

Angleton ISD Wellness Plan

This document, referred to as the “wellness plan” (the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]

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

Soliciting Involvement and Input

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

1. Holding a minimum of four meetings per school year.
2. Monitoring Wellness in the District continuously.

Responsibility for Implementation

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

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

Goals for Nutrition Promotion

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District’s nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District.

The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

The SHAC will monitor this by:

1. The district will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the Child Nutrition Department to the Texas Department of Agriculture.
2. The district will review foods and beverages that are sold on campus, as part of fundraisers and monitor the types of foods and beverages sold on campus during the school day. All items will be run through the Smart Snack Calculator and must meet Smart Snack Guidelines.

Although the District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SHAC will make recommendations when replacements or new contracts are considered.

Implementing Goals for Nutrition Promotion

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.

Objective 1: The district will participate in the Texas Agrilife Eat Grow Learn Program for third grade on elementary campuses.

Action Steps: AISD will partner with the local Texas Agrilife Extension Agent to promote participation within third grade classrooms.

School and Community Stakeholders: Campus Administration, Local Texas Agrilife

Resources Needed: Eat Grow Learn Curriculum, Parent Volunteers

Measures of Success: Three or more schools participate in the program

Objective 2: The district will participate in the Texas Department of Agriculture's Farm Fresh Challenge, offering locally grown and produced foods to students in the district.

Action Steps: AISD CN will pledge to TDA and serve locally grown or produced foods during the month of October.

School and Community Stakeholders: Food service staff

Resources Needed: Administrative Support

Measures of Success: Pictures will be taken and posted on social media. AISD CN will receive an award from TDA for completing the Farm Fresh Challenge.

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.

Objective 1: Monthly lunch and breakfast menus will be posted online, including nutrition and allergy information.

Action Steps: AISD CN will post monthly menus online so parents can see what their children are eating at school, along with nutritional analysis and allergy information.

School and Community Stakeholders: Parents and Students

Resources Needed: Computer, PrimeroEdge software and Internet access

Objective 2: AISD will partner with The Houston Food Bank to provide access for distribution of nutritional foods and wellness items to the community on Market Days.

Action Steps: Designated District Employee will coordinate Market Days and promote on social media.

School and Community Stakeholders: Parents, Students

Resources Needed: Social Media, Houston Food Bank Resources, Student Volunteers

Measures of Success: Community Participation, Number of Market Days Offered

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.

Objective 1:

Action Steps: 100 % of vending machines accessible to students will include advertising and products that meet Smart Snack standards

School and Community Stakeholders: Administration

Resources Needed: Smart Snack Standards

Measures of Success: Assess district property for compliance annually

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.

Objective 1: Physical Education teachers will support use of the adopted Coordinated School Health Program, Bienestar, to promote nutrition education in curriculum k-8

Action Steps: PE teachers will include Bienestar and or activities that support the overall nutrition/wellness on K-8 campuses.

School and Community Stakeholders: Administration, PE teachers

Resources Needed: Access to Bienestar curriculum

Measures of Success: Number of Completed Bienestar lessons annually

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.

Objective 1: Campuses will use the Coordinated School Health Program Year at a Glance nutrition/health lessons on K-8 campuses.

Action Steps: Support campuses with Bienestar Year at a Glance in effort to provide campus awareness of nutrition/health education

School and Community Stakeholders: Administration, General Ed Teachers

Resources Needed: Access to Bienestar Year at a Glance

Measures of Success: Check with Directors of Curriculum for Reading and Math

Objective 2: Wellness education including nutrition will be promoted on the high school campus through CTE Career programs.

Action Steps: The Health Science and Culinary Arts curriculum will include lessons on nutrition education.

School and Community Stakeholders: CTE Instructors, Administration, SHAC, Students

Resources Needed:Curriculum

Measures of Success: Student Involvement in campus organizations promoting wellness and healthy eating.

Goals for Physical Activity

Federal law requires that the District establish goals for physical activity in its wellness policy. In accordance with state law, the District will implement a coordinated health program with physical education and physical activity components. The District will offer at least the required amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC], as follows:

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

- The CDC recommends 60 minutes of physical activity for children and adolescents. Time allotted for physical activity will be consistent with research and state standards of 30 minutes of structured (physical education TEKS-based) daily physical activity or 135 minutes a week in kindergarten – grade 5.
- 6-8 students must be enrolled in 4 semesters of P.E. (physical education TEKS-based)
- High school students must be enrolled in 2 courses of PE
- Schools will implement physical activities from an approved Coordinated School Health curriculum for grades kindergarten-grade 8.
- Time allotted for recess will be consistent with research and recommendations from the CDC and SHAPE America of at least 20 minutes a day of supervised recess, independent of the time students are in Physical Education for elementary and a physical activity break is highly encouraged for middle school students.
- Policies will encourage that state-certified physical education instructors teach all physical education courses and are supported and encouraged to participate in professional development opportunities.
- Students will not be removed from physical education classes for tutoring or disciplinary action without a written plan in place to address where the physical activity requirement will be fulfilled. 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.

Implementing Goals for Physical Activity

GOAL 1: The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

Objective 1: The following district recess guidelines are recommended for elementary K-5.

1. Elementary schools will develop schedules that provide at least 20-30 minutes of supervised recess time each day. Recess should not replace physical education. Recess should be unstructured playtime where children have choices, develop rules for play, and release energy and stress.

2. Proper supervision of students and appropriate equipment will be provided by the campus to ensure the safety of all students. Campuses should provide one training per year to go over recess rules and expectations for teachers and students and proper use of equipment.

3. Recess should not be viewed as a reward, but a necessary educational support component for all children. Taking away recess time as a punitive measure, as a behavior management tool or for tutoring or other competing activities should be avoided. Recess or other forms of unstructured physical activity are encouraged at secondary level campuses.

Action Steps: Administrators develop master campus schedules to reflect the recommendations.

School and Community Stakeholders: Campus Administrators

Resources Needed: Recess Guidelines

Measures of Success: Master schedules reflect the recommended recess guidelines.

Objective 2: Campuses will collaborate with Angleton ISD Police Department and Crossing Guards to report unsafe conditions for students who walk/bike to school.

Action Steps: Present to campus administrators/Police Officers

School and Community Stakeholders: Campus Administrations and Angleton ISD police department and crossing guards

Resources Needed: Training for crossing guards and collaboration with the Angleton ISD Police department

Measures of Success: Number reported incidents will be minimal

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

Objective 1: Campus leadership teams will promote the use of physical activity within the core subjects through activities such as: brain boosters, kinesthetic learning strategies, and action based learning strategies/labs.

Action Steps: Offer training on the brain and physical activity and the connection to learning.

School and Community Stakeholders: Instructional Coaches, Campus Administrators

Resources Needed: Staff Development

Measures of Success: Campus observation

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

Objective 1: Students shall be given multiple opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to interscholastic athletics and physical activity clubs.

Action Steps: Teachers integrates student activities with after school programs to promotes and encourage student participation with physical activity

School and Community Stakeholders: Teachers, Students, Administrators, Parents, Community Businesses

Resources Needed: Professional Development on UIL activities

Measures of Success: Increase in physical activity after school programs provided in the district

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.

Objective 1: Health Screening for all district employees

Action Steps: The district provides an overall Health Screening from an outside Health Care Provider.

School and Community Stakeholders: Teachers, Administrators, Community Health Care Providers

Resources Needed: Community Health Care Providers

Measures of Success: As a district Right way Imaging available on campuses annually

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.

Objective 1: District wide elementary Track Meet

Action Steps: Students will try out for their school's track team, earning the opportunity to participate in the district track meet

School and Community Stakeholders: PE teachers/assistants, district staff, security, public relations team

Resources Needed: Wildcat Stadium

Measures of Success: District Track Meet Participation

GOAL 6: 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.

Objective 1: District will designated facilities available for the use of outside play structures, field space, walking tracks etc.

Action Steps: District will provide to community members and employees the policies and procedures for use of facilities - as well as unlocked outdoor facilities will be made accessible

School and Community Stakeholders: Administrators, Community

Resources Needed: District grounds and facilities

Measures of Success: Observations

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. 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 healthy eating and physical activity and to promote and express a consistent wellness message. 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.

Objective 1: The campuses will make lunch schedules allowing sufficient time.

Action Steps: The campus will plan meal times to be 30 minutes

School and Community Stakeholders: AISD staff and students

Resources Needed: School schedule

Measures of Success: Compliance with School Schedule

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

Objective 1: The District will participate in a Health and Wellness fair at least once a year.

Action Steps: SHAC will plan and coordinate a community health fair with local health care providers that promotes community health resources.

School and Community Stakeholders: SHAC, Local Healthcare Providers, Community Representatives

Resources Needed: District facilities

Measures of Success: Student and Family Participation

Objective 2: The District shall promote campus improvement plans, goals and objectives for coordinated school health that combine education with practice to create a healthy school environment and encourage healthy behaviors.

Action Steps: Each Campus will have a campus advisory team composed of campus administrators, classroom teachers, with encouragement to include the nurse, PE teacher, counselor, parent, and community member who will plan Coordinated School/health and wellness education to effectively reach the goals and objectives of coordinated school health/wellness programming contained in the campus and district improvement plan

School and Community Stakeholders: Campus Administrative Teams

Resources Needed: Campus Improvement Plans

Measures of Success: Each campus will develop a Campus Improvement Plan that implements Coordinated School Health and wellness goals and objectives.

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

Objective 1: The district will provide information about health services offered throughout the community to staff.

Action Steps: The district will share with employees information on Mental and Physical Health Services

School and Community Stakeholders: Administration, Employees, Community Providers and Businesses

Resources Needed: District facilities

Measures of Success: Information Provided

Objective 2: The District Insurance Providers will distribute emails to employees on Health and Wellness topics.

Action Steps: TEA insurance providers will distribute information to staff by email

School and Community Stakeholders: TEA Insurance Providers, Employees

Resources Needed: Internet, Email

Measures of Success: Information Provided

Nutrition Guidelines

All District campuses participate in the U.S. Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). As required by federal law, the District has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

Foods and Beverages Sold

The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements.

Fundraising shall not be permitted during class time. (See EC)

All fundraising through sale of food and beverages that could be consumed during the school day shall meet the Smart Snacks standards. The district may allow exceptions from the competitive foods sales as permitted by state and federal law. (See CO and FFA)

Foods and Beverages Provided

The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function. [See CO(LEGAL)]

Measuring Compliance with Nutrition Guidelines

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to TDA, reviewing foods and beverages that are sold in competition with regular school meals, reviewing items sold as part of approved District fundraisers, and monitoring the types of foods and beverages made available to students during the school day.

Policy and Plan Evaluation

At least every three years, as required by law, the District will measure and make available to the public the results of an assessment of the implementation of the District's wellness policy. This "triennial assessment" will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state- or federally designated model policies. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

Public Notification

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

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness policy, the District will create a wellness page on its website to document information and activity related to the school wellness policy, including:

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

The District will also publish the above information in appropriate District or campus publication.

Records Retention

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program.