

2021-2024

HJISD 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]

The District’s local school health advisory council (SHAC) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

Soliciting Involvement and Input

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC will solicit involvement and input from parents, students, the District’s Child Nutrition Director, Physical Education teachers, school health professionals, Hardin-Jefferson Board Members, administrators, and members of the public by:

1. Creating a SHAC subcommittee dedicated to the review and development of the wellness plan and related documents.
2. Submitting the wellness plan to the full SHAC for review and comment.

Responsibility for Implementation

Each campus principal is responsible for implementing FFA(LOCAL) and this wellness plan at his or her campus, including submitting necessary information to the SHAC for evaluation.

The Henderson Middle School Principal, Darrell Westfall, is the District official responsible for overall implementation of FFA(LOCAL), including development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

Goals for 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 and the School Breakfast Program 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:

- Reviewing and evaluating the Coordinated School Health Report Data.
- Recommending the use of the School Health Index at all campuses.

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 make recommendations when replacements or new contracts are considered.

Implementing Goals for Nutrition Promotion

<p>GOAL 1: The District's Child Nutrition staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.</p>	
<p>Objective 1: Communicate healthy nutrition messages in the cafeteria and school community</p>	
<p>Action Steps</p> <ul style="list-style-type: none"> • Child Nutrition staff will post healthful food messages in dining and service areas • Child Nutrition staff will align nutrition messaging with Coordinated School Health program • Physical educators will post healthful food messages in their classrooms • Physical educators will align nutrition messaging with Coordinated School Health program 	<p>Methods of Measuring Implementation</p> <p>Measures of Success</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff has access to various media that promotes healthful food choices • Professional development for Child Nutrition staff
<p>Objective 2: Encourage positive nutritional habits with a variety of methods that create a healthy school environment.</p>	
<p>Action Steps</p> <ul style="list-style-type: none"> • Child Nutrition staff will implement line placement strategies to encourage healthy food selection • Child Nutrition staff will display menu signs with the daily featured meal options 	<p>Methods of Measuring Implementation</p> <p>Measures of Success</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • Professional development for Child Nutrition staff • Staff has access to menu boards and marketing materials

<p>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.</p>	
<p>Objective 1: Provide resources and information to families that positively influence their nutritional habits</p>	
<p>Action Steps</p>	<p>Methods of Measuring Implementation</p>

<ul style="list-style-type: none"> • Child Nutrition staff will ensure a monthly menu is available to students and families • Child Nutrition staff will promote use of the SchoolPay and SchoolCafe mobile application. • Child Nutrition staff will post monthly menus on social media and will be made available at the register upon request. 	<p>Measures of Success</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • District website • SchoolPay mobile application • Professional development for Child Nutrition staff
<p>Objective 2: Provide resources and information to community members that positively influence their nutritional habits</p>	
<p>Action Steps</p>	<p>Methods of Measuring Implementation</p>
<ul style="list-style-type: none"> • Each school nurse and Child Nutrition manager will incorporate healthy nutritional messaging at applicable campus based events 	<p>Measures of Success</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff have access to various media that promotes healthful food choices

Goals for 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 component addressing nutrition services and health education at the elementary and middle school levels.

Implementing Goals for Nutrition Education

<p>GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p>	
<p>Objective 1: Deliver nutrition education through coordinated services and activities</p>	
<p>Action Steps</p>	<p>Methods of Measuring Implementation</p>

<ul style="list-style-type: none"> • Child Nutrition staff will ensure media and static displays in the cafeteria and serving lines provide appropriate nutrition education messages. • Campus faculty and staff will utilize available resources and events to deliver nutrition education as appropriate • Child Nutrition Director and dietetic interns will provide ongoing student and staff development with various stakeholders throughout the year. 	<p>Measures of Success</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • Professional development for Food Services staff
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Objective 2: Provide resources and support partnerships for farm-to-school programs	
Action Steps	Methods of Measuring Implementation
<ul style="list-style-type: none"> • Child Nutrition Services will cultivate resources and relationships to support current and future farm-to-school programs 	<p>Measures of Success</p> <ul style="list-style-type: none"> • Continued recognition in the Farm Fresh Challenge annually. <p>Resources needed:</p> <ul style="list-style-type: none"> • Partnership agreements • Access to farm-to-school partners • Proper procurement for Federal Program requirements <p>Obstacles:</p> <ul style="list-style-type: none"> • Limited access to farm-to-school programs • Ability of local vendors to deliver to each campus or for Child Nutrition to pick up food products.

GOAL 2: 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: Deliver nutrition education through coordinated services, activities, and curriculum	
Action Steps	Methods of Measuring Implementation

<ul style="list-style-type: none"> Physical Education teachers will collaborate with core academic areas to integrate nutritional information as appropriate within the core curriculum Campus counselor or other professional development representatives will provide annual staff training regarding anti-bullying The Child Nutrition Director and staff will coordinate celebration and focus on the importance of breakfast and lunch during National School Breakfast and Lunch Weeks. 	<p>Measures of Success</p> <ul style="list-style-type: none"> Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> Anti-bullying staff training materials
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<p>GOAL 3: Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members through the use of print media, newsletter, school lunch menus, and the District website.</p>	
<p>Objective 1: Provide information to students, families, and the general public that positively influence their nutritional habits</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> The Communication Director and Child Nutrition Department will incorporate healthy nutritional messaging, including print assets, at applicable campus based events. The Child Nutrition Department will make nutritional information for school menus available on the District website, SchoolPay mobile application, and social media The Child Nutrition Department will post healthful food messages in print media, newsletters, school lunch menus, and on the District website. Nutrition Education will be given annually, if not more often, to our student athletes by a Registered Dietitian or other health professional. 	<p>Measures of Success</p> <ul style="list-style-type: none"> Annual Coordinated School Health Reports <p>Resources Needed:</p> <ul style="list-style-type: none"> Staff has access to various media that promotes healthful food choices website and mobile application

Goals for Physical Activity

Federal law requires that the District establish goals for physical activity in its wellness policy. In accordance with state law, the District will implement a coordinated health program with physical education and physical activity components.

The following addresses how the District will meet the required amount of physical activity:

- Students in pre-kindergarten through grade 5 will participate in moderate or vigorous daily physical activity for 150 minutes per week as part of the District's physical education program.
- Each elementary school provides 30 minutes of recess on a daily basis.
- Students in grades 6 through 8 participate in moderate to vigorous physical activity 30 minutes per day.
- Students in grades 9 through 12 are required to receive one credit of physical education. The required credit may be from any combination of the following one-half to one credit courses:
 - Foundations of Personal Fitness
 - Team or Individual Sports
 - Athletics, Drill Team, Marching Band, or Cheerleading

Implementing Goals 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: Deliver physical education through a standards based instruction

Action Steps	Methods of Measuring Implementation
<ul style="list-style-type: none"> ● HJISD Health and Physical Education Department will provide curriculum documents and guidance for standards-based instruction ● Physical education teachers will provide lessons during physical education that are age- and developmentally appropriate. 	<p>Measures of Success</p> <ul style="list-style-type: none"> ● Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> ● Staff has access to professional development on instructional delivery that is age and developmentally appropriate ● Staff has access to physical education curriculum documents

Objective 2: Physical education curriculum and instruction will focus on empowering students to enjoy physical activity and make healthy choices about making it part of life.

Action Steps	Methods of Measuring Implementation
<ul style="list-style-type: none"> ● Instruction will be focused on ensuring that students enjoy physical activity and have the skills and knowledge to make healthy choices ● Curriculum and instruction implemented provide for student choice. 	<p>Measures of Success</p> <ul style="list-style-type: none"> ● Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> ● Staff has access to professional development on student empowerment strategies

Objective 3: Conduct health-related fitness assessments and utilize data to improve students' physical fitness.

Action Steps	Methods of Measuring Implementation

<ul style="list-style-type: none"> Physical education teachers will provide instruction on the components of health related fitness Physical education teachers will provide students an opportunity to practice health related assessments before data is collected. Physical education teachers will share test results with students and parents and present the information in context of overall level of fitness needed for good health Elementary students will receive at least 150 minutes of moderate or vigorous daily physical activity Middle school students will receive 30 minutes of moderate or vigorous daily physical activity 	<p>Measures of Success</p> <ul style="list-style-type: none"> Annual Coordinated School Health Reports Compare FitnessGram results for each campus <p>Resources needed:</p> <ul style="list-style-type: none"> Staff will have access to fitness assessment software Staff will have access to professional development on the fitness education process
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GOAL 2: The District shall encourage parents to support their children’s participation, to be active role models, to include physical activity in family events, and to participate in before school and after school physical activity programs.

Objective 1: Communicate and promote opportunities to parents that support their child’s participation in physical activity outside the school day.

Action Steps	Methods of Measuring Implementation
<ul style="list-style-type: none"> Inform parents of opportunities for their children to participate in physical activity outside the school day Post and communicate information about upcoming physical programs, through announcements, flyers, posters, and District websites. Reinforce and advocate the importance of physical activity through posted signage, ongoing messages to teachers, and communication to parents 	<p>Measures of Success</p> <ul style="list-style-type: none"> Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> Staff has access to information on Sour Lake/Nome/China based events that provide physical activity Staff has access to information on out of school time programs that provide physical activity

GOAL 3: 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.

Objective 1: Provide resources and strategies for integrating physical activity into the classroom

Action Steps	Methods of Measuring Implementation
<ul style="list-style-type: none"> ● Post resources that support integrating physical activity into the classroom ● Create staff development content for teachers and staff on instructional strategies used to incorporate physical activity 	<p>Measures of Success</p> <ul style="list-style-type: none"> ● Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> ● Staff has access to professional development on instructional strategies to incorporate physical activity

GOAL 4: 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.

Objective 1: Provide resources and information to families and the community on use of recreational facilities

Action Steps	Methods of Measuring Implementation
<ul style="list-style-type: none"> ● Campus administration will make information available about the use of recreational facilities to campus community ● Allow little league/little dribbler organizations to use district facilities for games and practices ● Facility use information will be available on district website 	<p>Measures of Success</p> <ul style="list-style-type: none"> ● Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> ● Fliers ● Website

Goals for Other School-Based Activities

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness, create an environment that encourages healthy eating and physical activity, and promote a consistent wellness message.

Implementing Goals for Other School-Based Activities

GOAL 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Objective 1: Allow students an appropriate amount of time to eat meals in a comfortable environment	
Action Steps	Methods of Measuring Implementation
<ul style="list-style-type: none"> • Campus administration will schedule at least 20 minutes for students to eat lunch and ten minutes to eat breakfast • Campus Child Nutrition staff will ensure the lunchroom is branded and decorated in a way that reflects the student body and positive health messages 	<p>Measures of Success</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • Professional development for Child Nutrition staff • Staff has access to menu boards and positive health promotional materials.
Objective 2: Provide a clean and hazard free lunchroom environment	
Action Steps	Methods of Measuring Implementation
<ul style="list-style-type: none"> • Campus Child Nutrition staff will ensure cleaning supplies or broken/unused equipment are not visible during meal service • Custodial staff will ensure trash cans are emptied when full 	<p>Measures of Success</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • Custodial staff

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). As required by federal law, the District has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus 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 from a la carte options. 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 (Administrator Reference Manual, Section 20, Competitive Foods)

The District has incorporated a regulation of no sale of competitive foods from any organization or vendor other than the District Child Nutrition Department. The District has also incorporated the following stricter standards that are not prohibited by the federal or state law:

- The sale of sodas or other caffeinated beverages to students is prohibited, with the exception of coffee or tea provided at meal services on high school campuses.
- No preparation of food by deep-fat frying.

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. Birthday and/or school celebrations will not occur in the cafeteria during meal serving time.

A campus may develop additional guidelines concerning birthday celebrations, such as number of celebrations per month and certain time to celebrate, so as not to interfere with instructional time.

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

All food and beverages provided to students will meet Smart Snack standards. Healthy options such as fruits, vegetables, and water for example, are preferred and should be offered.

Elementary School:

- Campuses will not allow food or beverages to be provided to students at any time during the school day, with the exception of healthy snacks and water.
- Campuses may not use food as a punishment.

Middle School:

- Campuses may not allow food or beverages to be provided to students during meal times where meals are served or consumed.

High School:

- Campuses may not allow food or beverages to be provided to students during meal times where meals are served or consumed.

Measuring Compliance with Nutrition Guidelines

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the Child Nutrition department to the Texas Department of Agriculture, reviewing the School Health Index, reviewing food 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.

Exceptions for 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.

The District will allow the following exempted fundraisers for the 2021–2024 school year:

Campus or organization: Hardin-Jefferson High School

Food or beverage: Concession Stand Sales during the December Basketball Tournament

Number of days: 2

Campus or organization: Henderson Middle School

Food or beverage: End of Year 8th Grade Celebration - lunch provided

Number of days: 1

Campus or organization: Sour Lake Elementary & China Elementary

Food or beverage: End of Year Celebration with sno-cones and other snack sales

Number of days: 2 (1 per each campus)

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. This “triennial assessment” will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state- or federally designated model policies. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

Public Notification

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

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:

3. A copy of the wellness policy
4. A copy of this wellness plan, with dated revisions;
5. Notice of any Board-adopted revisions to the local policy;

6. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
7. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
8. The SHAC's triennial assessment; and
9. 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 Darrell Westfall, Henderson Middle School Principal, the District's designated records management officer.

Disclaimer: This information is provided for educational purposes only to facilitate a general understanding of the law or other regulatory matter. This information is neither an exhaustive treatment on the subject nor intended to substitute for the advice of an attorney or other professional adviser. Consult with your attorney or professional adviser to apply these principles to specific situations.