

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"><li>1. Holding quarterly SHAC meetings; and</li><li>2. Opportunities for involvement and input on the SHAC website.</li></ol>
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 Deputy Superintendent for Academic Achievement 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 with any state- or federally designated model wellness policies. This will be referred to as the “triennial assessment.”</p> <p>Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.</p>

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 (<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>)
- CDC's School Health Index (<https://www.cdc.gov/healthyschools/shi/index.htm>)

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. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
5. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
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 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 Associate Superintendent for Accountability and Compliance, 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.

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. 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>  
(see the Complete *Administrator Reference Manual* [ARM], Section 20, Competitive Foods)

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 District fundraiser. [See CO (LEGAL)]

The District will allow exempted fundraisers with the approval of campus administrators on the exempted dates provided to Child Nutrition Services. Each campus is responsible for identifying no more than six days per school year and providing such dates to Child Nutrition Services by the end of the second week of each 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)]

In addition, the District prohibits campuses and employees from making non-smart snack compliant foods or beverages available to students during any designated meal period.

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 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 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 plan at least one cafeteria activity per 9 weeks that supports the overall 9 weeks health lesson on the Coordinated School Health Year At A Glance (YAAG) for K-8 campuses. Campus cafeteria managers will work with the CHAC to coordinate the activity.

Action Steps	Methods for Measuring Implementation
Coordinate activities with child nutrition. Present to CHAC Chairs. Promote through the Excellence in Wellness Award.	<b>Evaluation:</b> School Health Index

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**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:** Each campus will provide a link on their school page to the Pasadena ISD Child Nutrition website in order to promote meal availability/participation as well as general nutrition information for children and families.

Action Steps	Methods for Measuring Implementation
Present to the CHAC Chairs.	<p><b>Resources needed:</b> Computer access/internet access <a href="http://www1.pasadenaisd.org/departments/departments_c-e/child_nutrition">http://www1.pasadenaisd.org/departments/departments_c-e/child_nutrition</a></p> <p><b>Obstacles:</b> Computer access</p> <p><b>Evaluation:</b> School Health Index</p>

**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:** 100% of vending machines accessible to students will not include advertising that does not meet smart snack standards.

Action Steps	Methods for Measuring Implementation
Present to district/campus administrators annually.	<p><b>Resources needed:</b> Smart Snack Standards</p> <p><b>Evaluation:</b> School Health Index</p>

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.

<b>GOAL 1:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
<b>Objective 1:</b> Campuses will use the Coordinated School Health Year at a glance nutrition/health lessons on K-8 campuses.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Present to CHAC Chairs. Promote through the Excellence in Wellness Award.	<b>Obstacles:</b> Time, deciding who will be responsible for teaching the lessons  <b>Evaluation:</b> School Health Index
<b>Objective 2:</b> Wellness education, including nutrition, will be promoted on high school campuses through student groups such as student council, HOSA, culinary arts or, grade level officers etc.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Present to CHAC Chairs. Promote through the Excellence in Wellness Award.	<b>Resources needed:</b> Excellence in Wellness Award  <b>Obstacles:</b> Identifying student groups  <b>Evaluation:</b> School Health Index

<b>GOAL 2:</b> The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
<b>Objective 1:</b> Physical Education teachers will support the Coordinated School Health Nutrition Lessons by including at least 1 activity per 9 weeks that supports the overall nutrition/wellness goal on K-8 campuses.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Present to PE teachers and CHAC Chairs. Promote through the Excellence in Wellness Award.	<b>Resources needed:</b> Provide more P.E. activities that relate to the CSH nutrition lessons.

	<p><b>Obstacles:</b> Time, equipment</p> <p><b>Evaluation:</b> School Health Index</p>
<p><b>Objective 2:</b> Campuses will provide access to water for students outside of meal times.</p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Encourage students to bring refillable water bottles. Ensure water fountains are in working order.</p>	<p><b>Resources needed:</b> Water fountains</p> <p><b>Evaluation:</b> School Health Index</p>

<p><b>GOAL 3:</b> 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.</p>	
<p><b>Objective 1:</b> The campuses will provide nutrition training to staff through the district nutrition video.</p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Present to CHAC Chairs Encourage campuses to include the video in a faculty meeting Promote through the Excellence in Wellness Award.</p>	<p><b>Evaluation:</b> School Health Index</p>

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 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) There must be

one semester of P.E. in 7<sup>th</sup> grade and one semester of P.E. in 8<sup>th</sup> grade as is stated in district policy.

- Schools will implement physical activities from an approved CSH curricula 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.



**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-4.

1. Pasadena ISD 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 middle, intermediate and high school campuses.

Action Steps	Methods for Measuring Implementation
Present to CHAC Chairs and PE teachers Promote through the Excellence in Wellness Award.	<b>Obstacles:</b> Master schedules  <b>Evaluation:</b> School Health Index
<b>Objective 2:</b> Campuses will collaborate with Pasadena ISD police department to report unsafe conditions for students who walk/bike to school.	
Action Steps	Methods for Measuring Implementation
Present to campus admin/ police department	<b>Evaluation:</b> School Health Index

<b>GOAL 2:</b> The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
<b>Objective 1:</b> 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.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Offer training on the brain and physical activity and the connection to learning. Present to PE teachers and CHAC Chairs. Promote through the Excellence in Wellness Award.	<b>Resources needed:</b> Staff development <b>Obstacles:</b> Funds for training <b>Evaluation:</b> School Health Index

<b>GOAL 3:</b> The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
<b>Objective 1:</b> Students shall be given multiple opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Provide a resource bank of ideas for before and after school physical activity options Promote through the Excellence in Wellness Award.	<b>Resources needed:</b> Personnel for the activities, space <b>Obstacles:</b> Funds, personnel <b>Evaluation:</b> School Health Index
<b>Objective 2:</b> Schools will partner with community organizations to sponsor/promote health, wellness and physical activity.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Provide a resource bank of community partners and contact info	<b>Evaluation:</b> School Health Index

<b>GOAL 4:</b> 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.	
<b>Objective 1:</b> Campuses will promote employee wellness district challenges.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Distribute Save the Dates for district wide employee wellness challenges. Present to the CHAC chairs. Promote through the Excellence in Wellness Award.	<b>Obstacles:</b> Funds for incentives <b>Evaluation:</b> School Health Index

<b>GOAL 5:</b> The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.	
<b>Objective 1:</b> Campuses will offer fitness/wellness activities at 4+ family events per year.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Present to CHAC Chairs, PE Teachers. Promote through the Excellence in Wellness Award.	<b>Resources needed:</b> Ideas for including fitness within other events <b>Evaluation:</b> School Health Index

<b>GOAL 6:</b> 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.	
<b>Objective 1:</b> Campuses will make available the use of outside play structures, field space, walking tracks etc.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Present to CHAC Chairs and PE teachers Promote through the Excellence in Wellness Award.	<b>Evaluation:</b> School Health Index

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

<p><b>GOAL 1:</b> 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 <a href="http://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/bergman2.asp">http://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/bergman2.asp</a> and <a href="http://www.andjrnl.org/article/S2212-2672(15)01248-4/fulltext.">http://www.andjrnl.org/article/S2212-2672(15)01248-4/fulltext.</a>]</i></p>	
<p><b>Objective 1:</b> All campuses will schedule 30 minutes daily for lunch and make every effort to provide 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.</p>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Work with campus administrators to adjust master schedules as necessary.	<p><b>Obstacles:</b> Master schedules</p> <p><b>Evaluation:</b> School Health Index</p>
<p><b>Objective 2:</b> 100% of cafeterias will maintain HACCP logs at all times.</p>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Train child nutrition staff and monitor daily.	<p><b>Evaluation:</b> School Health Index</p>
<p><b>Objective 3:</b> Schools are encouraged to implement alternative serving styles in addition to traditional breakfast service in order to increase students' access to a healthy breakfast. For example, breakfast in the classroom or grab and go carts that are located in areas where students gather before school other than the cafeteria.</p>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Work with campus administrators as necessary	<p><b>Evaluation:</b> School Health Index</p>

<b>GOAL 2:</b> The District shall promote wellness for students and their families at suitable District and campus activities.	
<b>Objective 1:</b> The district will work with vendors so that at each athletic event at Phillips Gymnasium and Veteran’s Memorial Stadium one beverage and snack that meets the Smart Snack standards will be offered.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Reach out to the concessions vendor and make plans to include 1 smart snack. Make sure water is offered at each event.	<b>Resources needed:</b> Smart Snack criteria <b>Evaluation:</b> School Health Index
<b>Objective 2:</b> Schools will provide a healthy option when food/drinks are provided before or after the school day.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Present to CHAC Chairs Offer Smart Snack Guidelines Promote through the Excellence in Wellness Award.	<b>Resources needed:</b> Smart Snack criteria <b>Obstacles:</b> Funding <b>Evaluation:</b> School Health Index

<b>GOAL 3:</b> The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
<b>Objective 1:</b> The district will provide information about health services offered throughout the community to staff.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Collaborate with the benefits department to promote employee wellness.	<b>Evaluation:</b> School Health Index

<b>GOAL 4:</b> The District shall promote in 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.	
<b>Objective 1:</b> Each Campus will have a Campus Health Advisory Committee composed of a campus administrator, physical education teacher, classroom teacher and food services	

manager, with encouragement to include the nurse, counselor, and community member who will champion the practice of 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.	
Action Steps	Methods for Measuring Implementation
Present to CHAC Chairs	<b>Evaluation:</b> School Health Index

<b>Objective 2:</b> Each Campus Health Advisory Committee will evaluate the coordinated school health/health and wellness program by using the CDC's School Health Index/Alliance for a Healthier Generation's Healthy School Program at the beginning of the year and at the end of the year, developing action steps for areas in need of improvement.	
Action Steps	Methods for Measuring Implementation
Present to CHAC Chairs	<b>Evaluation:</b> School Health Index