



# Jefferson Independent School District

## Wellness Plan

2024-2025

## Jefferson ISD Wellness Plan

This document, referred to as the “wellness 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:

- *The school health advisory council meets four times a year and is composed of parents, students, the district’s nutrition director, physical education teachers, school health professionals, board members, administrators, and members of the public.*
- *Meeting invitations are sent out via email to current members. Meeting announcements are placed at each campus administration office, on the school website, on the school Facebook page, and/or parent notification through the district notification system such as Parent Square.*

### 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* is the District official responsible for overall implementation of FFA(LOCAL), including development of this wellness plan *with help from the SHAC* 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:

- *The District will restrict food and beverage marketing or advertisements to the promotion of only those foods and beverages that meet the nutrition Smart Snack standards. Examples of marketing or advertisements may include oral communications, digital communications, and visual messages of any sort that include brand names, trademarks, logos, or tags.*

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. *Jefferson ISD currently meets marketing guidelines.*

## 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.

- *Teachers will integrate approved nutrition education into curricula in the classroom as appropriate.*
- *The food services department will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and age appropriate portion sizes based on federal/state guidelines. Nutritional posters, videos, and/or other means will be used to promote healthy nutrition messages within the school.*

**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.

- *Nutrition education will be provided to families via handouts, newsletters, and/or posting on the JISD website and/or district Facebook page throughout the school year.*

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

- *The District will restrict food and beverage marketing or advertisements during the school day on District property to the promotion of only those foods and beverages that meet the federal guidelines for competitive foods.*

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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]

## Implementing Goals for Nutrition Education

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

- *Nutrition curriculum will encompass the following: (a) Promotion of adequate nutrient intake and healthy eating practices. (b) Development of healthy skills and actions, such as reading nutrition labels to evaluate the nutrient quality of foods, meal planning, and analysis of health information. (c) Examination of the problems associated with food marketing the target children. (d) Nutrition themes including, but not limited to, USDA's MY Plate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, fats, etc.), body image, and food safety.*
- *The District will implement a fresh fruit and vegetable education program from TDA.*
- *The District shall also provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.*

**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.

- *Nutrition topics shall be integrated within the comprehensive health education curriculum as required for grades K-8 and when taught in grades 9-12.*
- *Teachers will integrate approved nutrition education into other areas of curricula as appropriate.*

**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.

- *Staff members responsible for nutrition education will regularly participate in relevant professional development.*
- *All school nutrition program directors, managers, and staff will meet hiring and continuing education/training requirements outlined in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to the USDA's Professional Standards for School Nutrition website to search for training that meet their learning needs.*

**GOAL 4:** The District shall establish and maintain school gardens and farm-to-school programs.

- *Nutrition education will include participatory activities such as farm visits and/or school gardens as available.*
- *School meals will include fresh, locally-grown foods in school meals from farms engaged in sustainable practices whenever possible and these foods will be promoted in the cafeteria.*

***The use or omission of food as punishment is strictly prohibited.***

***Non-food rewards are encouraged.***

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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, as follows:

***The District will meet the requirements for physical activity mandated by Education Code 28.002(I)–(I-1).***

*According to TAC116, 50 percent of physical education (PE) courses must comprise actual student physical activity at a moderate or vigorous level, while meeting the needs of students of all ability levels.*

*The school will provide adequate space and equipment and conform to all safety standards.*

*All physical education classes will be taught by a qualified physical education teacher.*

*According to TEC 25.113, class size ratios must not exceed 45 students to 1 instructor to maintain safety.*

*According to TEC 28.002(I)*

- *All students enrolled in full-day prekindergarten, kindergarten, or grades 1-5 in an elementary school setting must participate in moderate to vigorous physical activity for a minimum of either 30 minutes daily or 135 minutes weekly in a TEKS-based physical education class or a TEKS-based structured activity, including structured recess.*
- *Students in grade 6, 7, and 8 must participate in moderate to vigorous physical activity at least 30 minutes per day for at least four semesters. In the event of block scheduling, students will participate in moderate to vigorous physical activity for at least 225 minutes during a two-week period.*

*According to TEC 38.101 and 38.103, school districts are required to conduct physical assessments annually for students in grade 3 and higher who are enrolled in a physical education course and provide all results to TEA.*

*Physical education will enable students to acquire the knowledge and skills necessary to maintain physical fitness, participate in physical activities, and make healthy lifestyle choices.*

*High school students require a one year physical education credit for graduation. Classes meet 45 minutes daily or 225 minutes per week. Other credits offered that include physical activity are band and athletics.*

*Students are not permitted to be exempt from required physical education class time or credit. The school district discourages students from substituting other school or community activities for physical education class time or credit in place of required physical education.*

## **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.

- *All students will have opportunities for physical activity beyond physical education class on a daily basis. Opportunities include power breaks between class activities, movement in hallways between classes, recess, and/or outside lunch breaks to allow physical movement.*
- *All elementary students will have at least 20 minutes a day of supervised unstructured free-play/recess before or after lunch, during which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather, as defined by the administrator in charge. In the event that recess must be held indoors, teachers and staff will attempt to ensure adequate physical activity for students.*
- *Students are encouraged to reduce sedentary time and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around. Short 3-5 minute “energy release” physical activity breaks will be provided between classes in elementary school.*
- *Students are encouraged to walk or bike to school to increase physical activity when it can be done safely.*

***Recess and other opportunities for physical activity are an essential part of the school day. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment. Withholding physical activity or recess as a form of punishment is strongly discouraged.***

***Physical activity as a reward is strongly encouraged.***

***Teachers are discouraged from assigning physical activity as student punishment.***

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

- *Staff members responsible for physical education will regularly participate in relevant professional development.*
- *Teachers will be encouraged to incorporate opportunities for physical education in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside students when appropriate.*

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

- *Physical activity is encouraged by use of the track before and after school to students, families, and community members.*
- *Physical activity is also offered after school for students participating in ACE and also for students participating in after school athletic practices and games.*
- *Classroom health education for students will reinforce the knowledge and skills needed to maintain a physically active lifestyle.*

**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.

- *The district encourages employees and students to use the track or JH walking path for physical activity.*
- *Weight loss / activity challenges, activity fundraisers, or something of the like are encouraged for staff participation as available.*

**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.

- *The district encourages healthy positive parental participation and support of their children through various parent nights; parent-child events; health fairs; nutrition, health, or activity related information via the school website, Facebook, parent notification system, or handouts; and other school sponsored or school recommended activities.*

**GOAL 6:** 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.

- *The district encourages students, parents, staff, and community members to use the track and JH walking path for physical activity and is available for use outside of the school day.*
  - *Community organizations are encouraged and allowed to use school facilities such as the football field, gym, and open fields for practice and games with permission from the district.*
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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.

### 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.

- *Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated.*
- *Tutoring, club, or organizational meetings will not be scheduled during meal time, unless students may eat during such activities.*
- *Meals will be served in a clean and pleasant setting and under appropriate supervision. Cafeterias are cleaned multiple times daily to ensure a clean and pleasant setting for food consumption.*

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

- *Various opportunities for student wellness are promoted and available throughout the year, such as, through the Asthma Clinic, Aurora Concepts, the Brandon Goyne Foundation, Blood Drives, Health Fairs, and/or others as available. All students also have the opportunity to take physical education classes and have opportunities for other physical activity throughout the school day.*
- *Various opportunities for family and community wellness are promoted and available throughout the year, such as, through the Asthma Clinic, the Brandon Goyne Foundation, Blood Drives, the Wadley Scan, Texas Mobile Imaging, the Mobile Mammogram Unit, Health Fairs, and/or others as available. Families and the community are welcome to use school available areas for physical activity such as at the track or JH walking path.*

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

- *Various opportunities for employee wellness checks are promoted and available throughout each year, for example, through the Wadley Scan, Texas Mobile Imaging, the Mobile Mammogram Unit, Aurora Concepts, the Brandon Goyne Foundation, Blood Drives, Health Fairs, and/or others as available.*
- *School staff members are encouraged to model healthy eating and physical activity behaviors.*

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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. Details regarding these guidelines can be found at [www.squaremeals.org](http://www.squaremeals.org). The district shall use the USDA Smarter Lunchroom tools and resources available on the USDA website.

Food or beverages served to students in before and after care programs on school grounds, follow the Child and Adult Care Food Program CACFP guidelines or Smart Snack Standards.

**Student Privacy:** The District protects student privacy regarding students who qualify for free or reduced priced meals. All students, regardless of payment source, are given a code to enter at the cash register. All students currently eat free of charge due to the school's participation in the Community Eligibility Program. If at any time this is not the case, students will not be stigmatized for unpaid balances and will be provided a reimbursable school meal. Applications for free or reduced priced meals are sent home to all families at the beginning of each school year.

## **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. Details regarding these guidelines can be found at <https://www.fns.usda.gov/tn/guide-smart-snacks-school> or <https://squaremeals.org/Portals/8/files/NSLP/Resources/Smart%20Snacks%20One-Pagerv2.pdf>. The Smart Snack Calculator found at <https://foodplanner.healthiergeneration.org/calculator/> may be used to determine if a food item meets the Smart Snack Standards.

Food or beverages sold to children participating in on-site programs after school ends will also meet USDA Smart Snack nutrition standards.

The district discourages consumption of competitive foods in place of school meals by limiting competitive food choices during mealtimes in the cafeteria. Competitive foods in PS and ES may not be served to students anywhere on the school campus throughout the school day except for those food items made available by the school food service department. Competitive foods in JH and HS may not be offered to students anywhere on school campus from 30 minutes before to 30 minutes after meal periods except for those food items made available by the school food service department.

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

**Nut-Aware District:** Due to severe food allergies, the district will not sell or provide foods with nuts, traces of nuts, nut oil, or contaminated with nuts to students. The district discourages parents or students from bringing nuts to school. Parents will be reminded at the beginning of the year via the registration packet, it will be documented in the student handbook, and class celebration notification letters will include this as well. (See Nut Policy)

## **Fundraisers**

The District will not allow exempt fundraisers for food items that do not meet the Smart Snack Standards. All fundraisers will include nonfood items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

The school day is defined as the midnight before the instructional school day to thirty minutes after the end of the instructional school day.

Non-food fundraising is promoted.

Fundraising that involves physical activity is encouraged.



## **Foods and Beverages Provided including Celebrations**

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:

***Nut-Aware District: Due to severe food allergies, the district will not sell or provide foods with nuts, traces of nuts, nut oil, or contaminated with nuts to students. The district discourages parents or students from bringing nuts to school. Parents will be reminded at the beginning of the year via the registration packet, it will be documented in the student handbook, and class celebration notification letters will include this as well. (See Nut Policy)***

*Celebrations are allowed at principal discretion as long as the food provided is free.*

*Food provided during celebrations or outside of school hours, not including the before and after care programs, do not have to meet smart snack standards, as long as the food provided is free.*

*Only PREPACKAGED food WITH LABELS are allowed. Homemade items are not permitted.*

*PARENTS will be MADE AWARE in advance of when a celebration with food is taking place, what is to be served, reminded of the no nut policy, and other guidelines regarding providing food to students.*

*Non-food celebrations are encouraged.*

*Parents may only provide food (ex: lunch) to their student(s) unless it is for a classroom celebration.*

*Students are not permitted to share food (ex: lunch, snacks, etc.) due to allergies and medical conditions.*

## **Water**

*Free water will be available in the cafeteria during meal times via water fountains, water filling stations, water jugs and cups, or from the cafeteria staff upon request.*

*Students and staff will have access to free, safe, and fresh drinking water throughout the school day. Students are allowed to bring bottled water from home.*

## **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:

A copy of the wellness policy [see FFA(LOCAL)];

A copy of this wellness plan, with dated revisions;

Notice of any Board-adopted revisions to FFA(LOCAL);

The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;

Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;

The SHAC's triennial assessment; and

Any other relevant information.

## **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 *Chief Financial Officer*, the District's designated records management officer.

*Revised / Updated: May 2024*