculums for committee
2. Internet Access
3. Materials
4. Funding Sources
5. Community partnerships

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Measures of Success:

1. Number of classes integrating aspects of Nutrition Education into the curriculum being taught district wide.

GOAL 3: 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.

BISD will provide all health teachers professional development annually.

Objective 1: The District will share educational nutrition information with families and the public to promote healthy nutrition choices and positively influence the health of students.

Action Steps:

1. The District will provide yearly training for faculty and staff and monthly reminders and /or health tips to be shared (example: recipes, menus, meal ideas, and nutrition related fun facts).
2. The District will provide links to nutrition information on the school district website and other social media platforms.

School and Community Stakeholders:

1. SHAC
2. Students
3. Parents
4. Teachers

Resources Needed:

1. Presenters
2. Online learning Curriculum (From Extension or other Approved Agencies)

Measures of Success:

Number of Faculty and Staff receiving training.

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:

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The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC.]

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

- **Elementary School:** A district shall require students in kindergarten through grade 5 to participate in moderate to vigorous daily physical activity for at least 30 minutes throughout the school year, as part of the district's physical education program or through structured activity during a campus's daily recess. If a district determines, for any particular grade level, that requiring moderate to vigorous daily physical activity is impractical due to scheduling concerns or other factors, the district may as an alternative require students in that grade level to participate in moderate to vigorous physical activity for at least 135 minutes during each school week.
- **Middle School:** A district shall require students in grades 6–8 to participate in moderate to vigorous daily physical activity for at least 30 minutes for at least four semesters during those grade levels as part of the district's physical education curriculum.
- **High School:** The TAC §74, Subchapters (B) and (G), state that students must earn 1.0 PE credit to satisfy graduation requirements.

Students will not be withheld from PE or recess as a punishment.

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.

BISD students will participate in the required physical education courses each year and activities will be structured in a manner that is conducive to general health and wellness.

Objective 1: Students participate in safe, enjoyable and developmentally appropriate fitness activities that promote lifelong movement.

Action Steps:

1. Create opportunities and planning time for health and physical education teachers across BANQUETE ISD to allow educators to collaboratively plan for safe, enjoyable, and developmentally appropriate fitness activities for all students.
2. Professional development targeted at providing health and physical education teachers developmentally appropriate fitness activities for all students.
3. Create a resource bank for teachers to access easy ways to increase movement and encourage physical activity.
4. Formative assessments for all students should be daily and ongoing throughout the school year (not only during the fitness assessment testing periods).

School and Community Stakeholders:

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1. SHAC
2. Community Partners
3. Students
4. Parents
5. Health and Physical Education Teachers
6. Executive Director Leadership
7. Campus Administration

Resources Needed:

1. Administration Team
2. Professional Development

Measures of Success:

1. Class Size Rosters
2. If class sizes are above 45:1, a document identifying the manner in which the safety of the students will be maintained.
3. Attendance in professional development opportunities provided by the district.
4. Participation in professional development (conferences) by the physical education teacher away from district led professional development.
5. Classroom observations by district personnel.

Objective 2: District is in compliance with requirements for “minutes” in physical education and allowances for student removal from physical activity/physical education. Student removal from scheduled physical education classes shall not exceed 10 percent of school days on which class is offered.

Action Steps:

1. Campuses will strictly follow [EC\(Local\)](#) concerning loss of class time.

School and Community Stakeholders:

1. SHAC

2. Community Partners
3. Students
4. Parents
5. Health and Physical Education Teachers
6. Executive Director Leadership
7. Campus Administration

Resources Needed:

1. Campus Administration Team
2. Executive School Leadership Team
3. Physical Education Teachers

Measures of Success:

1. Students not being removed from physical education class or recess (elementary) for 10 remedial tutoring or test preparation.
2. Students not being removed from physical education class or recess (elementary) more than 10 percent of the school days on which the class is offered, unless the student's parent or another person standing in parental relation to the student provides to the district written consent for removal from the class for such purpose. [See [EHBC](#) for provisions on tutorial services.]

GOAL 2: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective 1: The District shall utilize curriculum developed to encourage health and wellness and promote being a lifelong mover.

BISD will offer staff development to all teachers to integrate physical activity into the academic curriculum.

Action Steps:

1. The district will utilize numerous community partners in developing a robust health and wellness curriculum for K-12 students for cross curricular inclusion in academic curriculum where appropriate.

School and Community Stakeholders:

1. SHAC
2. Community Partners
3. Students
4. Parents
5. Health and Physical Education Teachers
6. Executive Director Leadership
7. Campus Administration

Resources Needed:

1. Instructional Guides
2. Lesson Plans
3. Data reports based on health assignments and FitnessGram scores.

Measures of Success:

1. Data reports indicating usage of online platforms delivering health and wellness education in all classrooms.
2. Observation of lessons.

Objective 2: The District shall utilize community partners.

Action Steps:

1. Continue to foster community partnerships.
2. Recruit new community partners to fill gaps in health and wellness education. 11
3. Invite community partners to serve on BANQUETE ISD's SHAC.
4. Include community partners in writing BANQUETE ISD's Wellness Plan.

School and Community Stakeholders:

1. SHAC
2. Community Partners
3. Parents
4. Health and Physical Education Teachers
5. Executive Director Leadership

Resources Needed:

1. Community Partners
2. SHAC outreach

Measures of Success:

1. Impact presentations made by the community partners to SHAC on data taken by these partners concerning their program.

GOAL 3: The District shall make appropriate before school and after school physical activity programs available and shall encourage students to participate.

BISD will post information on the district website, and encourage participation in activities outside of the school day that will promote health and wellness.

Objective 1: District continued support for before and after school clubs at all campus levels.

Action Steps:

1. Provide a common time for collaborative planning to enhance and develop clubs at all

- campus levels facilitated by the health and physical education specialist.
2. District provided stipends for before and after school physical activity clubs for all campus levels.
 3. Collaboration with communication to create graphics (flyers) to physically hang around the school and digitally to post on all social media sites to encourage students to participate.

School and Community Stakeholders:

1. SHAC
2. Community Partners
3. Students
4. Parents
5. Health and Physical Education Teachers
6. Executive Director Leadership
7. Campus Administration
8. Wellness Team

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Resources Needed:

1. Funds to stipend our club sponsors for before school and after school clubs.
2. Communication department to work in collaboration to create appealing flyers to encourage student participation in the clubs.

Measures of Success:

1. Increased student participation in before school and after school clubs related to physical activity.
2. Increased total number of clubs related to physical activity at elementary, middle, and high school campuses.

GOAL 4: 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.

BISD will promote health and wellness for staff by sharing information via email and campus correspondence to promote participation in health and wellness opportunities.

Objective 1: Teachers will receive training and opportunities for activities at the beginning of the academic year and throughout the year to ensure compliance with physical education requirements, implementation of unstructured play, and integration of physical activities to promote enjoyable and lifelong moving.

Action Steps:

1. Content related health and physical activity professional development training provided at the beginning of the school year and throughout the school year.
2. District communication sent to all staff promoting health and wellness and physical activity

opportunities.

3. Promotion of track use, weight room, and exercise room sent to all staff.

School and Community Stakeholders:

1. SHAC
2. Community Partners
3. Students
4. Parents
5. Health and Physical Education Teachers
6. Executive Director Leadership
7. Campus Administration

Resources Needed:

1. Health and Physical Education Specialist
2. Employee Benefits
3. Office of Communication
4. SHAC

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Measures of Success:

1. Professional development being delivered at the beginning and throughout the entire school academic year.
2. Opportunities for staff members continually being offered by the office of employee benefits.
3. Increased engagement in physical activities offered by the district and their community partners.

GOAL 5: The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

BISD will encourage parents to participate in their child's health and wellness by hosting at least one event each semester to include the family in physical fitness and wellness activities.

Objective 1: Participate in District Wellness Activities

Action Steps:

1. Create Health and Wellness events.
 2. Involve and actively recruit parents/guardians to volunteer in all campus activities, including running clubs, walking clubs, tennis clubs. This can be accomplished through parent meetings, newsletters, communication folders, school messenger, and emails.

School and Community Stakeholders:

1. SHAC
2. Community Partners
3. Students
4. Parents

5. Health and Physical Education Teachers
6. Executive Director Leadership
7. Campus Administration
8. Wellness Team

Resources Needed:

1. Wellness coordinators at each campus (nurse).
2. Community partners.

Measures of Success:

1. Increased number of faculty physical activity/wellness clubs in the district.
2. Increased total number of faculty participation in clubs.

GOAL 6: The District shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, that are available outside the school day.

BISD will post schedules and allowable uses of our recreational facilities, such as the track, on the district website.

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Objective 1: Communicate and promote opportunities for students, parents, staff, and community members that support participation in physical activity outside the school day.

Action Steps:

1. Campus Wellness teams will inform students, parents, staff, and community members on opportunities to participate in physical activity outside the school day using, but not limited to, the District's recreational facilities such as tracks, and tennis courts.
2. Campus Wellness teams will post and communicate information about upcoming physical activity programs, available facilities, etc., through announcements, flyers, and the districts/campus website.
3. Campus Wellness teams will reinforce and advocate the importance of physical activity through posted signage, ongoing messaging to teachers, and communication to students, parents, and community members.

School and Community Stakeholders:

1. SHAC
2. Community Partners
3. Students
4. Parents
5. Health and Physical Education Teachers
6. Executive Director Leadership
7. Campus Administration
8. Wellness Team

Resources Needed:

1. Staff access to information on campus based events that provide physical activity opportunities.

2. Staff access to information on Coastal Bend based events that provide physical activity opportunities.
3. Staff access to information on out of school time programs that provide physical activity opportunities.
4. Create physical activity challenges to increase physical activity and promote wellness for students and staff.

Measures of Success:

1. Use of the Wellness Plan assessment tool, Wellness School Assessment Tool 3.0 (WellSAT 3.0) to measure for implementation.
 2. Walkthroughs performed by SHAC, campus administration, and BANQUETE ISD Wellness Plan committee members.
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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.

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Implementing Goals for Other School-Based Activities

GOAL 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

BISD will meet all minute requirements for breakfast and lunch at all campuses each school day.

Objective 1: Allow students an appropriate amount of time to eat meals in a comfortable environment.

Action Steps:

1. Campus administration will schedule at least 30 minutes for students to eat lunch, 10 minutes to eat breakfast, and time as appropriate for other food services, when applicable.
2. Campus Food and Child Nutrition Services staff will ensure the lunchroom is branded and decorated in a way that reflects the student body and positive health messages.
3. Campus administration will ensure that all meal service areas are properly monitored.

School and Community Stakeholders:

1. SHAC

2. Students
3. Parents
4. Health and Physical Education Teachers
5. Executive Director Leadership
6. Campus Administration
7. Wellness Team

Resources Needed:

1. Professional development for Food and Child Nutrition staff.
2. Staff access to menu boards and positive health promotional materials.
3. Custodial personnel, administration, food services staff, wellness team.

Measures of Success:

1. Use of the Wellness Plan assessment tool, Wellness School Assessment Tool 3.0 (WellSAT 3.0) to measure for implementation.
2. Walkthroughs performed by SHAC, campus administration, and BANQUETE ISD Wellness Plan committee members.

GOAL 2: The District shall promote wellness for students and their families at suitable District and campus activities.

BISD will host events that promote health and wellness at least once each semester. 16

Objective 1: Provide wellness education and information to staff, students, and their families.

Action Steps:

1. District designated staff will develop and post connecting wellness calendar resources (members from the wellness team, health and physical education teacher, nurse, campus administration).
2. Campus counselors will provide classroom lessons to students on physical wellness guidance lessons.

School and Community Stakeholders:

1. SHAC
2. Community Partners
3. Students
4. Parents
5. Health and Physical Education Teachers
6. Executive Director Leadership
7. Campus Administration
8. Wellness Team

Resources Needed:

1. National/Federal observances for health and wellness celebrations.

2. Coastal Bend based events for health and wellness.
3. Wellness guidance lessons.

Measures of Success:

1. Use of the Wellness Plan assessment tool, Wellness School Assessment Tool 3.0 (WellSAT 3.0) to measure for implementation.
2. Walkthroughs performed by SHAC, campus administration, and BANQUETE ISD Wellness Plan committee members.

GOAL 3: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

BISD will promote employee wellness by sending information regarding events and activities to district staff at least once per grading period.

Objective 1: Promote opportunities for participation in wellness activities.

Action Steps:

1. Campus wellness teams will promote different federal, city, and campus based wellness activities.
2. Campus wellness teams will post and communicate information about upcoming wellness activities through announcements, flyers, posters, and campus/district websites and campus/district social media.
3. District administrative staff will encourage campus wellness teams to host campus based events. i.e., family wellness nights, staff wellness challenges, health and wellness fairs.

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School and Community Stakeholders:

1. SHAC
2. Community Partners
3. Students
4. Parents
5. Health and Physical Education Teachers
6. Executive Director Leadership
7. Campus Administration
8. Wellness Team

Resources Needed:

1. Flyers and posters to promote events
2. Wellness teams to help find and promote wellness activities in the district and within the Coastal Bend.

Measures of Success:

1. Use of the Wellness Plan assessment tool, Wellness School Assessment Tool 3.0

- (WellSAT 3.0) to measure for implementation.
2. Walkthroughs performed by SHAC, campus administration, and BANQUETE ISD Wellness Plan committee members.
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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). 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.

All foods sold in schools from midnight the day before to 30 minutes after school must meet the smart snack in schools guidelines:

- **Calorie Limits:** All snacks, including extras like butter and cream cheese, must have no more than 200 calories per serving.
- **Fat Ceilings:** Fat must make up no more than 35% of the total calorie count, with saturated fat content at less than 10% and Trans fat content at 0.
- **Sugar Caps:** Only 35% (or less) of the weight in any snack food may come from sugar.
- **Nutrient Requirements:** In order to meet the USDA's guidelines, snacks must either be rich in whole grains, contain at least a quarter cup of fruit and/or vegetables, have a fruit, vegetable, protein food, or dairy product as the first ingredient, or contain 10% or more of the percent daily value of potassium, dietary fiber, vitamin D, or calcium.

Some common examples of foods that meet these requirements are: 100 calorie packs, low fat low popcorn, whole grain crackers, whole grain pretzels, baked potato chips and tortilla chips with 100 calorie packs of guacamole dip, baked whole grain pita chips, and brown rice cakes. Other examples include whole grain cereals like shredded wheat, oatmeal "O's", and Chex. Further, whole grain fig cookies and prepared veggie and fruit trays with low fat dips are additional options. Moreover, unsweetened applesauce, boxed raisins and dried fruits, fruit cups and individual fruit cans packed in juice, light low fat single serve yogurt cups, and squeeze tubes meet the guidelines as well. If you are unsure that your food meets these guidelines use the Smart Snacks Product calculator at: <https://foodplanner.healthiergenera>

tion.org/calculator/

The District has also incorporated the following stricter standards that are not prohibited by federal or state law:

No sale of competitive food from any organization or vendor, including outside vendors, other than the District food service department or approved vending machine contracts is permitted to students during the school day. The school day is considered from midnight to 30 minutes after the conclusion of the school day.

Vending machines are provided by local providers. Healthy foods are provided in all vending machines District-wide for student and staff access.

- There are no student accessible vending machines in elementary schools.
- In high school, vending machines located in areas where reimbursable meals are served and/or consumed, must be turned off during meal periods.

Exceptions for Fundraisers

The District will allow exempt fundraisers in accordance with [CO\(LEGAL\)](#).

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. [CO\(LEGAL\)](#)

Measuring Compliance with Nutrition Guidelines

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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:

3. A copy of the wellness policy [see FFA(LOCAL)];
4. A copy of this wellness plan, with dated revisions;
5. Notice of any Board adopted revisions to FFA(LOCAL);
6. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
7. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
8. The SHAC's triennial assessment; and
9. 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 District's designated records management officer. [See CPC(LOCAL)]

Revised March 30, 2022