

KISD 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. Post on district website
2. Utilize district social media

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 Superintendent or his/her designee(s) 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. Conducting periodic reviews of campus environments, including cafeterias, vending areas, and common areas, to ensure all food and beverage marketing and advertising comply with Smart Snacks standards.
2. Reviewing contracts and promotional materials related to food and beverage vendors to confirm compliance with federal nutrition requirements.

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 shall implement consistent, age-appropriate nutrition messaging in cafeterias, classrooms, and other appropriate settings through food service staff, teachers, and District personnel.

Objective 1: By the end of each school year, the District will increase participation in the federal child nutrition program.

Action Steps:

- Display nutrition education signage and visual supports in cafeterias and other common areas
- Provide food service staff, teachers and other District personnel with guidance and materials to support consistent nutrition messaging

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: By the end of each school year, the District will provide ongoing, accessible nutrition education to families and the community through multiple communication platforms to increase awareness of healthy eating practices and available school nutrition programs.

Action Steps:

- Implement food sharing tables
- Increase awareness of the Nutri Slice Menu App (campus newsletters, parent communication systems, etc.)

Goals for 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 component addressing nutrition services and health education at the elementary and middle school levels. [See EHAA]

Implementing Goals for Nutrition Education

GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: By the end of each school year, all campuses will integrate nutrition education to reinforce healthy eating concepts and student wellness.

Action Steps:

- Encourage campus administrators and instructional staff to incorporate nutrition examples, lessons or discussions during instruction, as appropriate.
- Implement nutrition-focused lessons as a part of the Health curriculum

Goals for Physical Activity

Federal law requires that the District establish goals for physical activity in its wellness policy. In accordance with state law, the District will implement a coordinated health program with physical education and physical activity components. The District will offer at least the required amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC], as follows:

Implementing 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.

Objective 1: By the end of the school year, the District will promote and reinforce physical activity which also benefits emotional health.

Action Steps:

- Encourage campus staff to provide opportunities for non-competitive physical activity
- Communicate opportunities to students and families through campus communication platforms

GOAL 2: The District shall encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective 1: By the end of each school year, the teachers will implement developmentally appropriate physical activity integration strategies within academic instruction to enhance student engagement, wellness, and learning outcomes.

Action Steps:

- Recognize and share successful implementation examples across campuses to promote consistency
- Encourage classroom “movement breaks” when appropriate

GOAL 3: The District shall make appropriate after-school physical activity programs available and shall encourage students to participate.

Objective 1: By the end of each school year, campuses will encourage student and family participation in the Walk Across Texas program.

Action Steps:

- Share information about the program through campus communication platforms
- Establish dates and provide clear registration information and guidelines

Goals for 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, create an environment that encourages healthful eating and physical activity, and promote a consistent wellness message.

Implementing Goals for Other School-Based Activities

GOAL 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Objective 1: Each school year, the District recommends that administrators schedule a minimum of 30 minutes per lunch period.

Action Steps:

- Make administrators aware so that bell schedules will reflect the recommendation
- Stagger student release, if needed, to maximize time for student to eat
- Review cafeteria operations yearly if needed to stream line meal service routines

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

Objective 1: Each year the District will provide opportunities for students and their families to learn about school and community resources that promote physical and mental health.

Action Steps:

- Promote events through multiple communication platforms
- Establish an annual calendar of wellness events that promote physical and mental health (e.g., fun runs, field days, Family Fiesta)
- Provide interactive activities that encourage family participation and promote healthy habits

GOAL 3: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Objective 1: Each year, District employees have resources available to support and maintain a healthy lifestyle.

Action Steps:

- Promote available employee wellness resources annually, including the district fitness center
- Provide clear information on how employees can enroll in the wellness program, track physical activity, and earn an incentive.
- Share mental health and counseling resources through newsletters, staff meetings, and district communication platforms.

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.

The following websites have information regarding meal and Smart Snack requirements:

USDA: Smart Snacks in Schools: <https://www.fns.usda.gov/school-meals/nutrition-standards/smartsnacks>

Square Meals: <https://squaremeals.org/Programs/National-School-Lunch-Program>

School Nutrition Standards: <https://www.fns.usda.gov/cn/school-nutrition-standards-updates>

ALL foods or beverages sold at ALL grade levels on non-exempt days must meet the nutrition requirements. Foods or beverages should not be sold during meal service.

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)]

Each campus shall submit annual Smart Snacks fundraiser exemption requests to the Superintendent or designee. Approved exemption days will be documented in Appendix [A]: Smart Snacks Fundraiser Exemption Log and maintained as part of the District SHAC Wellness Plan administrative records. The appendix will be updated annually to reflect approved campus submissions and will not require formal policy revision.

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)]

The District encourages that foods and beverages provided to students at no charge meet the Smart Snack standards. The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods. Food that is given away, not sold, to students shall meet the compliance standards for fundraisers (See Texas Department of Agriculture Fundraisers Guidance). Foods and beverages provided should also comply with the District's Food & Severe Allergy Management Plan to limit risk of allergen exposure to students with food allergies. When food is provided to students, it should not be given during the school meal service times. The District also recommends the use of non-food rewards, such as stickers, pencils, special privileges (i.e. line leader, homework pass), etc., for rewards and incentives.

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:

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-adopted revisions to FFA(LOCAL);
4. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
5. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
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 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 Director of Guidance and Counseling and/or the District's designated records management officer. [See CPC(LO-CAL)]

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.

Appendices

Appendix A – Smart Snacks Fundraiser Exemption Log (2025-2026 School Year)

Campus	Approved Number of Days
Helen Edwards Early Childhood Center	4
J.W. Monday Elementary	5
J.R. Phillips Elementary	5
Lucille Nash Elementary	2
O.P. Norman Junior High School	3
Kaufman High School	2
Gary W. Campbell High School	2