

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; 7 C.F.R. Part 210]</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:</p> <ol style="list-style-type: none">1. <i>Providing dates, locations and times of SHAC meetings on the Coppell ISD website, the Coppell ISD SHAC website, through district social media channels, and via Peach Jar e-flyer use.</i>2. <i>Inform campus leadership (Parent Teacher Organizations) by attending meetings to report out the work and gather input.</i>3. <i>Inform district leadership (Board of Trustees) - through their appointed SHAC liaisons - for quarterly reporting to the public, and through an end-of-the-year annual report to the Board.</i>
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 Director of Student Services is the District official responsible for the overall implementation of FFA (LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.</p>
EVALUATION	<p>At least every three years, as required by law, the District will measure and make available to the public the results of an assessment of the implementation of the District’s wellness policy, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares</p>

with any state- or federally designated model wellness policies. This will be referred to as the “triennial assessment.”

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

The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. The SHAC may use any of the following tools for this analysis:

- *Action for Healthy Kids website (<http://www.actionforhealthykids.org/>)*
- *Square Meals website (www.squaremeals.org)*
- *USDA website (www.fns.usda.gov)*
- *Food & Nutrition Information Center (www.nal.usda.gov/fnic)*

PUBLIC
NOTIFICATION

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

1. A copy of the wellness policy [see FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC’s triennial assessment; and
6. 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. Questions may be directed to 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	<p>All District elementary campuses participate in the U.S. Department of Agriculture’s (USDA’s) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that the District establish nutrition guidelines for foods and beverages sold to students during the school day on each campus that promote student health and reduce childhood obesity.</p> <p>The District’s nutrition guidelines are to ensure all foods and beverages sold or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.</p>
FOODS AND BEVERAGES SOLD	<p>The District will comply with federal requirements for reimbursable meals at all elementary school campuses. 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 <i>Smart Snacks</i> requirements:</p> <ul style="list-style-type: none"><li data-bbox="561 1325 1382 1388">• http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals<li data-bbox="561 1415 1414 1478">• http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks<li data-bbox="561 1505 1390 1608">• http://www.squaremeals.org/Publications/Handbooks.aspx (see the Complete <i>Administrator Reference Manual</i> [ARM], Section 20, Competitive Foods)
EXCEPTION— FUNDRAISERS	<p>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. However, when not participating in a school fundraiser or exemption day, foods and beverages cannot be sold in competition with school breakfast and lunch. Schools must document days used for exemptions to the <i>Smart Snacks</i> requirements. [See CO (LEGAL)]</p>

FOODS AND
BEVERAGES
PROVIDED

There are no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. However, each school district must set its own standards. The District will comply with state law (*Lauren's Law*), which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function. [See CO (LEGAL)]

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

Elementary school: *All foods provided, but not sold to students are encouraged to be Smart Snack compliant and may not be provided in competition with school breakfast or lunch.*

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 elementary students during the school day meet the *Smart Snacks* standards by monitoring through:

1. *Annual visits by the Nutrition Sub-Committee to all facilities.*
2. *Compliance update will be provided by same Sub-Committee for SHAC's annual report to the Board of Trustees.*

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 Nutrition Sub-Committee will periodically monitor these and make recommendations when replacements or new contracts are considered.

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

GOAL: 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:	
Action Steps	Methods for Measuring Implementation
The Child Nutrition staff will encourage all students to try new menu items and choose a variety of menu options.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Participation rate, PEIMS Report Resources needed: <ul style="list-style-type: none"> • Menus, e-Flyers Obstacles: <ul style="list-style-type: none"> • Parental disclosure of income, e-Flyers not timely and/or not read
Objective 2:	
Action Steps	Methods for Measuring Implementation
Posters and healthy nutrition messages will be displayed on the serving line, encouraging students to pick up healthier options.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Nutrition team monitoring & sales Resources needed: <ul style="list-style-type: none"> • Posters Obstacles: <ul style="list-style-type: none"> • Not read, low sales/waste

GOAL: 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.	
Action Steps	Methods for Measuring Implementation
The Child Nutrition Department will post monthly nutritional information for families and staff on the Child Nutrition page of the Coppell ISD website.	Baseline or benchmark data points: <ul style="list-style-type: none"> • SHAC Nutrition to Periodically Monitor Resources needed: <ul style="list-style-type: none"> • Website Obstacles: <ul style="list-style-type: none"> • Lack of parent access

Action Steps	Methods for Measuring Implementation
The Child Nutrition Department will post nutritional content of all items offered at breakfast and lunch on the online elementary breakfast and lunch menus.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Child Nutrition Department will periodically monitor Resources needed: <ul style="list-style-type: none"> • Website; Nutrition from manufacturers Obstacles: <ul style="list-style-type: none"> • Lack of access; technology

NUTRITION
EDUCATION

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a nutrition services and health education component at the elementary and middle school levels. [See EHAA]

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

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
The Child Nutrition Department will provide healthy snack ideas to parents.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Increase in healthy snack purchases Resources needed: <ul style="list-style-type: none"> • Posters, e-menus, website posts Obstacles: <ul style="list-style-type: none"> • Limited parental access to technology

SCHOOL-BASED
ACTIVITIES

Federal law requires that the District establish goals for other school-based activities in its wellness policy.

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.

<p>GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p> <p><i>[Two studies regarding recommended seat time for children to eat meals are available at http://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/bergman2.asp and http://www.andjrnl.org/article/S2212-2672(15)01248-4/fulltext.]</i></p>	
<p>Objective 1:</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>The district will allow a 30-minute lunch period for students. (Research has shown that school policies that encourage lunches with at least 25 minutes of seated time might reduce food waste and improve dietary intake.)</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Number of minutes provided for student lunch period.

<p>GOAL: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.</p>	
<p>Objective 1:</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>The Child Nutrition Department will provide nutrition education resources on the district's Child Nutrition webpage for parents and teachers to access and use accordingly.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Research possibility of measuring click-throughs <p>Resources needed:</p> <ul style="list-style-type: none"> Website <p>Obstacles:</p> <ul style="list-style-type: none"> Limitations of technology, failure to communicate to parents
<p>Objective 2:</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>The Child Nutrition Department will participate in National School Lunch and Breakfast Week and other theme meals to generate excitement around eating healthy school lunch and breakfast. Nutrition education will coincide with each theme meal.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Number of events involved-in or communicated to students, staff, & parents <p>Resources needed:</p> <ul style="list-style-type: none"> Agenda of events, sample handouts <p>Obstacles:</p> <ul style="list-style-type: none"> SHAC may not be aware of all events

GOAL: 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.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
The Child Nutrition Department will offer annual training in nutrition education to all Child Nutrition staff members.	Baseline or benchmark data points: <ul style="list-style-type: none"> • CN Dept. will periodically monitor Resources needed: <ul style="list-style-type: none"> • In-service days; PPT. presentations Obstacles: <ul style="list-style-type: none"> • Training time; technology
Objective 2:	
Action Steps	Methods for Measuring Implementation
The Child Nutrition Department will provide nutrition education resources on the District's Child Nutrition webpage for parents and teachers to access and use accordingly.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Research possibility of measuring possibility of click-throughs Resources needed: <ul style="list-style-type: none"> • Website Obstacles: <ul style="list-style-type: none"> • Technology limitations; failure to communicate to parents

GOAL: The District shall establish and maintain school gardens and farm-to-school programs.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
The Child Nutrition Department will work closely with school garden coordinators to assist with ways to use garden harvests within the school lunch menu.	Baseline or benchmark data points: <ul style="list-style-type: none"> • SHAC Nutrition Comm. to periodically monitor Resources needed: <ul style="list-style-type: none"> • Garden Coordinator Roster; list of ways to utilize produce Obstacles:

	<ul style="list-style-type: none"> Produce yield
Objective 2:	
Action Steps	Methods for Measuring Implementation
The Child Nutrition Department will continue to provide fruits and vegetables from local Texas sources as often as possible.	Baseline or benchmark data points: <ul style="list-style-type: none"> SHAC Nutrition Comm. To periodically monitor Resources needed: <ul style="list-style-type: none"> The Garden Coordinator roster List of ways to utilize produce Obstacles: <ul style="list-style-type: none"> Lack of production

PHYSICAL ACTIVITY

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

The following District goals support the required amount of physical activity per the *Texas Education Agency's curriculum standards*.

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.

GOAL: 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:	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Each campus will identify health/fitness activities to be offered. Promote Fitness/Health activities on campuses, across the district, and in the community (incl. ITT Challenge, 	Baseline or benchmark data points: <ul style="list-style-type: none"> Number of activities promoted, participation/attendance Resources needed: <ul style="list-style-type: none"> E-Flyers, SHAC's district activity calendar, website, social media, etc.

<p>Kids Heart Challenge, ACES Day, etc.)</p> <ul style="list-style-type: none"> • Student physical fitness tracked through annual Fitness Gram assessments in Grades K-5 	<ul style="list-style-type: none"> • Evaluation Tool <p>Obstacles:</p> <ul style="list-style-type: none"> • Weather, lack of promotion, over-scheduled, uninterested • Maintenance • Funding
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GOAL: The District shall provide appropriate **staff** development and encourage teachers to integrate physical activity into the academic day where appropriate.

Objective 1:

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Incorporate “Brain Breaks” & short, multiple recesses during the school day (i.e. Go Noodle, LiNK project, etc.). • Staff training continued on the value of including “Brain Breaks” (not sitting for more than 30 minutes per the coordinated school health policy) • Recess recommended BEFORE lunch and eliminated as punishment 	<p>Resources Needed:</p> <ul style="list-style-type: none"> • Champion <p>Obstacles:</p> <ul style="list-style-type: none"> • Resistance to Change • Time Constraints

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

Objective 1:

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Provide opportunities for students to participate in extra-curricular activities • Collaborate w/community partners for possible student offerings • Communicate details of student programs • Clubs & athletics (extra-curricular) 	<p>Resources:</p> <ul style="list-style-type: none"> • Email/e-newsletters (students, staff, & parents) • Campus morning announcements <p>Obstacles:</p> <ul style="list-style-type: none"> • Overscheduling • Timely Communication

GOAL: The District shall make appropriate training, employee wellness activities and involvement (incl. during Staff Development) available to District employees in order to promote enjoyable, lifelong health and wellness opportunities for District staff.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Districtwide participation in activities incl.: <ul style="list-style-type: none"> • Go Red Campaign • It's Time Texas (ITT) Challenge • Staff 21-Day Challenge (<i>Pilot</i>) • Discounted Gym & Local Fitness Camp Memberships • On-site: Mammograms, Flu Clinics, Blood Donations with Blood Pressure, Glucose, & Cholesterol Checks • CPR Training • <i>Stop the Bleed</i> Training • Provide Incentives for Wellness Checks (i.e. attendance, sick bank, etc.) 	Resources: <ul style="list-style-type: none"> • Campus PTOs; PE classes; staff email; community wellness partners incl. LWiC; faculty meetings; e-newsletters, and school websites • Number being offered and participation Obstacles: <ul style="list-style-type: none"> • Time Constraints • Funding • Lack of Promotion/Participation • Inability to offer incentives

GOAL: 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:	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Publish information to parents regarding student opportunities to participate in various health & wellness activities • Promote through PTO newsletters, PE classes, school websites, & word-of-mouth • Utilization of Parent Toolkit on SHAC web page 	Number of web page "hits" for utilization of the Parent Toolkit

GOAL: The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities in accordance with their availability.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Inform parents through the website (Facility Use) Publicize recreational facility availability on the CISD website	Facility Use requests

Social/Emotional Wellness

GOAL: The District shall promote mental health awareness and wellness for students and their families through suitable District and campus activities.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Advertise/promote events to students and families which should include: <ul style="list-style-type: none"> • Bullying prevention programs • Topics pertinent to current mental health & wellness needs (incl. skills for coping, teaching self-regulation/advocacy, etc.) 	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of events Resources needed: <ul style="list-style-type: none"> • List of events by campus; parent e-newsletter; website Obstacles: <ul style="list-style-type: none"> • Timing; technology

GOAL: The District shall promote <i>employee</i> mental health awareness, wellness, and training activities and involvement through suitable District and campus activities.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Communicate preventative services covered at 100% by district’s insurance provider as well as: Go Red ; It’s Time Texas (ITT) Challenge; Qualifying Gyms & Restaurants, etc.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Participation Resources needed: <ul style="list-style-type: none"> • List of services; website; e-news/flyers

	<p>Obstacles:</p> <ul style="list-style-type: none"> • Technology; timing/no information
Objective 2:	
Action Steps	Methods for Measuring Implementation
District will offer a minimum of two annual health events: Shot Clinics; Blood Drives; Mammograms; etc.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Participation <p>Resources needed:</p> <ul style="list-style-type: none"> • Website; e-news/flyers <p>Obstacles:</p> <ul style="list-style-type: none"> • Timing; weather; technology

GOAL: The District shall continually work to provide a safe and secure learning environment on all campuses.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Identify safety & security issues within the district • Utilize new safety & security coordinator position to oversee districtwide programs, processes, equipment, and training • Conduct annual Fire Safety Audits • Utilize Standard Response Protocol (SRP) including all drills • Utilize an additional Crisis Counselor to help increase drug awareness and education, interventions, treatment referrals 	<ul style="list-style-type: none"> • Committee formed to continually monitor, evaluate & update Action Steps