

#### 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 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:

1. *Listing in the student handbook the name and position of the person overseeing the Districts SHAC and wellness policy/plan.*
2. *Post SHAC information on district website.*
3. *Solicit and follow up recommendations of new member involvement.*

#### 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 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.

### 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, 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. This will be referred to as the "triennial assessment."

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

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

Smarter Lunchrooms' website  
(<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>)

*TDA Food and Nutrition website ([www.squaremeals.org](http://www.squaremeals.org))*

*Center for Disease control and prevention  
(<https://www.cdc.gov/healthyschools/npao/wellness.htm>)*

*Action for Healthy Kids website  
(<http://www.actionforhealthkids.org/tools-for-schools/revise-district-policy/wellness-policy-tool>)*

### PUBLIC NOTIFICATION

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:

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 meetings
6. The SHAC's triennial assessment; and
7. Any other relevant information.

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

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#### 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 Business Manager, the District's designated records management officer.

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#### 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).

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#### 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 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.

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. 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> (see the Complete *Administrator Reference Manual* [ARM], Section 20, Competitive Foods)

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)]

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The District will allow the following exempted fundraisers for the 2023\_\_–2024\_\_ school year:

| Campus or Organization | Food / Beverage | Number of Days |
|------------------------|-----------------|----------------|
| school classes         | any             | 6              |
| school organizations   | any             | 6              |

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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

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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 foods and beverages made available to students: Although a parent or grandparent is not prohibited from providing food for a school-designated function or for children in the child's or grandchild's classroom for his or her birthday, please be aware that children in the school may have severe allergies to certain food products. Therefore, it is imperative to discuss this with the child's teacher prior to bringing any food in this circumstance. Occasionally, the school or class may host certain functions or celebrations tied to the curriculum that will involve food. The school or teacher will notify students and parents of any known food allergies when soliciting potential volunteers for bringing food products.

#### 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.

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#### 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. *Participating in discussions at administration/department head meetings on the promotion of healthy food choice advertisement within the school.*
2. *Collaborate with dietary/nutrition director and monitor nutrition advertisement in the cafeteria and food service area.*

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 goal(s) for nutrition promotion.

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| <b>GOAL:</b> The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings. |  |
| <b>Objective 1: Educate students/staff on healthy nutrition</b>   |  |
| <b>Action Steps</b>   | <b>Methods for Measuring Implementation</b>  |
| 1. Display nutrition flyers/posters in cafeteria along with daily menus for students/staff.   | Measure of Implementation: <ul style="list-style-type: none"> <li>● View of posters/flyers displayed</li> <li>● Menus displayed</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>● Posters/flyers that promote healthy eating and good nutrition</li> <li>● current menus</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>● Students do not always read displayed messages.</li> </ul> |
| <b>Objective 2: Educate parents and community on ISD nutrition objectives</b>   |  |
| <b>Action Steps</b>   | <b>Methods for Measuring Implementation</b>  |
| 1. Information relating to school nutrition will be available in the student handbook (paper or online).<br>2. Provide menus via multiple resources.  | Measure of Implementation: <ul style="list-style-type: none"> <li>● Documented receipt of student handbook</li> <li>● View of menus via website or newspaper</li> </ul>  |

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|  | <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● Handbooks and or access to website. Menu board in cafeteria</li> <li>● Access to local newspaper</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● Parents/students do not always read information available</li> </ul> |
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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 health program with a nutrition services and health education component at the elementary and middle school levels. [See EHAA]

Hemphill ISD participates in the School Breakfast Program and National School Lunch Program and offers students nutritionally balanced meals daily in accordance with standards set forth in state and federal law.

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition education.

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| <b>GOAL:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors. |  |
| <b>Objective 1: Promote good nutrition through staff education</b>   |  |
| <b>Action Steps</b>  | <b>Methods for Measuring Implementation</b>  |
| 1. Allow/encourage dietary staff to attend staff development at regional service center and workshops.                             | <p>Measure of Implementation:</p> <ul style="list-style-type: none"> <li>● Record of trainings attended</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● Workshops available</li> <li>● Onsite training tools</li> </ul> |

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|  | <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Availability.</li> <li>• Time constraints</li> </ul>  |
| <b>Objective 2: Awareness of nutritional updates and changes</b>   |  |
| <b>Action Steps</b>  | <b>Methods for Measuring Implementation</b>  |
| <p>1. Food service director will address nutrition guidelines/updates with administration and department heads at staff administration meetings.</p> | <p>Measure of implementation:</p> <ul style="list-style-type: none"> <li>• Documentation of updates/changes presented</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Dietary director/administration documentation</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• May be limited communication</li> </ul> |

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| <b>GOAL:</b> The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.  |   |
| <b>Objective 1: Incorporate nutrition education where appropriate</b>  |   |
| <b>Action Steps</b>  | <b>Methods for Measuring Implementation</b>   |
| <p>1. Healthy eating behaviors will be addressed in curriculum throughout grade levels. Class examples such as nutrition and wellness, child development, healthy choice lesson plans and good dental health programs.</p> | <p>Measure of Implementation:</p> <ul style="list-style-type: none"> <li>• View of student participation</li> <li>• View of integrated lesson plans</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Curriculum/lesson plans</li> <li>• Educators</li> <li>• Programs available</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• varied lessons per grade</li> </ul> |
| <b>Objective 2: Promote importance of healthy nutrition as it relates to physical activity</b>   |   |
| <b>Action Steps</b>  | <b>Methods for Measuring Implementation</b>   |
| <p>1. Physical education/ Athletic classes will offer comprehensive education on importance of good nutrition.</p>   | <p>Measure of Implementation:</p> <ul style="list-style-type: none"> <li>• View of lesson plans</li> <li>• Student attendance</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Curriculum/lesson plans</li> </ul>   |



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|  | <ul style="list-style-type: none"> <li>• Educators</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Not all students are enrolled in athletics/PE at some grade levels</li> </ul> |
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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:

*In accordance with policies at EHAB, EHAC, EHBG, and FFA, the district will ensure that students in full-day prekindergarten through grade 5 engage in moderate or vigorous physical activity for at least 30 minutes per day or 135 minutes per week.*

*In accordance with policies at EHAB, EHAC, EHBG, and FFA, the district will ensure that students in middle or junior high school will engage in 30 minutes of moderate or vigorous physical activity per day for at least four semesters OR at least 225 minutes of moderate or vigorous physical activity within each two-week period for at least four semesters.*

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.

**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.

| <b>Objective 1: Meet physical activity requirements</b>  |  |
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| <b>Action Steps</b>  | <b>Methods for Measuring Implementation</b>  |
| 1. Provide required minimum time of planned and supervised physical activity for students.                                 | <p>Measure of Implementation:</p> <ul style="list-style-type: none"> <li>● Schedule of enrollment/attendance.</li> <li>● View of requirements</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● Curriculum/lessons plans</li> <li>● Educators</li> <li>● Physical education equipment</li> <li>● Physical education environment such as gym, fields, track</li> </ul> <p>Obstacles:</p>                       |
| <b>Objective 2: Promote safe and appropriate environment for physical activity</b>   |  |
| <b>Action Steps</b>  | <b>Methods for Measuring Implementation</b>  |
| 1. Maintain outdoor playground area/gyms and physical education equipment/fields needed for appropriate physical activity. | <p>Measure of Implementation:</p> <ul style="list-style-type: none"> <li>● View of outdoor grounds and equipment maintained</li> <li>● View of gyms and equipment maintained</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● Maintenance department</li> <li>● Funding for equipment</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● Funding for equipment and maintenance</li> </ul> |

**GOAL:** The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

**Objective 1: Inform staff of resources available**

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| <b>Action Steps</b>  |   |
| 1. The district will encourage and promote staff development training emphasizing physical activity. | <p>Measure of Implementation:</p> <ul style="list-style-type: none"> <li>• Certificate of training completed</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• workshop and training clinics</li> </ul> <p>Obstacles: time constraints</p>   |
| <b>Objective 2: Promote physical activity in lesson plans when appropriate</b>                       |   |
| <b>Action Steps</b>  | <b>Methods for Measuring Implementation</b>   |
| 1. Classroom educators will incorporate physical activity into academic class time when appropriate  | <p>Measure of Implementation:</p> <ul style="list-style-type: none"> <li>• View of lesson plans incorporating physical activity into academics</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• curriculum/lesson plans</li> <li>• equipment and space</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• equipment and space</li> </ul> |

**GOAL:** The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

**Objective 1: Promote healthy life activities**

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| <b>Action Steps</b>   | <b>Methods for Measuring Implementation</b>  |
| 1. Promote health and wellness in areas such as district bulletin boards, website, flyers/posters and during school announcements | <p>Measure of Implementation:</p> <ul style="list-style-type: none"> <li>• View of health and wellness promotion displayed in different areas of the campus</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• bulletin boards, website, intercom, flyers/posters</li> </ul> |

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|  | <ul style="list-style-type: none"> <li>materials of health and wellness promotion</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>sometimes limited view</li> </ul>  |
| <b>Objective 2: Encourage employee participation in activities and trainings</b>   |  |
| <b>Action Steps</b>  | <b>Methods for Measuring Implementation</b>  |
| 1. Encourage participation in health screenings, CPR and first aid trainings, walking and exercise clubs and preventative health clinics | <p>Measure of Implementation:</p> <ul style="list-style-type: none"> <li>lists of participation</li> <li>view of goals completed</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>health clinic day and resources</li> <li>training video and equipment</li> <li>participants</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>time constraints</li> <li>sometimes limited participation</li> </ul> |

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| <b>GOAL:</b> The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events. |  |
| <b>Objective 1: Promote family participation in physical activity events</b>  |  |
| <b>Action Steps</b>   | <b>Methods for Measuring Implementation</b>  |
| 1. Promote events as a family activity, such as field day, red ribbon week, fitnessgram, relay for life, sporting events after school hours, etc.                         | <p>Method of Implementation:</p> <ul style="list-style-type: none"> <li>Documentation of events available</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Online website announcement</li> <li>Information sent home of events</li> <li>Varied events/activities</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>limited parent involvement</li> <li>funding</li> </ul> |
| <b>Objective 2:</b>   |  |
| <b>Action Steps</b>   | <b>Methods for Measuring Implementation</b>  |
|   | <p>Baseline or benchmark data points:</p> <p>Resources needed:</p>   |

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|  | Obstacles: |
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| <b>GOAL:</b> 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. |   |
| <b>Objective 1: Allow community members and employees use of physical activity areas</b>   |   |
| <b>Action Steps</b>  | <b>Methods for Measuring Implementation</b>   |
| <ol style="list-style-type: none"> <li>1. Allow access to track after hours and weekends.</li> <li>2. Allow access to employees of weight/exercise equipment room and gyms.</li> </ol>   | Measure of Implementation: <ul style="list-style-type: none"> <li>• View of open access to facilities</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>• access to exercise/weight room/gym</li> <li>• open track</li> </ul> Obstacles <ul style="list-style-type: none"> <li>• weather</li> <li>• security</li> </ul> |
| <b>Objective 2:</b>  |   |
| <b>Action Steps</b>  | <b>Methods for Measuring Implementation</b>   |
|  | Measure of Implementation:<br><br>Resources needed:<br><br>Obstacles:   |

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

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environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.

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| <b>GOAL:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. |   |
| <b>Objective 1: Provide a comfortable eating environment with adequate eating times</b>  |   |
| <b>Action Steps</b>  | <b>Methods for Measuring Implementation</b>   |
| 1. District will maintain appropriate eating schedules for all students  | Measure of Implementation: <ul style="list-style-type: none"> <li>meals are completed as scheduled</li> <li>documented eating schedules</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>monitor for students</li> <li>written eating schedules</li> </ul> Obstacles:  |
| <b>Objective 2: Provide a clean, safe and comfortable eating environment</b>   |   |
| <b>Action Steps</b>  | <b>Methods for Measuring Implementation</b>   |
| 1. District will maintain safe, clean cafeteria  | Measure of Implementation: <ul style="list-style-type: none"> <li>View of dietary staff job duties/job description</li> <li>View of cleanliness of cafeteria before and after meals</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>cafeteria staff and assigned duties</li> <li>monitor for students</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>funding for cafeteria staff</li> </ul> |

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| <b>GOAL:</b> The District shall promote employee wellness activities and involvement at suitable District and campus activities. |   |
| <b>Objective 1: Promote activities of employee wellness</b>  |   |
| <b>Action Steps</b>  | <b>Methods for Measuring Implementation</b> |

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| <ol style="list-style-type: none"> <li>1. Allow use of school exercise equipment, track, and gyms to employees as available.</li> <li>2. Announce and inform employees of events such as weight loss and walking programs, etc. for those who wish to participate.</li> <li>3. Events will be offered to employees as available such as influenza vaccines, relay for life events, health screenings, CPR training, etc.</li> </ol> | <p>Measure of Implementation:</p> <ul style="list-style-type: none"> <li>● Feedback from employees of use of equipment and areas.</li> <li>● Documented participation in events</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● website, announcements, email</li> <li>● exercise equipment/ground facilities</li> <li>● clinics and resources</li> <li>● videos and equipment</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● limited varied participation</li> </ul> |
| <p><b>Objective 2: Community and Staff Awareness of SHAC</b></p>  |   |
| <p><b>Action Steps</b></p>  | <p><b>Methods for Measuring Implementation</b></p>  |
| <ol style="list-style-type: none"> <li>1. Post and update SHAC info on website</li> <li>2. SHAC info available in handbook</li> </ol>   | <p>Measure of Implementation:</p> <ul style="list-style-type: none"> <li>● SHAC info visible on website</li> <li>● View of info in handbook</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● website</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● varied participation</li> <li>● computer access</li> </ul>   |