

### **Coppell 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]

### **Strategies to Solicit Involvement**

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the 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 department, 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:

1. *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 PeachJar e- flier use.*
2. *Inform campus leadership (Parent Teacher Organizations) by attending meetings to report out the work and gather input.*
3. *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.*

### **Implementation**

The District will manage and coordinate the execution of the wellness plan including delineation of roles, responsibilities, actions, and timelines. The District will use tools to evaluate wellness goal progress.

### **Roles and Responsibilities**

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.

The Director of Student and Staff Services is responsible for:

1. The implementation of Policy FFA (LOCAL) within the district.
2. The development of the wellness plan in partnership with the departments and SHAC.
3. The development of any appropriate administrative procedures.
4. Ensuring that each campus complies with the policy and wellness plan.

The Coordinator of Health Services is responsible for:

1. Oversight of SHAC meetings and agendas.
2. The development of the wellness plan in partnership with the departments and SHAC.
3. Coordinating the collection of data with other responsible departments and campuses.
4. Coordination with other responsible departments including child nutrition, curriculum and instruction, physical education, counseling, and student services.

The Director over Physical Education, Health, and Wellness is responsible for:

1. The development of the wellness plan in partnership with the departments and SHAC.
2. Compliance with state requirements for physical activity at the elementary campuses, including recess.
3. Compliance with state requirements for physical activity at the middle school level.
4. Compliance with school-based activities to promote student wellness and create an environment conducive to physical activity, and consistent wellness messages.
5. Compliance with implementation of coordinated school health programs and/or curriculum.
6. Compliance with integration of nutritional and fitness behaviors into appropriate curriculum areas.

The Director over Child Nutrition is responsible for:

1. The development of the wellness plan in partnership with the departments and SHAC.
2. Compliance with federal requirements for reimbursable meals.
3. Compliance with federal requirements for other foods and beverages sold to students during the school day (this includes Smart Snack Regulations, competitive foods sold and approved fundraisers).
4. Compliance of meal reimbursement submissions to the Texas Department of Agriculture (TDA).

The Coordinator of Counseling and Social Emotional Learning is responsible for:

1. The development of the wellness plan in partnership with the departments and SHAC.
2. The implementation of Social Emotional Learning to not only support learner's needs but also adult (staff) needs.
3. Compliance with federal and state requirements that ensure student physical and mental safety.

### **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, 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 with any state or federally designated model wellness policies. This will be referred to as the "triennial assessment."

### **Annual Progress Reports**

Campuses will track, analyze and report programs, strategies, activities and actions to promote wellness and comply with FFA(LOCAL) wellness goals in the areas of nutrition promotion, nutrition education, physical activity, and mental health.

### **Triennial Progress Assessments**

This portion will be completed once we have evaluated measurement tools.

### **Records Retention**

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

### **Nutritional Guidelines and Standards**

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.

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.

*Food & Beverages Sold*

1. The District will comply with federal requirements for reimbursable meals at all elementary school campuses.
2. For other foods and beverages sold to elementary students during the school day (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.)
  0. The District will comply with the federal requirements for competitive foods (Smart Snacks standards). <http://www.fns.usda.gov/healthierschoolday/tools-schools-fo-cusing-smart-snacks>
3. **Elementary Schools:** No foods and beverages will be sold outside of the school meal programs during the school day. Celebrations and Rewards are an exception to this rule and are addressed in the *Foods Provided* section.
4. **Secondary Schools:** No foods or beverages will be sold outside of the school meal programs during the meal periods. Celebrations and Rewards are an exception to this rule and are addressed in the *Foods Provided* section.
5. **Fundraising:** All schools may sell food and beverages that do not meet Smart Snacks Standards as part of a fundraiser during the school day for up to six days per school year on each campus.
  0. When not participating in a school fundraiser or exemption day, food or beverages cannot be sold in competition with school meals in the food service area during meal service, or where school meals are sold or consumed.
  1. Schools must document days used for exemptions to the *Smart Snacks* requirements. [See CO (LEGAL)]

*Foods Provided*

1. There are currently no federal or state restrictions for foods or beverages made available at no charge to students during the school day. The District encourages that foods and beverages provided to Elementary students at no charge meet the Smart Snack Standards. In addition, at Secondary levels, the District recommends that foods and beverages provided to students at no charge encourage healthy growth and development.
  0. **Celebrations and parties:** Foods and beverages provided 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)]
  1. **Rewards and incentives:** Use of non-food rewards are encouraged, such as stickers, pencils, special privileges (i.e. line leader).
  2. **Classroom Activities:** The District will permit foods and beverages for instructional, classroom activities. Use of non-food items or foods and beverages that meet Smart Snack standards are encouraged for instructional activities and projects.
  3. **Water:** The District will promote hydration by making free, unflavored water available to students throughout the school day at every campus via water fountains and bottle fillers. Cups will be available at no charge during meal times to allow students to fill at water fountains where school meals are served.

#### *Food and Beverage Marketing in Schools*

1. 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:
  0. *Texas Department of Agriculture onsite monitoring*
  1. *Child Nutrition Department Onsite compliance, safety & inspection monitoring*
2. 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, however the School Wellness Committee and Child Nutrition Department will periodically monitor these and make recommendations when replacements or new contracts are considered.

## Goals and Objectives

### **Nutrition Promotion and Education Goals**

In compliance with federal law, the District, with SHAC input, has established the following goals for nutrition promotion and education in FFA(LOCAL). The District's nutrition promotion activities shall encourage participation in the National School Lunch Program and School Breakfast Program at elementary levels, and general healthy eating at secondary levels.

**Nutrition Promotion Goal:** The District shall consistently promote healthy nutrition messages and share educational information to promote healthy nutrition choices and positively influence the health of students.

- The Child Nutrition Department will participate in "National School Lunch Week," "School Breakfast Week" and other themed meals to generate excitement around eating healthy school lunch and breakfast.
- Posters and healthy nutrition messages will be displayed on the serving line or in the cafeteria, encouraging students to pick up healthier options when students are on campus.

**Nutrition Education Goal:** The District shall deliver nutrition education that fosters a lifestyle of healthy eating behaviors through integration of nutrition education into appropriate curriculum areas and provision of professional development to staff responsible for nutrition education.

- The Child Nutrition Department will post nutritional content of all items offered at breakfast and lunch on the online elementary breakfast and lunch menus.
- The Child Nutrition Department will provide nutrition education resources on the district's Child Nutrition webpage & social media accounts for parents and teachers to access and use accordingly.

The District will promote healthy food and beverage choices using evidence-based strategies and techniques. It is recommended that child nutrition and school staff promote healthy food choice strategies to increase school meal participation, improve healthy food consumption and reduce food waste at school.

Nutrition education will be integrated in classroom instruction or learning activities in areas of curriculum such as math, science, physical education, health, language arts and social studies.

### **Wellness, and Physical Activity Goals**

The District shall implement, in accordance with law, a coordinated health program with physical activity and physical education components and shall offer at least the required amount of physical activity for all grades. In compliance with federal law the District, with SHAC input, has established goals for physical activity.

**Goal 1:** The District shall provide an environment that fosters a lifestyle of physical activity and fitness behaviors through integration into appropriate curriculum areas and provision of professional development to staff

- Physical education shall include the instruction of individual activities as well as competitive and non-competitive team sports to encourage lifelong physical activity. Classes will meet state required minutes and students will be physically active in class for at least half the time
- Health education will be taught in all grade levels according to state required standards and reflect diversity of students and community
- Physical activity will be integrated across curricula and throughout the school day when appropriate as well as after school and with family at home. Campuses are encouraged to participate in programs including but not limited to: Kids Heart Challenge; Healthy Zone; Kids Teaching Kids - 21 Day Challenge, etc.

**Goal 2:** The District shall permit the use of District's recreation facilities in accordance with policy

- The physical activity facilities on school grounds will be safe and regularly maintained.
- Directions for access will be provided via the district website

### **Mental Health and Social-Emotional Learning Goals**

**Goal 1:** The District shall promote mental health awareness and wellness for students, families, and staff through suitable District and campus activities.

- Educate/promote events to students, families, and staff which should include:
  - Mental Health Awareness
  - Drug and Alcohol Awareness
  - Cyberbullying and Sexting
  - Bully Prevention
  - Child Abuse Awareness
  - Human Trafficking
  - Positive Character Traits (Self-Awareness, Self-Management, Social Awareness, Responsible Decision Making, Relationship Skills)
  - School Safety
  - College, Career, Military Readiness

**GOAL 2:** The District shall promote *employee* mental health awareness, wellness, and training activities and involvement through suitable District and campus activities.

- Aligned implementation of social emotional support structures: class meetings, check-ins and restorative practices
- Continue social emotional learning/well-being training for staff and host Parent University for social emotional learning
- Continue providing training on Trauma Informed Practices
- Continue providing training and supports for digital learning with a focus on academic integrity, digital safety, digital citizenship, and cyberbullying
- 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. EAP

**GOAL 3:** The District shall continually work to provide a safe and secure learning environment on all campuses.

- Identify safety & security issues within the district
- Utilize new safety & security coordinator position to oversee district wide programs, processes, equipment, and training
- Conduct annual Fire Safety Audits
- Utilize Standard Response Protocol (SRP) including all drills



- Utilize an additional Campus Counselor to help increase drug awareness and education, interventions, treatment referrals

**Other School-Based Activities**

The District will strive to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities.

**Goal:** Promote wellness for students, families, and employees at suitable District and Campus Activities

- Each campus administrator will create a campus wellness team.