

Mt. Pleasant Independent School District Local School Wellness Plan

Revised Draft 2026

Aligned with Board Policy FFA(LOCAL), USDA Regulations, and 2025-2026 Triennial Assessment Findings

Purpose

- This Wellness Plan implements Board Policy FFA(LOCAL) and establishes clear goals, procedures, and accountability measures to support student nutrition, physical activity, mental health, and overall wellness. This plan aligns with federal requirements under the National School Lunch Act and incorporates findings from the 2025-2026 Triennial Assessment.

Leadership & Oversight

- The Director of Student Services oversees district-wide implementation of the Wellness Plan.
- Campus principals are responsible for campus-level implementation and compliance.
- The Student Health Advisory Council (SHAC) reviews implementation annually and conducts a triennial assessment every three years.
- Results are reported to the Board of Trustees and posted publicly on the district website.

Nutrition Promotion

Measurable Goals

- Ensure 100% compliance with Smart Snacks standards based on annual campus audits.
- Conduct at least one student taste-testing event per year.
- Post and update nutrition information monthly.
- Achieve 100% campus completion rate of the Annual Wellness Compliance Survey.

Plan Provisions

- Promote participation in the National School Lunch Program (NSLP) and School Breakfast Program (SBP).
- Ensure all foods and beverages marketed to students during the school day meet federal Smart Snacks in School nutrition standards.
- Provide student taste-testing opportunities annually.

Share healthy nutrition information through menus, the district website, and cafeteria signage.

- Annually monitor campus compliance through a Campus Wellness Compliance Survey.

Nutrition Education

Measurable Goals

- Ensure 100% of campuses provide age-appropriate nutrition instruction annually.
- Maintain nutrition education materials in 100% of cafeteria spaces.
- Provide Smart Snacks training to 100% of principals, sponsors, and coaches annually.
- Include nutrition education review in annual campus wellness reports.

Plan Provisions

- Provide age-appropriate nutrition instruction through health curriculum and classroom integration.
- Display educational nutrition materials in dining areas.
- Provide Smart Snacks guidance to principals, sponsors, and coaches annually.

- Measure effectiveness through annual wellness review and campus reporting.

Physical Activity & Physical Education

Inclement Weather Physical Activity Plan

- Provide structured indoor physical activity alternatives such as fitness circuits, yoga, and movement stations.
- Limit sedentary activities such as movies to no more than 10% of physical activity time.
- Ensure all campuses maintain an indoor activity plan aligned to state requirements.
- Document implementation through lesson plans or activity logs.

Measurable Goals

- Ensure 100% compliance with required physical activity minutes.
- Administer FitnessGram to 100% of eligible students annually.
- Conduct annual master schedule reviews at all campuses.
- Maintain or expand community access to facilities where feasible.

Plan Provisions

- Provide 30 minutes daily physical activity for kindergarten through fifth grade and 225 minutes weekly for grades six through eight in alignment with state standards.
- Offer developmentally appropriate physical education curriculum.
- Administer the FitnessGram Physical Fitness Assessment annually for eligible students in grades three through twelve.
- Monitor campus master schedules annually to ensure compliance with physical activity requirements.
- Maintain community access to district facilities when feasible, such as track access after school hours.

Student Health & Preventative Services

Attendance & Health Services Coordination

- Allow campus nurses to document and verify illness-related exclusions, including fever, vomiting, and diarrhea.
- Provide documentation to support excused absences in alignment with district attendance policies.
- Ensure consistency across campuses in applying health-based attendance decisions.
- Communicate guidelines annually to parents and staff.

Measurable Goals

- Complete required screenings for 100% of eligible students annually.
- Provide at least one preventative health education program per campus per year.
- Ensure 100% of campuses have access to coordinated health services.
- Track and report student health services annually.

Plan Provisions

- Registered nurses on each campus coordinate required health screenings and student health services.
- Annual vision, hearing, and scoliosis screenings are conducted per Texas state guidelines.
- Preventative education programs include hygiene and puberty instruction and dental presentations.
- Participation in the Texas Vaccines for Children program helps ensure access to required immunizations.
- Mental and behavioral health supports are available, including campus-based services and referral processes.

Mental & Behavioral Health Supports

Enhanced Crisis Intervention Protocols

- Define clear criteria for intervention, including threats of harm to self or others, severe emotional distress, or behavioral escalation.
- Ensure immediate response by trained campus personnel such as a counselor, administrator, or nurse.
- Implement same-day parent or guardian notification for all crisis-level incidents.
- Establish documented referral pathways to community mental health providers within 24 hours.

Measurable Goals

- Implement MTSS framework on 100% of campuses.
- Ensure 100% of campuses provide access to counseling services.
- Provide annual staff training on mental health awareness.
- Track student referrals with annual reporting to SHAC.
- Maintain at least one community mental health partnership.

Plan Provisions

- Use a Multi-Tiered System of Supports (MTSS) framework to address student needs.
- Provide campus counseling services for academic, social, and emotional support.
- Maintain referral processes for crisis intervention and partnerships with community mental health providers.
- Review student support programs annually through the Student Health Advisory Council.

Nutrition Guidelines & Competitive Foods

Measurable Goals

- Maintain 100% compliance with USDA and Smart Snacks standards.
- Retain compliance documentation for a minimum of three years.
- Conduct annual compliance reviews at each campus.

Plan Provisions

- All campuses comply with USDA meal requirements and Smart Snacks in School standards.
- Competitive food sales are restricted according to federal and Texas Department of Agriculture regulations.
- Records of compliance are maintained for three years and reviewed during Texas Department of Agriculture Administrative Reviews.

Monitoring & Evaluation

Measurable Goals

- Achieve 100% campus participation in the Annual Wellness Compliance Survey.
- Conduct annual SHAC review of wellness implementation.
- Complete and publish the triennial assessment every three years.
- Present wellness updates to the Board at least once annually.
- Post plan revisions within 30 days of updates.

Plan Provisions

- An Annual Campus Wellness Compliance Survey is completed by all campuses.
- The Student Health Advisory Council reviews implementation annually.
- A formal triennial assessment is conducted every three years as required by federal law.

- Results are reported to the Board of Trustees and posted publicly on the district website.
- Plan revisions are documented with dated updates.

Public Notification

Measurable Goals

- Post wellness plan document to district webpage.
- Post SHAC meeting notices prior to each meeting.
- Review web content annually for accuracy.
- Post annual review of wellness plan.