

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 provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input by:

1. Email
2. Phone
3. SHAC meetings with the posted date, time, and location indicated on the District’s website

Implementation

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 Superintendent 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.

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.”

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

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:

- [Smarter Lunchrooms Website](#)
- [Relevant portions of the Center for Disease Control's School Health Index](#)

Public Information

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)];
1. A copy of this wellness plan, with dated revisions;
2. Notice of any Board revisions to policy FFA(LOCAL);
3. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
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 Records Management Department, 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 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 and reduce childhood obesity.

Food 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. The following websites have information regarding meal and Smart Snacks requirements:

- [Nutrition Standards](#)
- [Smart Snacks](#)
- [Square Meals](#)

Exception - Fundraisers

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 campus' fundraiser. [See CO(LEGAL)]

The District will allow the following exempted fundraisers for the 2024 - 2027 school years:

Campus	Food / Beverage	Number of Days
All Campuses	All items	6 days / school year

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, 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

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.

The SHAC will monitor this by:

1. Recommending the District continue to only advertise items on the menu that meet nutritional requirements; and
2. Recommending that the department of Student Services will supervisor and monitor signs when visiting schools.

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 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: The District will explore ways to increase food distribution and promoting healthy nutrition messages.	
Action Steps	Methods for Measuring Implementation
Display monthly promotional flyers	Baseline or benchmark data points: <ul style="list-style-type: none"> Only food items that meet USDA Smart Snacks in school nutrition standards are marketed on the school campus during the school day.

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.	
Objective 1: The District will provide nutritional information that is accessible to all persons at all times via the district website and the RISD App.	
Action Steps	Methods for Measuring Implementation
Keep updated nutritional information attached to the student menus available via the district website and RISD mobile app	Baseline or benchmark data points: <ul style="list-style-type: none"> Review information on website once a year to update nutritional information

Nutritional Education and Health 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: The district will work together across all areas to support healthy eating behaviors.	
Action Steps	Methods for Measuring Implementation
Health and PE department leads and chairs will collaborate with ALL areas to promote healthy eating behaviors.	Baseline or benchmark data points: <ul style="list-style-type: none"> • CIPs

GOAL: The District shall integrate nutrition education into other areas of the curriculum, as appropriate.	
Objective 1: Nutrition education will be promoted and integrated into as many grade levels as possible.	
Action Steps	Methods for Measuring Implementation
Health curriculum team will embed health and nutrition lessons into PreK-8 Science curriculum.	Baseline or benchmark data points: <ul style="list-style-type: none"> • The number of classroom lessons taught

Objective 2: In conjunction with the CSH – Coordinated School Health program – the District shall provide and support a standards based, evidence informed, evidenced based or research based curriculum.	
Action Steps	Methods for Measuring Implementation
Implement Choosing The Best Curriculum in 7-12 Health classes	Baseline or benchmark data points: <ul style="list-style-type: none"> • Evidence based curriculum chosen by SHAC

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: Increase staff knowledge of health and nutrition.	
Action Steps	Methods for Measuring Implementation
Provide training for PE, Health, and nutritional staff.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of staff who attend training

GOAL: The District shall encourage local campuses to develop and implement activities to reinforce the nutrition education program and foster wellness practices	
Objective 1: Increase district activities that include nutritional education and wellness best practices.	
Action Steps	Methods for Measuring Implementation
Provide Principals with tools to foster a positive wellness and nutritional environment.	Baseline or benchmark data points: <ul style="list-style-type: none"> Number of activities hosted by each school

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.]

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: Increase physical activity for students in grades PreK-5 and to include 6 th grade at elementary schools that are PreK-6	
Action Steps	Methods for Measuring Implementation
Provide at least 135 minutes a week of TEKS-based, structured physical education (PE), in grades PreK – 6 in elementary schools that are	Baseline or benchmark data points: <ul style="list-style-type: none"> CIP Number of minutes documented each day
Objective 2: Increase physical activity for grades 6-12 if at middle school and 7 th – 12 th for those in junior high	
Action Steps	Methods for Measuring Implementation
Provide at least 30 minutes of TEKS-based, structured physical education activity for students enrolled in physical education 7-12.	Baseline or benchmark data points: <ul style="list-style-type: none"> CIP

	<ul style="list-style-type: none"> Number of minutes documented each day
Action Steps	Methods for Measuring Implementation
Provide daily planned physical activity for students scheduled in competitive athletics in grades 7-12	Baseline or benchmark data points: <ul style="list-style-type: none"> CIP Number of minutes documented each day

Objective 3: Provide unplanned/ unstructured physical activity (Recess) for PreK-5 elementary schools and those elementary schools that are PreK - 6.	
Action Steps	Methods for Measuring Implementation
<p>Students PreK-5th grades will be provided with 30 minutes of recess.</p> <p>Students in 6th grade that are still at an elementary will be provided with 15 minutes of recess, but preferred up to 30 minutes of recess.</p> <p>Recess will not be used as a form of discipline or as a punishment.</p> <p>Recess or other forms of unstructured physical activity is highly encouraged at middle schools and high school levels.</p> <p>Recess will be unstructured activity.</p>	Baseline or benchmark data points: <ul style="list-style-type: none"> Principal reports and PE reports

GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
Objective 1: Teachers will integrate physical activities into their daily instruction where appropriate.	
Action Steps	Methods for Measuring Implementation
Provide district and campus staff development on how to get our students up, active and engaged during instruction.	Baseline or benchmark data points: <ul style="list-style-type: none"> Staff Development agendas

School-Based Activities

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

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.

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

Objective 1: Increase physical activity before and after school

Action Steps	Methods for Measuring Implementation
Campuses will participate in at least 1 event: such as RISD Rides, 21 Day Challenge, PTA Healthy Lifestyles Month, or other district, city, and state provided various activities.	Baseline or benchmark data points: <ul style="list-style-type: none"> CIP and PE teachers

GOAL: The District shall encourage local campuses to develop activities for campus employees and students to promote enjoyable, lifelong physical activity.

Objective 1: Promote life-long wellness activities.

Action Steps	Methods for Measuring Implementation
PE teachers will provide instruction in wellness activities such as tennis, basketball, golf aerobic exercise, weight training, and jump rope. Additionally, provide out of school opportunities such as running clubs or pickleball tournaments	Baseline or benchmark data points: <ul style="list-style-type: none"> Time devoted to each activity

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: To increase community and family events.

Action Steps	Methods for Measuring Implementation
RISD SHAC, district, city and state provides opportunities for activities for families and communities.	Baseline or benchmark data points: <ul style="list-style-type: none"> CIP and PE teachers

GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Objective 1: Campus will build their master schedules to allow for breakfast and lunch.	
Action Steps	Methods for Measuring Implementation
Evaluate current meal times and work with campus administrators to adjust master schedules as necessary. (10 minutes for breakfast) (20 minutes for lunch once they are seated) (preferred 30 minutes for lunch)	Baseline or benchmark data points: <ul style="list-style-type: none"> The number of campuses that currently meet the standard compared to the previous school year
Objective 2: The school cafeteria is designed to be an inclusive, equitable space where students from all backgrounds can eat.	
Action Steps	Methods for Measuring Implementation
Proactive steps will be taken to ensure the student's privacy and dignity at meal times.	Baseline or benchmark data points: <ul style="list-style-type: none"> Local campuses nutrition team evaluate each campus