

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 of these other interested persons by:

1. Posting on the District’s website the dates and time the Wellness policy and plan are scheduled to be discussed at SHAC meetings.
2. Placing, in the student handbook and on the District Website, an invitation for parents and community members to participate in the development, implementation, and evaluation of the wellness policy and plan along with the name, position, and contact information of the person responsible for oversight of the District’s wellness policy and plan.

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 of Era Independent school district 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.

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>)
- *USDA food toolkit for Child Nutrition Programs* (<https://www.fns.usda.gov/usda-foods/usda-foods-toolkit-child-nutrition-programs>)

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.
8. 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, Superintendent, 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)

The District has also incorporated the following stricter standards that are not prohibited by federal or state law:

- No diet or zero calorie drinks, other than water will be provided to students during the school day
- No food during the school day will be prepared by deep fat frying

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 the following exempted fundraisers for the 2017–18 school years:

Campus or Organization	Food / Beverage	Number of Days
All campuses	Campus Choice	6

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 has established the following local standards for foods and beverages made available to students:

Elementary school: Food may be supplied by others instead of cafeteria lunch on the following days: Texas Day, Field day, fourth grade day, and students at a school designated functions

Middle/junior high school: Students at a school designated function

High school: Food may be supplied by others for the following event: Buy, Barter, or Sell event, and students at a school designated function

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. At the beginning of the school year, SHAC will obtain a list from the Elementary, Jr. High, and HS principals containing all vending machines accessible to students on campus.
2. SHAC will appoint a staff member on SHAC who will be in charge of verifying that all exterior advertisements on vending machines are within Smart Snack compliance.

3. SHAC will request that campus principals notify the appointed staff member when a vending machine is replaced or a new vending machine accessible to students is place on campus to ensure that it is Smart Snack compliant.

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 increase participation in the federal child nutrition programs by two percent by the end of each school year.	
Action Steps	Methods for Measuring Implementation
Distribute information to parent/guardians regarding the school food program upon registration or enrollment and the first day of school.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● 2016-2017 participation numbers <p>Resources needed:</p> <ul style="list-style-type: none"> ● Parent information placed in enrollment packs and in online registration information. <p>Obstacles:</p> <ul style="list-style-type: none"> ● Parents/Guardians do not always read information given to them ● Parents may not have access to a computer or internet for online registration ● Negative perception of school meals ● Parents choosing not to disclose information related to income of family information to determine eligibility for free and reduced-price meals

Objective 2: The District will receive a score of at least Bronze level on the Smarter Lunchroom scorecard by May of each school year. (www.smarterlunchrooms.org/resource/lunchroom-self-assessment-score-card)	
Action Steps	Methods for Measuring Implementation
Distribute score card on line link and information to Food service staff for completion in October and May	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Score on the District's assessment in October and May <p>Resources needed:</p> <ul style="list-style-type: none"> Staff access to scorecard information Availability of staff to answer questions about the assessment from campus nutrition director. <p>Obstacles:</p> <ul style="list-style-type: none"> Obtaining training time before October and May to implement Smarter Lunchroom strategies Time and staff to devote to the implementation of Smarter Lunchroom strategies

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 post Nutritional nuggets on the District website.	
Action Steps	Methods for Measuring Implementation
Provide Nutritional Director education and access to be able to post Nutritional Nuggets on District website.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Parent survey information about cafeteria information and communication process Prior methods of nutrition communication <p>Resources needed:</p> <ul style="list-style-type: none"> Access to cafeteria survey information Staff to post Nutritional Nuggets <p>Obstacles:</p> <ul style="list-style-type: none"> Not all families may have access to the internet

	<ul style="list-style-type: none"> Not all parents/guardians will seek or read information
Objective 2: District’s monthly breakfast and lunch menu will be posted on District’s website in an easily accessible location with the name and manner by which to contact the Nutrition Director for nutritional information.	
Action Steps	Methods for Measuring Implementation
<p>Work with District’s Nutrition Director to develop menus in advance that provide variety and meet or exceed standards.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> The previous manner by which menus and nutritional information were communicated to parents Parents survey information about menus <p>Resources needed:</p> <ul style="list-style-type: none"> Access to parent survey information Staff to create and post menus <p>Obstacles:</p> <ul style="list-style-type: none"> Not all parents/guardians have access to the internet Not all parents will seek menu information

GOAL: 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: All exterior displays on 100% of vending machines on campus accessible to students will be Smart Snack Compliant.

Action Steps	Methods for Measuring Implementation
<p>The Superintendent will communicate this expectation to campus principals.</p> <p>Identify all vending machines accessible to students on campus.</p> <p>Remove or work with vendors to provide an alternative display or machine that is Smart Snack Compliant.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Obtain information at the beginning of the school year from campus principals on the number of vending machine that were not Smart Snacks compliant <p>Resources needed:</p> <ul style="list-style-type: none"> Staff to check each vending machine display Alternative displays if needed

	<p>Obstacles:</p> <ul style="list-style-type: none"> Identifying vending machines that are used after school hours to make sure they are Smart Snack compliant or are not accessible to students Delay in vendors replacing non-compliant displays or removing machines
<p>Objective 2: Concession stands on school property will be free from food or beverage advertising that is not Smart Snack compliant.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Meet with people responsible for concession stands at school events and convey expectations for food and beverage advertisement in the concession stand to be smart snack compliant.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Number of advertisements in concession stands that were not Smart Snack compliant <p>Resources needed:</p> <ul style="list-style-type: none"> Staff to meet with the people responsible for concession stands on school property Staff to assess the number of non-compliant advertisements with in the concession stand <p>Obstacles:</p> <ul style="list-style-type: none"> The number of school events with concession stands People responsible for concession stand are not at every event The amount of different products provided at concession stands

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: Catch curriculum will be incorporated into elementary and middle school teaching curriculum to promote healthy eating	
Action Steps	Methods for Measuring Implementation
Provide Catch curriculum to elementary and middle school teachers	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Previous curriculum used to teach healthy eating habits <p>Resources needed:</p> <ul style="list-style-type: none"> • Catch curriculum for elementary teachers and middle school teachers • Time to incorporate Catch curriculum into lesson plans <p>Obstacles:</p> <ul style="list-style-type: none"> • Change in previous way of teaching
Objective 2: All Junior High students enrolled in the District will be required to have one semester of health class.	
Action Steps	Methods for Measuring Implementation
Inform all people responsible for scheduling of Jr. High students of the requirement.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of students in Jr. High enrolled who have completed one semester of health <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff certified to teach health • Assistance with Jr. High scheduling to ensure all students meet the requirement <p>Obstacles:</p> <ul style="list-style-type: none"> • Not all schools require health classes in Jr. High

GOAL: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
Objective 1: Nutrition education posters will be placed throughout the School district with attention to age appropriate placement and information to insure all students have an opportunity to gain nutritional information.	
Action Steps	Methods for Measuring Implementation
Obtain a variety of colorful posters appropriate for age groups to be posted in Elementary, Junior High, and High School areas.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of posters in elementary, Jr. High, and High school and appropriateness of posters related to age groups exposed to information <p>Resources needed:</p> <ul style="list-style-type: none"> • Variety of posters • Staff to place posters on walls and bulletin boards <p>Obstacles:</p> <ul style="list-style-type: none"> • Not all students will read posters
Objective 2: Student will be given a chance to participate in cafeteria food selection and learn about nutritional value of new food through variety of methods, such as Taste Test Tuesdays and/or student surveys.	
Action Steps	Methods for Measuring Implementation
<p>Provide a variety of different foods and their nutritional value, for students to try on Taste Test Tuesdays.</p> <p>Provide access and information to students that encourage them to participate in student surveys.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of students participating in Taste test Tuesdays • Number of students who participated in student survey process compared to enrollment <p>Resources needed:</p> <ul style="list-style-type: none"> • Variety of food for taste test • Access for students to complete on line survey <p>Obstacles:</p> <ul style="list-style-type: none"> • Not all students will participate in taste tests or online surveys • Not all students have access to the internet at home for online surveys

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:

- Students in kindergarten through grade 5 are required to participate in moderate or vigorous daily physical activity for at least 30 minutes or if a district determines, for any particular grade level that requiring moderate to vigorous daily physical activity is impractical due to scheduling concerns or other factors, the district may require a student to participate in moderate or vigorous physical activity for at least 135 minutes during each school week.
- Middle school students are required to enroll in physical education or athletics course for at least four semesters
- High school students are required to have one credit in athletics or physical education for graduation

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: The District shall promote school sponsored physical activity events such as mini Olympics, Walking Wednesdays, skating at school, and/or fundraisers.	
Action Steps	Methods for Measuring Implementation
Identify and promote local and school sponsored events to students, staff, and community.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of students, staff, and community members who participated in physical activity events in 2016-2017 Resources needed:

	<ul style="list-style-type: none"> • Staff to coordinate and monitor activity events • Staff to promote and post dates and times of events <p>Obstacles:</p> <ul style="list-style-type: none"> • Conflicts in schedules of staff and community members • Possible weather delays with outdoor events
<p>Objective 2: Parents, students, and community member will be encouraged to use outdoor facilities and will be given access to a list, at the beginning of each school year, of facilities available at the school after school hours.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Post a list of outdoor facilities available for parents, students and community members to use after school hours on the District website.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • 2016-2017 parent, student, and staff survey information about facilities used <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff to post list of facilities available for use • Schedule of events occurring on outdoor facilities after school hours for parent, students and staff to view <p>Obstacles:</p> <ul style="list-style-type: none"> • People may not read the list of facilities available • Events may conflict with use

<p>GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.</p>	
<p>Objective 1: After receiving appropriate staff development, at least 60 percent of District teachers who respond to a survey will report physical activity breaks were regularly incorporated into their lessons.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Provide appropriate staff development days in which District teachers will be provided information about how to incorporate physical activity breaks into their lessons and the benefits it has on improved student</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • 2016-2017 teacher survey information about the use of physical activity breaks

focus and learning.	<p>Resources needed:</p> <ul style="list-style-type: none"> • Access to survey information from 2016-2017 • Time for staff training <p>Obstacles:</p> <ul style="list-style-type: none"> • Validity of self-reports
<p>Objective 2: Teachers will report having a better understanding of how to integrate physical activity into their classroom after receiving training and resources available for integration.</p>	
<p style="text-align: center;">Action Steps</p>	<p style="text-align: center;">Methods for Measuring Implementation</p>
<p>Provide teachers with training videos and links of methods used by other teachers to integrate physical activity into the classroom.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Teacher evaluation after training to determine if information was gained and there is a better understand of integration methods <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff to provide training and links for information • Staff development time for teachers to go <p>Obstacles:</p> <ul style="list-style-type: none"> • Resistance to change • Schedules

<p>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.</p>	
<p>Objective 1: The District parent compact will include a statement that parents agree to support their children’s participation, to include physical activity in family events, and to be an active role model for their children.</p>	
<p style="text-align: center;">Action Steps</p>	<p style="text-align: center;">Methods for Measuring Implementation</p>
<p>Parent compact will be revised to include the goal statement above.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Signatures of parent agreement <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff to revise parent compact • Staff to make sure parent agreement signatures are obtained

	<p>Obstacles:</p> <ul style="list-style-type: none"> • Not all parents who sign parent compact will follow through with the goal
<p>Objective 2: Parents will be encourage to demonstrate their support for their children’s participation in school athletic events and other school events by checking in on Era ISD facebook page.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Inform and encourage parents to use Era ISD facebook page to check in at their children’s events.</p> <p>Place a statement on Era’s website requesting parent’s check in at events.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Previous list of parent involvement in school events <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff to make sure check in reflects Era ISD location • Staff to be able to obtain check in numbers for events <p>Obstacles:</p> <ul style="list-style-type: none"> • Not all parents will be familiar with checking in on facebook. • Not all parents will have a device to allow them to check in.

<p>GOAL: 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 of the school day.</p>	
<p>Objective 1: Parents, students, staff and community member will be encouraged to use outdoor facilities and will be given access to a list, at the beginning of each school year, of facilities available at the school after school hours.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Post a list of outdoor facilities available for parents, students, staff, and community members to use after school hours on the District website.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • 2016-2017 Student, staff, and parent survey questions about use of facilities after school hours <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff to post information on District website • Schedule of events occurring on

	<p>facilities after school hours</p> <p>Obstacles:</p> <ul style="list-style-type: none"> • People may not read the list of facilities available • Events may conflict with use
<p>Objective 2: The District will help to facilitate and encourage parents, community members, staff, and students to form groups to participate in routinely scheduled activities such as walking, running, or tennis at the District's outdoor facilities.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Post information about facilities available and list groups that have formed, activity being done, days, times on the District's website with group contact information.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • 2016-2017 Student, staff, and parent survey questions about use of facilities after school hours <p>Resources needed:</p> <ul style="list-style-type: none"> • Person designated as contact person to obtain information about groups formed • Staff to be in charge of maintain website group information <p>Obstacles:</p> <ul style="list-style-type: none"> • Groups may not provide information to the school • Not everyone interested may have access to the internet

<p>GOAL: 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.</p>	
<p>Objective 1: At the beginning of each school year, staff will be given information about opportunities available for training and exercise on campus, in the community and/or surrounding communities.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Provide staff with a list of physical activities and training available on campus, and the surrounding community at the beginning each new school year.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of staff engaged in physical activities prior to the start of the 2017-2018 school year <p>Resources needed:</p>

	<ul style="list-style-type: none"> ● Staff to research physical activity opportunities available and compile a list ● Staff to distribute the list ● Staff to obtain benchmark data from other staff members about previous physical activity <p>Obstacles:</p> <ul style="list-style-type: none"> ● People may not want to provide personal information ● Staff shortages
<p>Objective 2: Staff, parents, and community members will be encouraged to participate in Walking Wednesdays with students to encourage physical activity and to demonstrate to students the importance of lifelong physical activity.</p>	
Action Steps	Methods for Measuring Implementation
<p>Provide information to staff and community members about the benefits of increased physical activity through the day.</p> <p>Provide staff, parents, and community members schedules of Walking Wednesday with times and locations.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Number of staff, parents, and community members participating in 2016-2017 school year <p>Resources needed:</p> <ul style="list-style-type: none"> ● Educational motivational information to encourage staff, parents, and community members to participate ● Staff to post schedules of Walking Wednesday times and location on the website ● Staff to check parents in at office <p>Obstacles:</p> <ul style="list-style-type: none"> ● Staff schedules may conflict ● Parent jobs may not allow time off during the day

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.

GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Objective 1: Student lunch schedules will be maintained to allow students district wide to have 30 minutes for lunch.	
Action Steps	Methods for Measuring Implementation
<p>Create lunch schedules for elementary, Jr. High and High School that provide 30 minutes for lunch.</p> <p>Distribute schedules to all teachers, staff, and cafeteria personnel.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● 2016-2017 lunchroom schedules <p>Resources needed:</p> <ul style="list-style-type: none"> ● Staff to develop lunch schedules ● Staff to distribute schedules to all appropriate people and/or post them on the district website <p>Obstacles:</p> <ul style="list-style-type: none"> ● Events throughout the school day that delay student arrival to the cafeteria on time ● Short cafeteria staff that delays delivery of food through the lunch line
Objective 2: Overflow tables and/or board room will be used to accommodate classes too large to be seated at class tables and have a comfortable space to eat.	
Action Steps	Methods for Measuring Implementation
<p>Assist and monitor seating at class tables to ensure a comfortable safe seating environment for students.</p>	<p>Baseline or benchmark data points</p> <ul style="list-style-type: none"> ● 2016-2017 student to table ratio <p>Resources needed:</p> <ul style="list-style-type: none"> ● Staff to assist with cafeteria seating ● 2016-2017 seating data <p>Obstacles:</p> <ul style="list-style-type: none"> ● Meetings or events scheduled in the boardroom that would take that option away ● Parent lunch visits that increase the need for space

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Objective 1: Staff will be provided with information about free or low cost health screening available at school, and/or throughout the community and surrounding communities.

Action Steps	Methods for Measuring Implementation
<p>Obtain list from various agencies that offer free or low cost screenings.</p> <p>Provide staff with information about these screening at the beginning of the year and as they become available.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● 2016-2017 number of screenings offered at the school ● Staff survey at the beginning of the school year to obtain number of staff who participated in some form of health screening last year <p>Resources needed:</p> <ul style="list-style-type: none"> ● Staff to create staff survey ● Staff to handout or post online survey for staff ● Staff to obtain and monitor numbers <p>Obstacles:</p> <ul style="list-style-type: none"> ● Not all staff will participate in survey ● Not all staff will participate in screenings offered

Objective 2: Staff will be provided information about healthy living activities and discounts or reimbursements available for gym membership, nutrition counseling, and weight loss through the school insurance and other insurances.

Action Steps	Methods for Measuring Implementation
<p>Provide staff information about options available for reimbursement or discounts for healthy options through school insurance and other insurance.</p> <p>Provide assistance to staff on how to access information.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Information from staff survey about the number of staff that are aware of discounts and are taking advantage of reimbursement or discounts <p>Resources needed:</p> <ul style="list-style-type: none"> ● Insurance representative or staff to educate staff on options available ● Staff to assist others on how to find information and navigate the process <p>Obstacles:</p> <ul style="list-style-type: none"> ● Not all staff will be willing to take

	advantage of the options available
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