

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]
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 data-bbox="560 945 1442 1018">1. Inviting them to meetings where the wellness policy and plan will be reviewed and updated.<li data-bbox="560 1039 1442 1102">2. Post information about the review and update process on the district wellness page.
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 Assistant 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.</p>
EVALUATION	<p>In accordance with law, the District will periodically measure and make available to the public 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. Absent federal regulations to the contrary, the District commits to the evaluation activities described below.</p> <p>At least annually, the SHAC will prepare a report on the wellness policy and this plan by gathering information from each principal</p>

and appropriate District administrators. The SHAC will assess the District's and each campus's progress toward meeting the goals of the policy and plan by reviewing District- and campus-level activities and events tied to the wellness program.

The SHAC may use any of the following tools for that analysis:

- Implementation information reported by each campus.
- Student, parent and/or community surveys.

PUBLIC
NOTIFICATION

To comply with the legal requirement to 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 [FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's annual report on the District's wellness policy and plan; 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 PEIMS Coordinator, 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 United States 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 made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, 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.

The District adopts the USDA nutrition standards for competitive food and beverages. A summary of federal standards and additional District standards can be found on the VISD Wellness webpage which can be accessed through the Food & Nutrition Services department webpage. For additional information, please contact the Director of Nutrition Services at 972-366-3642, extension 715.

Venus ISD Summary of Child Nutrition Standards

FOODS 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>

School meals shall include a variety of healthy choices and shall accommodate special dietary needs that may be life threatening. All schools shall participate in the USDA school breakfast, school lunch, and summer food programs.

In addition, all reimbursable meals shall meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards such as the Texas School Nutrition Policy (TSNP). The school meal programs shall be administered by the food service director and a team of well-trained campus managers and their staff. Students shall be provided ten minutes to eat breakfast and 20 minutes to eat lunch after being seated. Meals shall be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior shall be consistently enforced. High school campuses shall be "closed," meaning that students shall not be permitted to leave school grounds during the school day. Meal pe-

riods shall be scheduled as near to the middle of the day as possible.

All foods and beverages sold on school grounds during the school day to students outside of reimbursable school meals shall be considered competitive foods. Competitive foods include items sold a la carte from the cafeteria, from vending machines, from school stores, or in school fundraisers. All competitive foods shall comply with the District's nutrition standards, as well as all applicable state and federal standards including the Smart Snack calculator and TSNP. Below is the link to the Smart Snack calculator to be used by groups or individuals that are selling competitive foods:
<http://www.rdp.healthiergeneration.org/calc/calculator>.

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)]

Exempt foods cannot be sold during meal periods or where reimbursable meals are prepared or served. At the beginning of the school year, each campus principal must turn in to the Assistant Superintendent the dates on which the principal has authorized the sale of non-Smart Snack approved foods on his or her campus.

FOODS MADE
AVAILABLE

There are currently no federal requirements for foods or beverages made available to students during the school day. 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 guidelines on foods and beverages made available to students:

1. Any responsible adult may bring meals to a student as long as the student has a signed statement of approval from the student's parent or guardian;
2. Any meals brought from home shall not be shared with other students due to possible food allergies;
3. Celebrations or parties that involve foods to be given away are limited to 15 days per year. Documentation of these 15 days shall be recorded in advance and turned into the Assistant Superintendent at the beginning of each semester. On these specified days foods may be given away, shall not have to meet the District's nutrition standards, and parents shall be

made aware in advance when the celebration or party shall take place. All celebrations or parties shall take place after lunch. Non-food celebrations shall be promoted and a link with a list of ideas for parents and teachers can be found: <http://www.squaremeals.org>. Early release days are an exception to this restriction;

4. Student birthdays may be celebrated with foods given away after the students' scheduled lunch period;
5. Food items may be given to students on a scheduled field trip, and the food does not have to meet the nutrition standards. This shall apply to off campus or out-of-District events. All reimbursable meals provided for the field trip must meet the meal;
6. Food that does not meet the District's nutrition standards may be used for instructional purposes in the classroom. This will not be allowed on a continuous basis and any foods prepared must be given away and not sold. Principals shall coordinate classroom instruction days one week in advance with the Assistant Superintendent.

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.

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: Provide healthy nutrition messages in numerous locations.	
Action Steps	Methods for Measuring Implementation
Food & Nutrition Services will <ul style="list-style-type: none"> • display menus and posters in each campus cafeteria, and • post menus, Nutrition Nuggets and links to nutrition websites on the district webpage. 	Baseline or benchmark data points: <ul style="list-style-type: none"> • Displays and postings will be reviewed prior to each SHAC meeting. Resources needed: <ul style="list-style-type: none"> • Printed material, such as menus and posters • District webpage
Objective 2: Provide fitness information in numerous locations.	
Action Steps	Methods for Measuring Implementation
Coaches and P.E. teachers will post fitness and wellness information in gyms and other appropriate common areas.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Displays and postings will be reviewed prior to each SHAC meeting. Resources needed: <ul style="list-style-type: none"> • Printed materials • Student-created materials

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: Maintain Food & Nutrition Services webpage with information for parents and community.	
Action Steps	Methods for Measuring Implementation
Keep information on the Food & Nutrition Services webpage current.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Monthly breakfast and lunch menus • Current pricing information • Current-year free and reduced meal applications in English and Spanish Resources needed: <ul style="list-style-type: none"> • Documents and links to documents

	listed above
Objective 2: Provide nutrition information for parents.	
Action Steps	Methods for Measuring Implementation
Include nutrition information in regular communication with parents, such as newsletters and weekly folders.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Mid-year and end-of-year report of wellness activity Resources needed: <ul style="list-style-type: none"> • Written communication to be included

GOAL: The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.	
Objective 1: District displays food and nutrition posters provided by the Texas Department of Agriculture (TDA).	
Action Steps	Methods for Measuring Implementation
Food & Nutrition Services staff will post posters in campus cafeteria service and dining areas as space allows.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Displays and postings will be reviewed prior to each SHAC meeting. Resources needed: <ul style="list-style-type: none"> • TDA posters

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:	
Action Steps	Methods for Measuring Implementation
<p>The Director of Nutrition Services will provide teachers with nutrition lessons and resources.</p> <p>Each campus will designate at least 5 days for nutrition education.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Email to Assistant Superintendent and Director Nutrition Services by first Friday in September identifying nutrition education days. Mid-year and end-of-year report of wellness activity <p>Resources needed:</p> <ul style="list-style-type: none"> Lessons provided by Director of Nutrition Services

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: Teachers will integrate nutrition education with content TEKS as appropriate throughout the school year.	
Action Steps	Methods for Measuring Implementation
<p>As part of regular instructional planning, teachers will look for opportunities to incorporate information, discussion and examples.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Mid-year and end-of-year report of wellness activity <p>Resources needed:</p> <ul style="list-style-type: none"> Lesson plans TEKS

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: All instructional staff will participate in nutrition education professional development annually.	
Action Steps	Methods for Measuring Implementation
<p>Each campus, with the support of Food & Nutrition Services, will provide training for</p>	<p>Baseline or benchmark data points:</p>

<p>teachers and other staff, by the second Friday in September, to be adequately prepared to teach nutrition education.</p>	<ul style="list-style-type: none"> • Mid-year report of wellness activity <p>Resources needed:</p> <ul style="list-style-type: none"> •
---	---

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.

<p>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.</p>	
<p>Objective 1: Each campus will provide a variety of opportunities for physical activities open to all students.</p>	
Action Steps	Methods for Measuring Implementation
<p>Each campus will provide at least 2 opportunities for students to participate in physical activity outside of P.E. classes or competitive sports. Examples: Daily recess, Jump Rope for Heart, Punt-Pass-Kick, Field Day and Mighty Milers.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Mid-year and end-of-year report of wellness activity <p>Resources needed:</p> <ul style="list-style-type: none"> • Vary by activity

<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: Campus administrators will facilitate opportunities for teacher to gain knowledge in integrating physical activity into academic curriculum.</p>	
Action Steps	Methods for Measuring Implementation
<p>Campus administrators will ensure opportunities for teachers to share ideas and strategies for integrating physical activity into academic curriculum.</p> <p>Campus administrators will monitor follow-through with integration through teacher</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Ongoing review of lesson plans • Mid-year and end-of-year report of wellness activity <p>Resources needed:</p> <ul style="list-style-type: none"> • Varied

lesson plans.	
---------------	--

GOAL: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
Objective 1: The district will make district facilities available for community use outside of the school day.	
Action Steps	Methods for Measuring Implementation
<p>VISD Secondary Athletics</p> <p>The district will work cooperatively with Venus Youth Sports Association (VYSA) and other groups to provide opportunities for students to participate in physical activity outside the school day.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Ongoing relationship with VYSA <p>Resources needed:</p> <ul style="list-style-type: none"> District facilities Board Policy regarding use

GOAL: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for District employees and students.	
Objective 1: The district and campuses will provide training and activities for employees to support life-long fitness and wellness.	
Action Steps	Methods for Measuring Implementation
<p>Continue to provide District Employee Fitness Center at no cost to employees.</p> <p>Each campus will plan and carry-out at least 1 activity to promote fitness and/or wellness for staff, such as Biggest Loser, Blue Zone presentations, and Zoomba.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Mid-year and end-of-year report of wellness activity <p>Resources needed:</p> <ul style="list-style-type: none"> Vary by 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: Provide opportunities for students and parents to participate in free/low-cost physical activities as a family.	
Action Steps	Methods for Measuring Implementation
Each campus will provide at least 1 oppor-	Baseline or benchmark data points:

<p>tunity for physical activity as a family, such as Mighty Milers, Family Olympics, and Parental Involvement Calendar activities.</p>	<ul style="list-style-type: none"> • Mid-year and end-of-year report of wellness activity <p>Resources needed:</p> <ul style="list-style-type: none"> • Vary by activity
--	--

<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 for use outside of the school day.</p>	
<p>Objective 1: Make district facilities available to the community.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>School facilities, such as gyms, playgrounds and track will be available for community use for free-choice physical activity.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Ongoing <p>Resources needed:</p> <ul style="list-style-type: none"> • School facilities

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>GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p>	
<p>Objective 1: Campus cafeterias will be appealing, clean, safe and comfortable space for students.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Campuses schedule multiple lunch periods to ensure time and space for all students.</p> <p>Custodians are working in cafeterias during service times to ensure clean and safe environment.</p> <p>Campus/cafeteria staff will work collaboratively to make the cafeteria appealing to</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Ongoing monitoring by campus staff <p>Resources needed:</p> <ul style="list-style-type: none"> •

students.	
-----------	--

GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1: Provide cost effective wellness opportunities for students and families.	
Action Steps	Methods for Measuring Implementation
District/campuses will host <ul style="list-style-type: none"> shot clinics, and annual Pink-out. 	Baseline or benchmark data points: <ul style="list-style-type: none"> Mid-year and end-of-year report of wellness activity Resources needed: <ul style="list-style-type: none">

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1: Provide cost effective health and wellness options for employees.	
Action Steps	Methods for Measuring Implementation
The district/campuses will host for staff <ul style="list-style-type: none"> Flu shot clinic, and Health Matters screening. The district will provide, at no cost to employees, <ul style="list-style-type: none"> vision insurance, dental insurance, and Care Flight membership. 	Baseline or benchmark data points: <ul style="list-style-type: none"> Resources needed: <ul style="list-style-type: none"> Contract for shot clinic and screenings District funds