

HCISD Wellness Plan

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

WELLNESS PLAN	<p>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]</p>
STRATEGIES TO SOLICIT INVOLVEMENT	<p>Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following persons to work with the SHAC on the District’s wellness policy and plan: parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input of these other interested persons by posting the intent to review and revise the wellness policy on the SHAC webpage.</p>
IMPLEMENTATION	<p>Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.</p> <p>The Directors of Student Health Services and Child Nutrition are the District officials responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.</p>
EVALUATION	<p>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 compliant with the wellness policy, and a description of the progress made in attaining the goals of the wellness policy. Absent federal regulations to the contrary, the District commits to the evaluation activities described below.</p> <p>At least biennially, the SHAC will prepare a report on the wellness policy and this plan by gathering information from each principal and appropriate District administrators. The SHAC 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.</p> <p>The SHAC may use any of the following tools for that analysis:</p>

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- Surveys completed by each campus wellness committee annually
- Administrator self-report

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 [FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's annual report on the District's wellness policy and plan; and
6. Any other relevant information.

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 Director of Student Services, the District's designated records management officer.

GUIDELINES AND
GOALS

The following provisions describe the District's nutrition guidelines and activities and objectives chosen by the SHAC to implement the Board-adopted wellness goals in policy FFA(LOCAL).

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.

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. 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>

EXCEPTION—
FUNDRAISERS
AND CAMPUS
CELEBRATIONS

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. These six dates will also encompass any campus celebrations. [See CO(LEGAL)]

The District will allow 6 days per campus for exempted fundraisers. Campuses will provide Nutrition Exempt Day Request Form no later than Sept 30, of each year to document their fundraising/celebration dates for the year.

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.

The District has provided Nutrition Guidelines regarding foods and beverages sold and made available to students during the school day. Campuses shall follow these guidelines which include birthday celebrations, campus celebrations, fundraisers, and foods in the classroom. [See CO(LEGAL)]

MEASURING
COMPLIANCE

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

NUTRITION
PROMOTION

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

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

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

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition promotion.

Nutrition Promotion GOAL 1: 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 and community members.

Objective 1: 100% of campuses shall host one after school event per year promoting healthy eating.

Action Steps	Methods for Measuring Implementation
<p>Assign a district administrator to communicate this expectation to all campus principals.</p> <p>Campus administrators will work with their wellness team to identify events to incorporate healthy eating,</p> <p>Document whether the 100% objective was met</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • The number of events during the school year at which nutrition education was either communicated or distributed. • Participation rates in after school events <p>Resources needed:</p> <ul style="list-style-type: none"> • A flier to distribute to event attendees

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	<ul style="list-style-type: none"> Sample lessons for staff to assist in promoting healthy eating <p>Obstacles:</p> <ul style="list-style-type: none"> The District may not be aware of all Campus sponsored events.
<p>Objective 2: 100% of campus webpages will have content to encourage wellness activities and healthy recipes</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>The District with Child Nutrition will create content related to healthy eating and wellness activities to share with campuses.</p> <p>Campus administrators will work with their wellness team to utilize and refine information for their web pages.</p> <p>Document whether the 100% objective was met</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> The number of campuses with webpages the previous school year and current school year <p>Resources needed:</p> <ul style="list-style-type: none"> Technology support for web page design and content <p>Obstacles:</p> <ul style="list-style-type: none"> Lack of knowledge of web page design

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 District’s adopted Coordinated School Health Program is CATCH which is implemented at elementary and middle school campuses in physical education classes.

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition education.

<p>Nutrition Education GOAL 1: The District shall deliver nutrition education to students, families, and staff that promotes the adoption and maintenance of healthy eating behaviors for students and the community.</p>	
<p>Objective 1: 80% of campuses shall utilize the campus newsletter sent by principals to include nutrition tips or wellness information/opportunities.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>The District will create content related to healthy eating to share with campuses</p>	<p>Baseline or benchmark data points:</p>

<p>Campus administrators will work with their wellness team to utilize and refine information for their newsletters.</p>	<ul style="list-style-type: none"> • Number of campuses providing nutrition or wellness information on their campus newsletters. <p>Resources needed:</p> <ul style="list-style-type: none"> • Nutrition and wellness information to share with principals <p>Obstacles:</p> <ul style="list-style-type: none"> • Distribution of information
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Objective 2: 100% of campuses shall consistently post in an easily accessible location on the District’s or campuses website the monthly school menus, along with the nutritional information of each meal

Action Steps	Methods for Measuring Implementation
<p>Child Nutrition will provide menus that are in compliance with this objective.</p> <p>District will work with Child Nutrition to utilize the café menus to include nutrition tips or wellness information.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • number of web pages views of menus with nutrition information previous school year and current. <p>Resources needed:</p> <ul style="list-style-type: none"> • Nutrition and wellness information to place on menus <p>Obstacles:</p> <ul style="list-style-type: none"> • Ability to change the template for the menus • The number of parents who view the menus

Nutrition Education GOAL 2: Nutrition education will be a District-wide priority and be integrated into other areas of the curriculum. The District’s staff responsible for nutrition education shall be adequately prepared and shall participate in professional development activities to effectively deliver the program as planned.

Objective 1: 80% of elementary and middle school PE/Health teachers will be trained on Hays CATCH curriculum annually.

Action Steps	Methods for Measuring Implementation
<p>The district will provide opportunities for health curriculum training annually</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of teachers teaching PE/Health and the number trained on CATCH <p>Resources needed:</p>

	<ul style="list-style-type: none"> • CATCH training <p>Obstacles:</p> <ul style="list-style-type: none"> • Funding • Time for training with other district priorities for PD
<p>Objective 2: 100% of Elementary and Middle Schools will utilize CATCH activities in PE and health lesson plans and classes.</p>	
Action Steps	Methods for Measuring Implementation
<p>District Administrators will communicate this expectation to health and PE teachers K-8</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of teachers currently utilizing CATCH curriculum in their lesson plans and the number utilizing end of year <p>Resources needed:</p> <ul style="list-style-type: none"> • Access to CATCH <p>Obstacles:</p> <ul style="list-style-type: none"> • CATCH is not all inclusive

PHYSICAL ACTIVITY

The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC] The district shall provide 20 minutes of unstructured recess daily at all elementary campuses.

The district shall provide 30 minutes per day or 135 minutes per week of moderate to vigorous physical exercise through physical education, brain breaks, or other structured physical activity during the instructional day in elementary grades and at least 4 semesters at middle school grades.

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.

<p>Physical Activity GOAL 1: The District shall provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.</p>	
<p>Objective 1: 80% of campuses will host at least one before or after school club that is inclusive of all students and has a physical activity component.</p>	
Action Steps	Methods for Measuring Implementation
<p>Identify current clubs that have a physical activity component. If no club exists, identify the club which will incorporate physical activity.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number and type of programs offered compared to the previous school year • Schools submit at the beginning of the year the club they will provide including beginning and ending dates. • Participation rates from year to year <p>Resources needed:</p> <ul style="list-style-type: none"> • Incentive for club teacher/leader • Equipment <p>Obstacles:</p> <ul style="list-style-type: none"> • Secondary teacher availability due to coaching and other after-school commitments
<p>Physical Activity GOAL 2: The District shall encourage parents to support their children’s participation in physical activity, to be active role models, to include physical activity in family events, and to participate in before school and after-school physical activity programs.</p>	
<p>Objective 1: 100% of campuses will provide a current list of opportunities for physical activity inside and outside of school annually</p>	
Action Steps	Methods for Measuring Implementation
<p>The campus will create a list of available physical activity opportunities and provide to parents each school year. This list can be updated as opportunities arise.</p> <p>Reminders will be placed in newsletter with link to website</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of campuses that provide this information <p>Resources needed:</p> <ul style="list-style-type: none"> • list of events <p>Obstacles:</p> <ul style="list-style-type: none"> • Dissemination of information

Objective 2: The District will provide parents with resources to promote physical activity outside of school.	
Action Steps	Methods for Measuring Implementation
The District will provide to campuses physical activity ideas which can be implemented at home.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Number of campuses that provide this information <p>Resources needed:</p> <ul style="list-style-type: none"> List of activities <p>Obstacles:</p> <ul style="list-style-type: none"> Parent utilization of information Dissemination of information.

Physical Activity GOAL 3: The District shall encourage teachers to integrate physical activity into the academic curriculum.	
Objective 1: 60 percent of campuses will confirm that physical activity breaks were regularly incorporated into their classroom lessons	
Action Steps	Methods for Measuring Implementation
<p>The campus will provide teachers with resources for brain breaks.</p> <p>Determine appropriate inservice days in which teachers will receive staff development related to the importance of physical activity breaks</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> In class activity breaks are written into lesson plans, daily Percentage of teachers who report integrating physical activity breaks on a regular basis compared to the previous school year. <p>Resources needed:</p> <ul style="list-style-type: none"> In class activity break resources such as GoNoodle for preK-6th and alternative resources for secondary Creation and dissemination of a survey for teachers Time for training during inservice days <p>Obstacles:</p> <ul style="list-style-type: none"> Monitoring implementation Validity of self-reports

<p>Physical Activity GOAL 4: The District and campuses may offer before-school and after-school physical activity programs, and students shall be encouraged to participate. Additionally, students, parents, staff, and community members shall be encouraged to use the school's unlocked outdoor physical activity facilities outside of the school day as available. (See GKD)</p>	
<p>Objective 1: Inform the community of the facilities that are available for use outside of the school day by including a statement in at least one District or campus publication, by posting information on the District or campus website, or through the use of appropriate signage.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Create sample wording to be used in a publication or on a website. Create wording for a sign that could be posted at certain facilities.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Documentation of publications, website postings, and signs verifying that the information was communicated. <p>Resources needed:</p> <ul style="list-style-type: none"> A list of the types and locations of facilities that are available for use in the District <p>Obstacles:</p> <ul style="list-style-type: none"> Evaluate appropriate lighting for evening use of facilities. Measuring how many people use the facilities
<p>Objective 2: 100% of campuses will offer at least one event annually either during or outside of school hours that involves physical activity and includes both parents and students in the event.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Develop a list of ideas to submit to campus administrators to meet this objective Assign a campus administrator to help organize the event and elect a teacher to chair the event.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Self-reports from campus administrators regarding previous and current year events Participation rates from year to year <p>Resources needed:</p> <ul style="list-style-type: none"> Dissemination of a list to send to campus administrators Timeline and mechanism for the self-report about the events

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	<ul style="list-style-type: none"> • Informational materials about the event to distribute to students and parents <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff time • Participation rates may be low for new events
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SCHOOL-BASED
ACTIVITIES

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

In accordance with FFA(LOCAL), the District has established the following goal(s) as part of its student wellness policy to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.

School Based Activities GOAL 1: Campuses shall include in their Campus Improvement Plan (CIP) strategies and performance objectives related Emotional Wellness.	
Objective 1: 80% of campuses will adopt a social emotional curriculum.	
Action Steps	Methods for Measuring Implementation
<p>Campuses shall adopt a social emotional curriculum</p> <p>The District will determine what measurables are for SEL for each campus or age level.</p> <p>SEL activities will occur in both semesters</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • #of campuses with SEL activities in the first semester • #of campuses with SEL activities in the second semester • # of campuses had SEL in 2017-2018 • # of campuses with SEL for 2018-2019 <p>Resources needed:</p> <ul style="list-style-type: none"> • Fianancial Resources to support the cost of curriculum <p>Obstacles:</p> <ul style="list-style-type: none"> • Differences amongst campus feeder patterns • Data collection techniques

Objective 2: 100% of campuses will provide training on identification and prevention of suicide to staff by the end of the first semester.	
Action Steps	Methods for Measuring Implementation
<p>Training will be provided in staff meeting/development face to face</p> <p>Campuses will provide a follow up in the second semester</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Survey of counselors for date of the training • The number of staff trained <p>Resources needed:</p> <ul style="list-style-type: none"> • Counseling staff <p>Obstacles:</p> <ul style="list-style-type: none"> • Time
Objective 3: 100% of schools with CIS placements will offer annually a face to face training on trauma informed practices for managing student behavior by February 2018	
Action Steps	Methods for Measuring Implementation
<p>Will be provided in staff meeting/development by CIS staff</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Date of training and number who participate • Survey of effectiveness and the value to staff <p>Resources needed:</p> <ul style="list-style-type: none"> • CIS video/training in place <p>Obstacles:</p> <ul style="list-style-type: none"> • Time • Many training commitments and needs

School Based Activities GOAL 2: Wellness for students and their families shall be promoted at suitable school activities.

Objective 1: 100% of campuses will offer at least one event annually either outside of school hours that involves physical activity and includes both parents and students in the event.	
Action Steps	Methods for Measuring Implementation
<p>Develop a list of ideas to submit to campus administrators to meet this objective</p> <p>Assign a campus administrator to help organize the event and elect a teacher to be chair the event.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Self-reports from campus administrators regarding previous and current year events • Participation rates from year to year <p>Resources needed:</p> <ul style="list-style-type: none"> • Dissemination of a list to send to campus administrators • Timeline and mechanism for the self-report about the events • Informational materials about the event to distribute to students and parents <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff time • Participation rates may be low for new events

STAFF
WELLNESS

The District shall promote preventative health services, including but not limited to vaccinations, mammograms and annual preventative visits. The District Healthwise Committee shall offer staff wellness programs and / or opportunities to participate in staff wellness programs. This may include workshops and presentations on health promotion, education and resources that will enhance morale, encourage healthy lifestyles, prevent injury, and foster exceptional role modeling. In addition, the District shall;

Staff Wellness GOAL 1: Promote healthy eating and provide resources to support healthy eating habits.	
Objective 1: 100% of campuses will promote wellness and assign at least one staff member to sit on the Hays Healthwise Committee	
Action Steps	Methods for Measuring Implementation
Committee member regularly attends HHW meetings	Baseline or benchmark data points:

	<ul style="list-style-type: none"> Hays Healthwise (HHW) campus member will disseminate information as it comes from HHW <p>Resources needed:</p> <ul style="list-style-type: none"> At least one staff member attends the HHW meetings <p>Obstacles:</p> <ul style="list-style-type: none"> Time and availability of staff
<p>Objective 2: 100% of campuses will promote healthy eating and provide resources to support healthy eating habits</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Utilize Hays Healthwise newsletters across campuses</p> <p>District will work with Child Nutrition to provide healthy lunch options for staff and cooking demonstrations for staff.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Number of campuses who provide healthy lunch options for staff Healthwise newsletter quarterly <p>Resources needed:</p> <ul style="list-style-type: none"> Healthwise Newsletter Child Nutrition to offer healthy options for staff <p>Obstacles:</p> <ul style="list-style-type: none"> Participation unknown Capacity for Child Nutrition to offer options

<p>Staff Wellness GOAL 2: Promote emotional wellness and stress reduction education for all employees at suitable school activities.</p>	
<p>Objective 1: 100% of campuses will offer at least one event annually either during or outside of school hours that involves physical activity and includes employees in the event.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Assign a campus administrator to help organize the event and elect a teacher to be chair the event.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Self-reports from campus administrators regarding previous and current year events Participation rates from year to year

	<p>Resources needed:</p> <ul style="list-style-type: none"> • Dissemination of a list to send to campus administrators • Timeline and mechanism for the self-report about the events • Informational materials about the event to distribute to students and parents <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff time • Participation rates may be low for new events
<p>Objective 2: 50% of campuses will offer an annual event or educational opportunity for employees that promotes emotional wellness.</p>	
<p style="text-align: center;">Action Steps</p>	<p style="text-align: center;">Methods for Measuring Implementation</p>
<p>Survey staff for activities they would be interested in regarding stress reduction</p> <p>Utilize the Wellness committee to organize an event for staff</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Was survey to staff offered • Survey what activities were offered to staff <p>Resources needed:</p> <ul style="list-style-type: none"> • Ideas <p>Obstacles:</p> <ul style="list-style-type: none"> • Time • Staff participation