

APISD Wellness Plan

2022-2023

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. Posting on the Districts website
2. District social media and community outreach

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 and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

Goals for Nutrition Promotion and Education

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. The district will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the Child Nutrition Department to TDA, reviewing food and beverages that are sold in competition with the regular school meals and reviewing items sold as part of approved district fund-raisers, monitoring the types of foods and beverages made available to students during the school day.

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 share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students. 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:

Action Steps: The Child Nutrition Department will add up to 5 healthy main entrees to choose.

School and Community Stakeholder: Campus Nutrition Staff. Teachers assist by posting menus in classrooms. Principals assist by announcing daily menu during announcements.

Resources Needed: planning and preparation by Child Nutrition Staff

Measures of Success: Daily Production records count and reports with daily counts of student participation to show increase in participation. Feedback from students.

GOAL 2: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: Increase healthy lifestyles by improving awareness and appreciation of fruits and vegetables that come from Texas.

Action Steps: The Child Nutrition Department will participate in Texas Department of Agriculture (TDA) Fresh Fruits and Vegetable Program (FFVP) for the months of October – May twice a week.

School and Community Stakeholders: Campus Nutrition Staff to prepare, distributors for fresh fruit and produce, and teachers to assist in passing out and distributing educational materials at the end of the day.

Resources Needed: Produce and Vegetables from vendors that source Texas products, Resources by TDA and surveys for students to complete.

Measures of Success: Student Survey. Goal Completed.

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

Objective 1: Annual immunization clinic will take place during the Fall to provide access to all employees.

Action Steps: Have district and administrators promote Flu, Shingles and Covid Boosters available.

School and Community Stakeholders: District staff.

Resources Needed: promote with social media, flyers and reminder app.

Measures of Success: Number of employees who utilize this benefit.

Goals for Nutrition Education

The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate and offer required amount of physical activity for all grades.

Implementing Goals for Nutrition Education

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: Promote and reinforce healthy habits, good nutrition, emotional health and physical activity.

Action Steps: Team Nutrition Stronger

School and Community Stakeholders: Aransas Pass ISD staff and students

Resources Needed: NSLP and Texas Department of Agriculture resources

Measures of Success: Completion and success required.

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: Nutrition Staff will promote and integrate nutrition education facts into each grade group in grades PK-12.

Action Steps: Nutrition staff will provide nutrition resources.

School and Community Stakeholders: Teachers and Nutrition Staff

Resources Needed: Nutrition education materials printed for each grade group by campus.

Measures of Success: By the end of each year, students will have received a newsletter quarterly.

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: Campuses District Wide allow students sufficient time to eat meals eating times in dining room that are clean and safe.

Action Steps: Make administrators and custodial aware of expectations when creating schedules and custodians aware of expectations when cleaning

Resources Needed: adequate cafeteria staff and custodial staff.

School and Community Stakeholders: Campus Staff

Measures of Success: Goal completed

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.

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 2022 – 2023 school year. A form must be requested from the Child Nutrition Department for approval from both the Director and Superintendent prior to exemption for fundraisers including organizations, dates and times. The times for fundraising may not be during meal serving time in the cafeterias.

Campus or organization: Marshall Elementary

Food or beverage:

Number of days: 3 October 21, November 18, May 23

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 other foods and beverages made available to students:

The District shall establish standards for all foods and beverages provided, but not sold to students during the school day. The District's nutrition guidelines for reimbursable school meals and all other foods and beverages that are sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, such as Smart Snack compliance except when the District allows an exemption for fundraising activities as authorized by state and federal rules.

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, 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 **Superintendent** the District's designated records management officer. [See CPC(LOCAL)]

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.