

Mount Pleasant ISD 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 food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. A letter will be posted in a central area of each campus inviting members of the community, parents, students, representatives of the school board, employees of the school food authority, PE teachers, school health professionals and school administrators will be invited to become involved in the development, implementation and review of the District Wellness Policy.

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 Director of Student Services 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, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District.

The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

The SHAC will monitor this by:

1. Requesting the Annual MPISD Campus Wellness Plan Compliance Survey be completed by all District 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

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:

Students will have opportunities to participate in student taste testing of foods with lower levels of sodium, fats and trans-fats at the campus level or at local food shows.

Action Steps:

1. Student Food tasting will be offered at each campuses Meet the Teacher event annually.
2. Periodic testing of foods will be offered to students in the cafeteria dining room

School and Community Stakeholders:

Food Service Department administration and staff

Resources Needed:

Access to students, a plan for new foods for students to try

Measures of Success: All k-12 campuses participating in a tasting event once per year

Objective 2: Staff is strongly encouraged to model healthful eating habits and discouraged from eating in front of children during regular class time, outside of activities related to the nutritional education curriculum.

Action Steps: All campus principals will communicate with educational staff to abide by the recommendation above.

School and Community Stakeholders: All campus educational staff and administration.

Resources Needed: None

Measures of Success: Requesting the Annual MPISD Campus Wellness Plan Compliance Survey be completed by all District Campuses.

GOAL 2: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

Objective 1: Links to websites, which promote healthy nutrition choices, will be posted on the District’s Food Service web page, which is accessible, by parents and the public.

Action Steps: Websites that promote healthy nutrition choices will be published on the District’s Monthly Menus.

School and Community Stakeholders: Food Service Administration Staff

Resources Needed: District technical support

Measures of Success: A review of the websites will be made by the Food Service Administration staff to ensure that all posted websites are current and working.

Objective 2: Posters and decorations with healthy eating messages will be posted on all District cafeteria dining rooms.

Action Steps: Secure signage with healthy eating messages and post them in the campus dining rooms.

School and Community Stakeholders: Food Service Administration and Staff

Resources Needed: Posters and Signage

Measures of Success: The Food Service Administration will review all campuses to ensure that all campus dining rooms are displaying the proper signage.

GOAL 3: The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.

Objective 1: An annual review will be made of all food and beverage advertisement on all district campuses.

Action Steps: A designee of the campus principal will make a review of all food and beverage advertisements on campuses and will report to the Food Service Department any food and beverage advertisements, which contain any products other than those that meet the federal

guidelines for competitive foods. The Food Service Director will then contact the vendor and ask for the advertisement to be replaced or removed.

School and Community Stakeholders: Campus principals, campus designees, Director of Food Services

Resources Needed: None

Measures of Success: The absence of all non-compliant food and beverage advertising.

Goals for Nutrition Education

The primary goal of nutrition education is to influence the nutrition behaviors of students. Building this knowledge will help children make healthy eating choices. Mt. Pleasant will provide a variety of nutritional education that is age appropriate. Health curriculum will also address nutrition through health-related course offerings.

*Students in all grades receive nutrition education that is age appropriate.

*Nutrition education is offered in the school dining areas through Child Nutrition posters and pamphlets that outline proper and healthy nutrition.

*District health courses are available at age-appropriate levels and include information on proper nutrition.

*Promotions through the child nutrition department will be centered on healthy eating habits and participation in the school lunch program.

*USDA and TDA Smart Snack regulations are provided to principals, directors, coaches, and student organizational sponsors.

*MPISD will ensure that all foods and beverage advertisements accessible to students during the school day depict products that meet the federal food guidelines for meals and competitive foods.

Action Items: Communicate with campus leadership concerning nutrition education requirements.

Provide campus leaders with USDA and TDA Smart Snack regulations.

Evaluate food and drink advertisements on campuses.

Evaluate promotional materials to determine if they promote healthy eating habits.

Resources: Nutritional poster, flyers, brochures. Educational materials focused on nutritional wellness.

Goals for Physical Activity

*Mt. Pleasant ISD will provide students with physical education, using age-appropriate physical education curriculum and experiences. The curriculum and activities will promote the benefits of a physically active lifestyle and activities.

*Campuses will provide students with opportunities to participate in developmentally appropriate regular physical activity outside the regular classroom setting.

*The district will provide opportunities for students to develop the knowledge and skills for specific physical activities in accordance with district, state, and national guidelines according to course expectations.

*Time allotted for physical activity will be consistent with national and state standards. (30 minutes daily(k-5) 225 minutes weekly (6-8)

*Junior High track and field area is available after hours for public recreational use.

*Mt. Pleasant ISD will annually participate in the required FitnessGram Physical Fitness Assessment Program for students in grades 3-12 and who are enrolled in a Physical Education course.

Action Items: Provide staff with resources and information to assist the completion of FitnessGram.

Monitor scheduling for appropriate time allocations for physical activity.

Monitor the availability of district area property for physical activity to the community.

Resources: Technology for FitnessGram, staff to complete FitnessGram. time for data entry.

Measure of Success: Local District Wellness Plan Assessment

Goals for Other School-Based Activities

*Student health is supported by the Registered nurse on each campus coordinating health screenings and taking care of the health of students and staff on their campus.

*MPISD SHAC will evaluate goals set in the District's Local Wellness Plan.

*Health information will be provided to parents and community members through the district website and other forms of communication.

SHAC will work together with teachers, nutritional services, nursing services, administrators, and parents to create strategies to integrate health into a coordinated program that reflect local values.

Action Items: Provide health information to the district webmaster to be posted on the district website.

Meet as a committee to evaluate the district wellness plan.

Resources: None

Measure of Success: Local District Wellness Plan Assessment

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 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.

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. [See CO(LEGAL)]

The District will allow the following exempted fundraisers for the 2020–21 school year (if any exemptions are allowed, they will be listed here by campus)

Campus or organization:

Food or beverage:

Number of days:

Campus or organization:

Food or beverage:

Number of days:

Campus or organization:

Food or beverage:

Number of days:

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Time and Place of Competitive Food Sales

The sale of competitive foods sold outside of the Food Service will be restricted to the following:

- No competitive foods or beverages will be sold in the cafeterias or where reimbursable meals are being consumed.
- Elementary and Middle Schools will restrict the sales of competitive foods and beverages until after the end of the final lunch period of the day.
- Competitive foods will not be allowed to come into the area where After School Care meals are being consumed or served.
- High School student organizations may sell competitive foods throughout the regular school day, but may not sell where reimbursable meals are being sold or consumed.

Record Keeping

A provision of the Healthy, Hunger-Free Kids Act of 2010 requires that records of all competitive foods sold to schoolchildren be kept for 3 years. Each campus that allows competitive food sales to children will be required to keep records of all foods sold to children and make those records available upon request. These records will be required with the school district is reviewed by the Texas Department of Agriculture as part of its Administrative Review of the Child Nutrition Programs. The required records are:

- Receipts and invoices of purchases made.
- Bank Records showing where the funds came from to purchase the competitive foods for sale to students.

- Nutritional labeling of items sold.
- Proof of compliance with the nutritional guidelines from the Smart Snacks Calculator located on the Alliance for a Healthier Generation website at:

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/

Campuses participating in competitive food sales will need to designate someone to be responsible for retaining all required records.

Foods and Beverages Provided

The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function. [See CO(LEGAL)]

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

Elementary school:

School celebrations will be held after the campuses' normally scheduled lunch periods, allowing all students an opportunity to participate in the National School Lunch and Breakfast Programs prior to participating in any school celebration.

Parents will be made aware in advance when a celebration with food is taking place and what is to be served.

Teachers will make contact with the school nurse to check on any possible food allergies that their students may have prior to the celebration.

When parents or grandparents choose to provide food for a student's birthday for the child and his/her classmates, the food either shall be from a commercial bakery or shall be pre-packaged and sealed food items.

Middle/junior high school: School celebrations will be held after the campuses' normally scheduled lunch periods, allowing all students an opportunity to participate in the National School Lunch and Breakfast Programs prior to participating in any school celebration.

Parents will be made aware in advance when a celebration with food is taking place and what is to be served.

Teachers will make contact with the school nurse to check on any possible food allergies that their students may have prior to the celebration.

When parents or grandparents choose to provide food for a student's birthday for the child and his/her classmates, the food shall be either purchased from a commercial bakery or shall purchase pre-packaged and sealed food items.

High school: School celebrations will be held after the campuses' normally scheduled lunch periods, allowing all students an opportunity to participate in the National School Lunch and Breakfast Programs prior to participating in any school celebration.

Parents will be made aware in advance when a celebration with food is taking place and what is to be served.

Teachers will make contact with the school nurse to check on any possible food allergies that their students may have prior to the celebration.

When parents or grandparents choose to provide food for a student's birthday for the child and his/her classmates, the food shall be either purchased from a commercial bakery or shall purchase pre-packaged and sealed food items.

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 TDA, reviewing foods and beverages that are sold in competition with 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.

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:

2. A copy of the wellness policy [see FFA(LOCAL)];
3. A copy of this wellness plan, with dated revisions;
4. Notice of any Board-adopted revisions to FFA(LOCAL);
5. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
6. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
7. The SHAC's triennial assessment; and
8. Any other relevant information.

The District will also publish the above information in appropriate District or campus publication.

Records Retention

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. Questions may be directed to the superintendent of schools, the District's designated records management officer. [See CPC(LOCAL)]

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.