

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 plan. The District has chosen to consult with the local school health advisory council (SHAC) 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 District will permit the following persons to work on the District’s wellness policy and plan: parents, students, representatives of the District’s food service department, physical education department, school health professionals, Board members, administrators, and members of the public. The District will solicit involvement and input of these other interested persons 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.

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 Departments of Comprehensive Health Services, Health and Physical Education, and Nutrition and Food Services are 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 plan, the extent to which each campus is compliant with the wellness plan, a description of the progress made in attaining the goals of the wellness plan, and the extent to which the wellness plan compares with any state- or federally designated model wellness policies and plans. This will be referred to as the “triennial assessment.”

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

The District will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. The District may use any of the following tools for this analysis:

- [Smarter Lunchrooms' website](#)
- The Centers for Disease Control and Prevention's School Health Index
- AISD Coordinated School Health Information Reports

Public Notification

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness plan, the District will include the following information on its website to document information and activity related to the school wellness plan:

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 District'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 Administrative Supervisor of Public Information, 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 District 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

Foods and
Beverages Sold

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.

The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements. The following websites have information regarding meal and Smart Snacks requirements:

- [Nutrition Standards](#)
- [Smart Snacks](#)
- [Square Meals](#) (see the *Complete Administrator Reference Manual [ARM]*, Section 20, Competitive Foods)

No sale of competitive foods from any organization or vendor other than the District food service department or approved vending machine contracts is permitted during the school day.

The District has also incorporated the following stricter standards that are not prohibited by 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.

The District will promote the procurement of clean label products free of the Harmful 7; trans fats and hydrogenated oils, high fructose corn syrup, hormones and antibiotics, processed and artificial sweeteners, artificial colors and flavors, artificial preservatives, and bleached flour.

Vending machines are provided by Healthy Vending by h.u.m.a.n (Clint Capps, (512) 740-3174). Healthy foods are provided in all vending machines District-wide for student and staff access.

- There are no student accessible vending machines in elementary schools; however, campuses may request a vending machine for the staff lounge by contacting the vendor.

- In middle school, vending machines must be turned off during meal times.
- In high school, vending machines located in areas where reimbursable meals are served and/or consumed, must be turned off during meal periods.

*Exception—
Fundraisers*

All campuses, prekindergarten–grade 12, will not be involved in the sale of food or beverages for any fundraising activity during the school day. Fundraising activities that involve the sale of food and/or beverages will take place outside the school day, which is defined as 30 minutes before the first bell and after the last bell.

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(LLEGAL)]

Birthday and/or school celebrations will not occur in the cafeteria during meal serving time. Such events may take place at the end of the school day after the last scheduled class or after school.

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, fruits, vegetables, and water for example, are preferred and should be offered.

Elementary School

- Campuses may not allow food or beverages to be provided to students at any time during the school day, with the exception of a healthy snack and water.
- Campuses may not use food as a reward, unless documented in a student's individualized education program (IEP).

Middle School

- Campuses may not allow food or beverages to be provided to students anywhere on campus 30 minutes before to 30 minutes after meal serving times.

High School

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

Foods and/or beverages will not be used as rewards for academic performance, except when provided in a specific student's IEP or behavior intervention plan (BIP).

Food should not be used for instructional purposes, unless the food is required for teaching students about nutrition, gardening, the food system, or foods of different cultures.

- If foods are used for instructional purposes, the foods may not be FMNV's or candy at any time (including chocolate).
- Food given during a classroom lesson is to be for a taste only, and not be in the place of a meal provided during the student's breakfast or lunch period.

Measuring Compliance

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the food services department to the TDA, reviewing the Coordinated School Health Information Report, 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 NSLP, the SBP, 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 District will monitor this by:

1. Recommending the continued use of FFA(EXHIBIT), Coordinated School Health Information Report at all campuses to be completed by the principal and parent representative.
2. Reviewing and evaluating FFA(EXHIBIT), Coordinated School Health Report data.

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 goals for nutrition promotion.

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| 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: Communicate healthy nutrition messages in the cafeteria and school community. | |
| Action Steps | Methods for Measuring Implementation |
| <ul style="list-style-type: none"> • Cafeteria staff will post healthful food messages in dining and service areas. • Cafeteria staff will post visual cues in hallways and other areas where students gather. • Cafeteria staff will align nutrition messaging with Coordinated School Health program and the Coordinated Approach to Children’s Health (CATCH) Coordination Kit. • Physical educators and classroom teachers will post healthful food messages in their classrooms • Physical educators and classroom teachers will align nutrition messaging with Coordinated School Health program and the CATCH Coordination Kit. | <p>Baseline or benchmark data points:</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 • Staff have access to the District-adopted Coordinated School Health curriculum, CATCH • Professional development for Food Services staff and Coordinated School Health Teams <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition |
| Objective 2: Encourage positive nutritional habits with a variety of methods that create a healthy school environment. | |
| Action Steps | Methods for Measuring Implementation |
| <ul style="list-style-type: none"> • Cafeteria staff will implement line placement strategies to encourage healthy food selection. • Cafeteria staff will display menu signs | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports |

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| <p>with the daily featured meal options and signage to identify Go, Slow, and Whoa foods; meat types; vegetarian items; and local foods.</p> <ul style="list-style-type: none"> • Campus coordinated school health team will utilize marketing materials that promote healthy nutrition messaging. • Campus coordinated school health team will provide recognition or non-food incentives for selecting healthy food choices. | <p>Resources needed:</p> <ul style="list-style-type: none"> • Professional development for Food Services staff and Coordinated School Health teams • Staff has access to menu boards and marketing materials <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition |
| <p>Objective 3: The District shall ensure that food and beverage advertisements accessible to students during school hours on District property contain only products that meet the federal guidelines for competitive foods.</p> | |
| <p style="text-align: center;">Action Steps</p> | <p style="text-align: center;">Methods for Measuring Implementation</p> |
| <ul style="list-style-type: none"> • Vending machines will only display marketing messages for food and beverage items identified by the U.S. Department of Agriculture's (USDA's) Smart Snacks guidelines. • Campus administration will identify vending machines currently not in compliance. • Campus administration will request any advertisements that do not meet the federal guidelines be transitioned out as appropriate. • Future contracts for vending services to include federal requirements for advertising of competitive foods. • Food and Child Nutrition Services staff to request that all future Request for Proposals (RFPs) for vending services include the federal guidelines for advertisements of competitive foods. | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • USDA's Smart Snacks guidelines • Procurement Services support <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition |
| <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</p> | |

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| students. | |
| Objective 1: Provide resources and information to families that positively influence their nutritional habits. | |
| Action Steps | Methods for Measuring Implementation |
| <ul style="list-style-type: none"> • Cafeteria staff will ensure a monthly menu is available to students and families. • Campus administration will provide information about birthday celebrations. • Cafeteria staff will promote use of the SchoolCafé mobile application. • Cafeteria staff will post monthly menu in the main office. • Cafeteria staff will share nutrition messaging consistent with Coordinated School Health program. | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • Food Services website • SchoolCafé mobile application • Professional development for Food Services staff and Coordinated School Health teams • Staff have access to the District-adopted Coordinated School Health curriculum, CATCH <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition |
| Objective 2: Provide resources and information to community members that positively influence their nutritional habits | |
| Action Steps | Methods for Measuring Implementation |
| <ul style="list-style-type: none"> • Campus Coordinated School Health team will incorporate healthy nutritional messaging at applicable campus-based events. • Campus Coordinated School Health team will promote school-based health fairs or wellness events on community board or campus marquee. • Campus Coordinated School Health team will encourage community members to attend school-based health fairs or wellness events. | <p>Baseline or benchmark data points:</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 • Staff have access to the District-adopted Coordinated School Health curriculum, CATCH • District Coordinated School Health Kits <p>Obstacles:</p> |

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| | <ul style="list-style-type: none"> • Access to resources • Staff attrition |
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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 school 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 goals for nutrition education.

| GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors. | |
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| Objective 1: Deliver nutrition education through coordinated services and activities | |
| Action Steps | Methods for Measuring Implementation |
| <ul style="list-style-type: none"> • AISD Health and Physical Education Department will provide a digital version of the District-adopted CATCH; a kindergarten–grade 8 nutrition education curriculum on the Health and Physical Education website for physical educators and classroom teachers. • AISD Health and Physical Education Department will maintain CATCH resources for members of the Campus Coordinated School Health Team to deliver nutrition education as appropriate. • AISD Health and Physical Education Department will conduct annual inventory and needs-assessment through the District Coordinated School Health Team for hard-copy resources on campus. • Campus Coordinated School Health Team will meet at least four times per year to plan specific nutrition education initiatives. • Campus faculty and staff will utilize | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • Health and Physical Education website, professional development for Food Services staff and Campus Coordinated School Health Team • Staff have access to the District-adopted Coordinated School Health curriculum, CATCH <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition |

| <p>available resources and events to deliver nutrition education as appropriate.</p> <ul style="list-style-type: none"> • Cafeteria supervisors will ensure media and static displays in the dining room and serving lines provide appropriate nutrition education messages. • Cafeteria supervisors and Food Service District staff will provide interactive learning options. | |
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| <p>Objective 2: Provide resources and support partnerships for farm-to-school programs.</p> | |
| <p>Action Steps</p> | <p>Methods for Measuring Implementation</p> |
| <ul style="list-style-type: none"> • Food and Child Nutrition Services will cultivate resources and relationships to support current and future farm-to-school programs | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual wellness policy checklist data <p>Resources needed:</p> <ul style="list-style-type: none"> • Volunteer and partnership agreements • Access to farm-to-school partners <p>Obstacles:</p> <ul style="list-style-type: none"> • Limited access to farm-to-school programs • Availability of volume needed to serve all campuses • Ability of local vendors to deliver to all campuses • Staff attrition |

| <p>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.</p> | |
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| <p>Objective 1: Deliver nutrition education through coordinated services, activities, and curriculum.</p> | |
| <p>Action Steps</p> | <p>Methods for Measuring Implementation</p> |
| <ul style="list-style-type: none"> • AISD Health and Physical Education Department will develop curriculum guidance documents and post on the internal Health and Physical Education | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports |

| <p>website to facilitate nutrition education delivery in the physical education and classroom setting.</p> <ul style="list-style-type: none"> • AISD Health and Physical Education Department will provide staff development to support the coordination and delivery of the CATCH curriculum and wellness initiatives. • The Health and Physical Education Department will collaborate with core academic areas to integrate nutritional information as appropriate within the core curriculum • Campus counselor or other professional development representative will provide annual staff training regarding anti-bullying. • District Coordinated School Health Team will coordinate celebration and focus on importance of breakfast during National School Breakfast Week. | <p>Resources needed:</p> <ul style="list-style-type: none"> • Health and Physical Education website • Professional development for Coordinated School Health education delivery • Staff access to the District-adopted Coordinated School Health Curriculum, CATCH • Anti-bullying staff training materials <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition |
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| <p>Objective 2: Provide resources and support partnerships for campus-based school gardens.</p> | |
| <p>Action Steps</p> | <p>Methods for Measuring Implementation</p> |
| <ul style="list-style-type: none"> • Science department, sustainability coordinator, and Office of Innovation and Development will make resources and outside partner contact information available to support implementation and maintenance of school gardens at the campus level as appropriate. • Food Service Department and Office of Innovation and Development will cultivate partnerships for funding and direct services to support campus school gardens. • Food Service Department will maintain Garden-to-Café program | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual wellness policy checklist data <p>Resources needed:</p> <ul style="list-style-type: none"> • Volunteer and partnership agreements • Access to school garden resources <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition • Variability of school gardens and available spaces |

| 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, newsletters, school lunch menus, and the District website. | |
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| Objective 1: Provide information to students, families, and the general public that positively influence their nutritional habits | |
| Action Steps | Methods for Measuring Implementation |
| <ul style="list-style-type: none"> • Campus Coordinated School Health Team will incorporate healthy nutritional messaging, including print assets, at applicable campus-based events. • Campus Coordinated School Health Team will encourage community members to attend school-based health fairs or wellness events. • District Communications Team and Food Service Department will incorporate healthy nutritional messaging, including print assets, at applicable campus-based events. • Food Service Department will make nutritional information for school menus available on the District website and SchoolCafé mobile application • Food Service Department will post healthful food messages in print media, newsletters, school lunch menus, and on the District website. | <p>Baseline or benchmark data points:</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 • Staff has access to the District-adopted Coordinated School Health curriculum, CATCH • District Coordinated School Health Kits • Website and mobile application <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition |

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 prekindergarten–grade 5 participate in moderate or vigorous daily physical activity for at least 30 minutes daily or 135 minutes weekly as part of the District’s physical education program.

- Each elementary school provides 30 minutes of recess on a daily basis [see EHAB(LOCAL)].
- Students in grades 6–8 participate in moderate or vigorous daily physical activity for at least 30 minutes for at least four semesters for at least 225 minutes during each period of two school weeks as part of the District's physical education program.
- Students in grade 9–12 are required to complete 1 credit of physical education as part of the District's physical education program, or an approved substitution.

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 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. | |
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| Objective 1: Deliver physical education through a standards-based instruction. | |
| Action Steps | Methods for Measuring Implementation |
| <ul style="list-style-type: none"> • AISD 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. • AISD Health and Physical Education Department will provide professional development opportunities for physical education teachers that support standards-based instruction and administration of CPR/AED. • Principals will ensure physical activity is not withheld as a form of punishment. | <p>Baseline or benchmark data points:</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 • Staff has access to professional development opportunities that support standards-based instruction and administration of CPR/AED <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition • Inadequate facilities for physical edu- |

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| | cation classes |
| 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 daily life. | |
| Action Steps | Methods for 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. • Student self-testing and individualized fitness plans will be encouraged. • Students not within the healthy fitness zones will be provided access to individualized fitness planning strategies. | <p>Baseline or benchmark data points:</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. • Staff has access to appropriate software for developing individualized fitness planning. <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Number of students not in healthy fitness zones |
| Objective 3: Conduct health-related fitness assessments and utilize data to improve students' physical fitness. | |
| Action Steps | Methods for 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. • AISD Health and Physical Education Department will provide professional development opportunities for physical | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <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 <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition • Access to technology |

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| <p>education teachers and athletic coaches that support best practices for health-related fitness assessment.</p> | |
| <p>Objective 4: Provide physical activity opportunities to students throughout the school day.</p> | |
| <p>Action Steps</p> | <p>Methods for Measuring Implementation</p> |
| <ul style="list-style-type: none"> • Campuses will be encouraged to provide various organized physical activities before school and after school, such as running clubs and open gyms. • Campuses will be encouraged to provide short bursts of physical activity during classroom instruction every 45–60 minutes. | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <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 <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition • Access to technology |
| <p>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.</p> | |
| <p>Objective 1: Communicate and promote opportunities to parents that support their child’s participation in physical activity outside the school day.</p> | |
| <p>Action Steps</p> | <p>Methods for Measuring Implementation</p> |
| <ul style="list-style-type: none"> • Campus Coordinated School Health Team will inform parents of opportunities for their children to participate in physical activity outside the school day. • Campus Coordinated School Health Team will post and communicate information about upcoming physical activity programs through announcements, flyers, posters, and school and District websites. • Campus Coordinated School Health | <p>Baseline or benchmark data points:</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 Austin-based events that provide physical activity • Staff has access information on out-of-school time programs that provide physical activity |

| <p>Team will reinforce and advocate the importance of physical activity through posted signage, ongoing messages to teachers, and communication to parents.</p> | <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition |
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| <p>Objective 2: Educate parents about healthy fitness zones and how to help their children create and complete fitness improvement plans</p> | |
| <p>Action Steps</p> | <p>Methods for Measuring Implementation</p> |
| <ul style="list-style-type: none"> • Provide parents with information about the importance of healthy fitness zones in relation to metabolic syndrome and how to help their children improve their fitness. | <p>Baseline or benchmark data points:</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 • Staff has access to appropriate software for developing individualized fitness planning <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Number of students not in healthy fitness zones |
| <p>Objective 3: Educate parents on the importance of including physical activities in family events.</p> | |
| <p>Action Steps</p> | <p>Methods for Measuring Implementation</p> |
| <ul style="list-style-type: none"> • Campus Coordinated School Health Team will encourage parents to schedule at least 30 minutes of physical activity time at home for their children. • Campus Coordinated School Health Team will inform parents on upcoming Austin physical activity-based events and national observances that promote wellness. • AISD Health and Physical Education Department will provide educational resources at appropriate District | <p>Baseline or benchmark data points:</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 Austin physical activity-based events • Staff has access information on out-of-school time programs that provide physical activity • Staff has access to parent- and family-centered educational information |

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| <p>events for parents on the importance of energy balance, lifetime fitness, and engaging in leisure activities for enjoyment.</p> | <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition |
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| <p>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.</p> | |
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| <p>Objective 1: Provide research-based information and examples of integrating physical activity to the classroom as a way to prepare the brain to learn.</p> | |
| <p>Action Steps</p> | <p>Methods for Measuring Implementation</p> |
| <ul style="list-style-type: none"> • AISD Health and Physical Education Department will create content for teachers and staff on the research-based benefits of incorporating physical activity into the classroom environment. | <p>Baseline or benchmark data points:</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 the benefits of physical activity in the classroom • Staff has access to District Health and Physical Education website <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition |
| <p>Objective 2: Provide resources and strategies for integrating physical activity into the classroom.</p> | |
| <p>Action Steps</p> | <p>Methods for Measuring Implementation</p> |
| <ul style="list-style-type: none"> • AISD Health and Physical Education (HPE) Department will post resources that support integrating physical activity into the classroom on the internal HPE website. • AISD Health and Physical Education Department will create staff development content for teachers and staff on instructional strategies used to incorporate physical activity into the class- | <p>Baseline or benchmark data points:</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 online physical activity resources • Staff has access to professional development on instructional strategies to incorporate physical activity into the |

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| <p>room environment</p> <ul style="list-style-type: none"> • AISD Health and Physical Education Department will provide in-person training opportunities. | <p>classroom</p> <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition |
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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. [See GKD]

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

| Action Steps | Methods for Measuring Implementation |
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| <ul style="list-style-type: none"> • Campus administration will make information available about the use of recreational facilities to campus community. • Facility use information will be available on District website. | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Coordinated School Health Reports <p>Resources needed:</p> <ul style="list-style-type: none"> • Fliers • Website <p>Obstacles:</p> <ul style="list-style-type: none"> • Ensuring safety of community on District property after school hours |

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.

In accordance with FFA(LOCAL), the District has established the following goals 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 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 for Measuring Implementation |
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| <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 and snacks. • Campus Food Services staff will ensure the lunchroom is branded and decorated in a way that reflects the student body and positive health messages. • Campus administration will ensure all lights in the dining and meal service areas work and are turned on during mealtime. | <p>Baseline or benchmark data points:</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 • Staff has access to menu boards and positive health-promotional materials • Custodial personnel and appropriate lighting supplies <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition • Scheduling conflicts |
| Objective 2: Provide a clean and hazard-free lunchroom environment. | |
| Action Steps | Methods for Measuring Implementation |
| <ul style="list-style-type: none"> • Campus Food Services staff will ensure cleaning supplies or broken/unused equipment are not visible during meal service. • Custodial staff will ensure compost/recycling and trash cans are at least five feet away from dining students. • Campus Food Services and custodial staff will ensure trash cans are emptied when full. • Campus Food Services staff will ensure there is a clear traffic pattern by using signs, floor decals, or rope lines as appropriate. | <p>Baseline or benchmark data points:</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 for Food Services staff • Staff has access to the Smarter Lunchroom Checklist • Custodial personnel and appropriate lighting supplies <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition |

GOAL 2: The District shall promote wellness for students and their families at suitable

| District and campus activities. | |
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| Objective 1: Communicate and promote opportunities to parents that support their children's participation in physical activity outside the school day. | |
| Action Steps | Methods for Measuring Implementation |
| <ul style="list-style-type: none"> • Campus Wellness Team will inform parents of opportunities for their children to participate in physical activity outside the school day. • Campus Wellness Team will post and communicate information about upcoming physical activity programs through: announcements, flyers, posters, school and district websites. • Campus Wellness Team will reinforce and advocate the importance of physical activity through posted signage, ongoing messages to teachers, and communication to parents. | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Wellness policy checklist data <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff has access to information on Austin-based events that provide physical activity • Staff has access to information on out-of-school time programs that provide physical activity <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition |
| Objective 2: Educate parents on the importance of including physical activities in family events. | |
| Action Steps | Methods for Measuring Implementation |
| <ul style="list-style-type: none"> • Campus Wellness Team will encourage parents to devote 30 minutes or more daily to family physical activity at home. • Campus Wellness Team will inform parents on upcoming Dallas-based events and national observances that promote wellness. • Central Health and Physical Education staff will provide educational resources at appropriate District events for parents on the importance of energy balance, lifetime fitness, and engaging in leisure activities for enjoyment. | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Wellness policy checklist data <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff has access to information on Dallas-based events that provide physical activity • Staff has access information on out-of-school time programs that provide physical activity • Staff has access to parent- and family-centered educational information <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition |

| GOAL 3: The District shall promote employee wellness activities and involvement at suitable District and campus activities. | |
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| Objective 1: Support the physical, mental/emotional, and nutritional wellbeing of employees with health promotion programs/initiatives through the District's Employee Wellness Program (EAP). | |
| Action Steps | Methods for Measuring Implementation |
| <ul style="list-style-type: none"> • AISD EAP and Wellness Coordinator promotes and educates staff on <i>eWellness</i> program through various outlets, including monthly newsletter, Wellness Champions, Wellness Portal, <i>eWellness</i> website, and the like. • District-wide Wellness Challenges will focus on varying components, including healthy physical activity, nutritional wellness, and/or mental wellbeing/stress management with incentives to drive staff engagement. • AISD EAP and Wellness Coordinator will coordinate onsite preventative services for all AISD facilities such as flu shot clinics, biometric screenings, and fitness classes. | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Aggregate Health Risk Assessment Report • Aggregate Biometric Screening Report • Health-Care Claims Analysis <p>Resources needed:</p> <ul style="list-style-type: none"> • Campus Wellness Champion identified at every AISD campus • Staff has access to online physical activity and nutrition education/cooking recipes and demonstration videos through Wellness Portal <p>Obstacles:</p> <ul style="list-style-type: none"> • Program awareness/communication barriers |
| Objective 2: Promote a healthy work-life balance that supports the behavioral/emotional wellness for all employees and their families through the district's Employee Assistance Program (EAP). | |
| Action Steps | Methods for Measuring Implementation |
| <ul style="list-style-type: none"> • Educate through onsite trainings and District-wide communications all free and confidential services available through the EAP. • Offer free onsite EAP wellness classes (non-fitness-related) and stress management workshops at rotating AISD facilities. • Provide 24/7 EAP support through a dedicated phone number to an intake call center staffed with counselors. | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Quarterly EAP Utilization Report <p>Resources needed:</p> <ul style="list-style-type: none"> • Online EAP website portal providing resources for work-life balance • 24/7 Help Line phone number for initiating EAP services/support <p>Obstacles:</p> <ul style="list-style-type: none"> • Program awareness |

Austin ISD
227901

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)