



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. *Provide an opportunity for volunteers to participate in SHAC.*
2. *Post meeting notices, agendas, and minutes on the district website.*
3. *List information about SHAC in the student handbook.*
4. *Notice to all PTA presidents informing them about SHAC and soliciting their participation.*

## **Responsibility for Implementation**

Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including submitting 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 for ensuring that each campus complies with the policy and plan.

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## **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. *Child Nutrition will submit a list of Smart Snacks offered for sale during the school day.*

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.

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

### **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:**

**Actions Steps:** Implement Farm Fresh Friday each month during the school year in the school cafeterias as directed by the Child Nutrition Coordinator.

**School and Community Stakeholders:**

**Resources Needed:** Specially-ordered fresh produce and educational materials

**Measures of Success:** 100% cafeteria compliance

#### **Objective 2:**

**Actions Steps:** Offer new menu items each month to promote variety and encourage participation in the NSLP and SBP.

**School and Community Stakeholders:** Staff, students, teachers, and other District personnel

**Resources Needed:** New food products

**Measures of Success:** 100% compliance

**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:**

**Actions Steps:**

1. Develop and maintain a comprehensive Child Nutrition webpage and Facebook page to communicate and market nutrition program information and activities.
2. Provide nutrition education opportunities to students and family members. ie, cooking clubs

**School and Community Stakeholders:** Staff, students, teachers, and community members

**Resources Needed:** Labor

**Measures of Success:** Ongoing reviews and postings

#### **Objective 2:**

**Actions Steps:** The Child Nutrition Department will post nutritional content of all items offered at breakfast and lunch via web-based menus.

**School and Community Stakeholders:** Staff, students, teachers, and other District personnel

**Resources Needed:** Nutrition information from manufacturers

**Measures of Success:** Menus updated monthly and monitored for accuracy

**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:**

**Actions Steps:** The district shall have authority and control over advertising on district property.

**School and Community Stakeholders:** Staff, students, teachers, and community members

**Resources Needed:** Vendors to be included on the district-approved list and information disseminated with district approval

**Measures of Success:** Requests for approval of items to be offered on campuses

**Objective 2:**

**Actions Steps:** Monitor vending machines on time control to make sure times are set for after-school hours.

**School and Community Stakeholders:** Staff, students, teachers, and community members

**Resources Needed:** The times when all vending machines are set

**Measures of Success:** Reports to principals on vending machine hours

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## **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]

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

### **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:**

**Actions Steps:** The CN Department will provide nutrition education resources on the district CN webpage for parents and teachers to access and use accordingly.

**School and Community Stakeholders:** Staff, students, and teachers

**Resources Needed:** Social Media accounts, access to Denton ISD website

**Measures of Success:** Number of media posts as reported by the Child Nutrition department upon request

**Objective 2:**

**Actions Steps:** There are two Texas Essential Knowledge and Skills taught vertically in K-5 Physical Education that address choosing healthy food and hydration. Classroom teachers address additional health-related standards.

**School and Community Stakeholders:** Staff, students, and teachers

**Resources Needed:** Lesson plans, Units of Study curriculum guides online, CATCH curriculum

**Measures of Success:** Formative assessments

**Objective 3:**

**Actions Steps:** Annually select schools within the district to have student advisory committees review and evaluate menus, and share meal pattern guidelines.

**School and Community Stakeholders:** Staff, students, teachers, and other District personnel

**Resources Needed:** Menu evaluation, product sampling, and student feedback

**Measures of Success:** Number of student advisory events during the school year

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**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.

**Objective 1:**

**Actions Steps:** Identify appropriate events at which nutrition education could be promoted. ie, Cooking club, Head Start Events, Student Council meetings, Annual PTA Meeting

**School and Community Stakeholders:** Staff, students, teachers, and other District personnel

**Resources Needed:** Smart Snacks guidelines on nutrition and Health Services websites; sample mini-lessons for staff to facilitate at community events

**Measures of Success:** Number of events during the school year at which nutrition education was communicated or distributed

**GOAL 3:** The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

**Objective 1:**

**Actions Steps:** Delivery of CATCH K-5 Curriculum through collaboration between Child Nutrition and classroom teachers

**School and Community Stakeholders:** Staff, students, teachers, and other District personnel

**Resources Needed:** List of resources for the lessons; list of facilities or organizations that offer programs and presentations on nutrition education

**Measures of Success:** Requests for resources by teachers; Lesson plans

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## 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:

The following addresses how the District meets the required amount of physical activity:

- Required weekly Physical Education classes
- Physical Fitness Assessment Initiative
- Athletic opportunities (optional)

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

### 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:**

**Actions Steps:** Each Campus will allow opportunities for participation in voluntary physical activities during the school day, such as recess, breaks, and friendly competition.

**School and Community Stakeholders:** Staff, students, teachers, and other District personnel

**Resources Needed:** Staff to monitor activities; Parent and community volunteers such as the WATCH D.O.G.S. program

**Measures of Success:** Number of voluntary physical activities currently available on each campus

**Objective 2:**

**Actions Steps:** Campuses will participate in the National Walk, Bike, & Roll to School day twice each year, encouraging families to get out and get active on their way to school.

**School and Community Stakeholders:** Staff, students, teachers, and community members

**Resources Needed:** Bike racks and helmet storage facilities

**Measures of Success:** Surveys showing the number of students participating each year

**GOAL 2:** The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

**Objective 1:**

**Actions Steps:** Teachers will incorporate physical activity into the classrooms by using brain breaks, which are a pause in instruction followed by movement or stretching by the students. Some campuses have installed “Brain Break Pathways” in the hallways that students can visit when they need to get up and get moving.

**School and Community Stakeholders:** Staff, students, and teachers

**Resources Needed:** N/A

**Measures of Success:** Student and teacher feedback

**Objective 2:**

**Actions Steps:** Time will be allowed throughout the school year for professional development related to the importance of physical activity

**School and Community Stakeholders:** Staff, students, and teachers

**Resources Needed:** Time for professional development embedded in the calendar

**Measures of Success:** Percentage of teachers who report integrating physical activity into lessons compared to the previous school year

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

**Objective 1:**

**Actions Steps:** Campuses will offer a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities and students with special health care needs.

**School and Community Stakeholders:** Staff, students, and teachers

**Resources Needed:** The creation and dissemination of a survey to district teachers

**Measures of Success:** Survey results

**Objective 2:**

**Actions Steps:** High schools and Middle schools will offer interscholastic sports programs

**School and Community Stakeholders:** Staff, students, and teachers

**Resources Needed:** A data collection method to measure success

**Measures of Success:** The number of different programs offered at each campus

**GOAL 4:** 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:**

**Actions Steps:** The district will provide employees with information regarding health assessment opportunities within the district that they can participate in.

**School and Community Stakeholders:** Staff, students, teachers, and other District personnel

**Resources Needed:** Internet access and computer access

**Measures of Success:** Documentation of the website postings

**Objective 2:****Actions Steps:**

1. SAMHSA (8 Dimensions of Wellness), which focuses on emotional, financial, social, spiritual, physical, intellectual, and environmental wellness.
2. The district will provide information about the EAP (employee assistance program) and how it meets the needs physically, emotionally, and financially for the employees.
3. Mental Health First Aid: C.S.H.B. 13 requires Mandated Training
4. Coordination between Staff Engagement & Wellness and the Denton ISD Health & Wellness Clinic
5. Wellness Champion and District-Wide & Campus Wellness Activities

**School and Community Stakeholders:** Staff, students, teachers, and other District personnel

**Resources Needed:** Internet access and computer access

**Measures of Success:** Documentation of the website postings and usage data. Participation in wellness events.

**GOAL 5:** The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events

**Objective 1:****Actions Steps:**

1. The district will provide fun runs, field days and festivals throughout the year to encourage physical activity with family involvement.
2. Family Fitness Nights
3. Kids Heart Challenge for the American Heart Association
4. District 5th Grade Track Meet at the University of North Texas
5. Special Olympics Track & Field Meet
6. Special Olympics Bowling Tournament

**School and Community Stakeholders:** Staff, students, teachers, community members, and other District personnel

**Resources Needed:** Event advertisements and information to distribute to parents and students

**Measures of Success:** Campus participation percentages

**Objective 2:**

**Actions Steps:** Schools will encourage parents to be involved at the campus level by:

1. Participating in PTA-sponsored events.
2. Campuses that participate in the WATCH D.O.G.S. program encourage fathers to sign up.
3. Encourage parents to volunteer on their child's campus as their schedule allows.
4. Educate parents about opportunities on campus and outside of school, where their children can be physically active

**School and Community Stakeholders:** Staff, students, teachers, and community members

**Resources Needed:**

- Someone to organize and plan the watchdog's days and email them their schedules
- Someone to keep current postings regarding opportunities for parents to volunteer and be involved on campus, including both small and large jobs
- Postings regarding opportunities should be visible to parents when they come to the school or in classroom materials

**Measures of Success:** Campus participation percentages

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## **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 healthy eating and physical activity, and promote a consistent wellness message.

In accordance with FFA(LOCAL), the District has established the following goal(s) for other school-based activities.

### **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:**

**Actions Steps:** Conduct a time study for breakfast at (1) high school, (1) middle school, and (2) elementary schools

**School and Community Stakeholders:** Staff, students, and teachers

**Resources Needed:** Labor

**Measures of Success:** 100% of students have at least 10 minutes to eat

**Objective 2:**

**Actions Steps:** Conduct time study for lunch at (1) high school, (1) middle school, and (2) elementary schools

**School and Community Stakeholders:** Staff, students, and teachers

**Resources Needed:** Labor

**Measures of Success:** 100% of students have at least 20 minutes to eat

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

**Objective 1:**

**Actions Steps:** Encourage parents and families to participate in campus/district activities such as: Fun Runs, Boosterthon, and field day events

**School and Community Stakeholders:** Staff, students, teachers, and community members

**Resources Needed:** Advertising and a person to coordinate the events

**Measures of Success:** The number of parents and families participating in each event

**Objective 2:**

**Actions Steps:** Accessibility to Employee Wellness Clinic at a reduced cost to the employee and their dependents



**School and Community Stakeholders:** Staff, students, teachers, and other District personnel

**Resources Needed:** Advertisements

**Measures of Success:** The number of visits to the clinic

**Objective 3:**

**Actions Steps:** Encourage employees to participate in the flu shot clinics provided by the district.

**School and Community Stakeholders:** Staff, students, teachers, and other District personnel

**Resources Needed:** Advertising, a person to coordinate sign-up, Clinic/health organization to conduct the flu shot clinic, and provide the vaccine

**Measures of Success:** Number of employees receiving flu shots

**Objective 4:**

**Actions Steps:** Encourage employees to visit the district insurance website, learn what the district insurance has available on that site to help them improve their health and disease prevention, and control

**School and Community Stakeholders:** Staff, students, teachers, and other District personnel

**Resources Needed:** Insurance website

**Measures of Success:** Number of employees visiting the website

**Objective 5:**

**Actions Steps:** Encourage employees to participate in district events hosted by the Benefits Department

**School and Community Stakeholders:** Staff, students, teachers, and other District personnel

**Resources Needed:** Benefits website

**Measures of Success:** Number of employees visiting the website and attending events

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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). 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 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)



The District has also incorporated the following stricter standards that are not prohibited by federal or state law:

- *No additional standards adopted.*

The District will not allow exempted fundraisers. All fundraisers will include nonfood items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

**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 2025–2026, 2026-2027, and 2027-2028 school years:

Campus or Organization	Food / Beverage	Number of Days
Elementary Schools	Field Days, Carnivals, and Campus Administration-approved events	Maximum of 6 days/school year.
Secondary Schools	Homecoming, Carnivals, and Campus Administration-approved events	Maximum of 6 days/school year

**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 foods and beverages made available to students:

For any school: Elementary, Middle, or High School:

*Any foods sold to students during the school day, must meet the Smart Snack guidelines.*

**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 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.

**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.

## **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 requirements to annual 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)];
1. A copy of this wellness plan, with dated revisions;
2. Notice of any Board-adopted revisions to FFA(LOCAL);
3. The name, position, and contact information of the District official responsible for the oversight and implementation of the wellness policy and wellness plan;
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's triennial assessment; and
6. 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 District's designated records management officer.