**Ore City Independent**

**School District**



**Wellness Plan**

**ORE CITY INDEPENDENT SCHOOL DISTRICT**

**WELLNESS PLAN**

1. **Goals:**

**Goal 1. All students shall be taught the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime.**

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| ***Activities*** | ***Person Responsible*** | ***Timeline*** | ***Resources*** | ***Evaluation*** |
| Nutrition education will be taught in classrooms where appropriate and as needed. | Teachers,Principals,Curriculum Director | Weekly | Textbook,TEKS,Cafeteria staff | Lesson plans,Pre-assessmentsandPost- assessments |
| The food service staff will offer healthy food choices. | Food Service Director | Daily | USDACommodities,Region VII  | Menus,Procurement records |
| Water will be offered in the cafeteria at breakfast and lunch; students will have access to water on each campus throughout the day. | Food Service Director,Principals | Daily | USDACommodities,Region VII | Menus |
| The school environment will encourage students to make healthy food choices. | Principals,Food Service Director | Monthly | Texas Dept of Agriculture,USDA,Region VII Textbook | Materials displayed |
| The School Health Advisory Council, campus and district committees will review the Wellness Plan as needed. | SuperintendentSpecial Programs Director, District Nurse | September | Board Policy,National School Lunch Act | Meeting agendas |

**Goal 2. Each campus will have physical activities every day.**

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| ***Activities*** | ***Person Responsible*** | ***Timeline*** | ***Resources*** | ***Evaluation*** |
| All students will have opportunities for physical activity each day. | Teachers,Principals | Daily | TEKS,Campus schedules | Class enrollment,Recess,Outdoor time/Independent leisure |
| Opportunities will be provided for movement throughout the day. | Teachers,Principals | Daily | Region VII,GT Training | Flexible seating,Lesson plans,Walk-throughs |

**Goal 3. The health of all students will be integrated into a variety of programs.**

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| ***Activities*** | ***Person Responsible*** | ***Timeline*** | ***Resources*** | ***Evaluation*** |
| The school environment will encourage students to make healthy food choices. | Principals,Teachers,Food Service Director | Monthly | Texas Dept of Agriculture,USDA,Region VII, Textbook | Materials displayed |
| The school will assist students and parents in locating needed health services. | Counselors, School Nurse | Monthly | Local resource directory | Services obtained |
| The school will support the wellness activities of various student organizations. | Principals | Once each semester | Texas Department of Agriculture,USDA Dietary Guidelines,The Healthy Hunger-Free Kids Act (HHFKA) | Records of activities |

**Goal 4. The district will maintain compliance with all federal and state nutrition guidelines.**

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| ***Activities*** | ***Person Responsible*** | ***Timeline*** | ***Resources*** | ***Evaluation*** |
| The food service director will follow mandated dietary guidelines. | Food Service Director,Superintendent | Daily | USDA Dietary Guidelines,HHFKA | Menus |
| The guidelines for reimbursable meals shall not be less restrictive than the regulations and guidance of the Child Nutrition Act and the National School Lunch Act. | Food Service Director,Superintendent | Monthly | Child Nutrition Act, National School Lunch Act | Reimbursements  |
| Smart Snacks guidelines will regulate a la carte, competitive foods, fundraisers, and classroom snacks sold to students in order to promote a healthy school environment. | Food Service Director,Teachers,Administrators,Superintendent | Daily | USDA’s “All Foods Sold in Schools Standards”, Smart Snacks Policy,HHFKA | Menus,School/Class Fundraisers |
| All students, through government funding, will be provided free breakfast and lunch until June 30, 2022. | Food Service Director,Superintendent | Daily | Pandemic Child Hunger Prevention Act,USDA | Reimbursements |
| Marketing will be restricted on the school campuses, property, educational materials, and where food is purchased to only those foods and beverages that meet Smart Snack Standards | Food Service Director, District Nurse, Superintendent | Daily | [Code of Federal Regulations Part 210 (7 C.F.R. 210.11)](https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210)FFA Legal | Triennial AssessmentSHAC Committee walk-through of campuses  |

**Goal 5. The district will include all relevant stakeholders in the development, implementation, recordkeeping, and periodic review and update of the local wellness policy for a sustainable program. (See details in Part II below).**

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| ***Activities*** | ***Person Responsible*** | ***Timeline*** | ***Resources*** | ***Evaluation*** |
| Development of local wellness policy | District & Campus Nurses, SHAC Committee | Origin of Policy | FFA Legal | Triennial Assessment |
| Implementation and compliance of local wellness policy | District & Campus Nurses, Food Service Director | Annually | Wellsat.org [Scorecard](https://www.wellsat.org/upload/docs/WellSAT%203.0%20Scoresheet.pdf) | [WELLSAT 3.0 Assessment](https://www.wellsat.org/)  |
| Record Retention\*(See below) | SHAC Committee, District Nurse, Food Service Director | Quarterly Updates (after SHAC meetings) | [FFA Legal](https://pol.tasb.org/Policy/Search/1167?filter=ffa%20legal)FFA Local | Website review annually |
| Communication of updates and progress toward goals to Board of Trustees and public | SHAC Committee, District Nurse | Annually- Usually April | https://www.ocisd.net/district/school-board | Minutes of meetingBoard Agendas |
| Review, Assessment, and Update policy according to state/federal requirements  | SHAC Committee, Food Service Director, District Nurse | Triennially | [How to Conduct a Triennial Assessment](https://www.lunchassist.org/blog/how-to-complete-the-triennial-assessment)[FFA Legal](https://pol.tasb.org/Policy/Search/1167?filter=ffa%20legal)[Healthy, Hunger-Free Kids Act of 2010,](https://www.fns.usda.gov/cn/healthy-hunger-free-kids-act) [*Refresh Your Policy*](https://www.healthiergeneration.org/take-action/schools/wellness-topics/policy-environment/local-school-wellness-policy/refresh-your)website  | [Triennial Assessment Guidelines](https://squaremeals.org/Portals/8/files/ARM/ARM_Section29_LWP_200812.pdf)[WELLSAT 3.0 Assessment](https://www.wellsat.org/)   |

1. **Implementation, Evaluation & Communication**

**Implementation**

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. This wellness policy and the progress reports can be found at: <https://www.ocisd.net/district/departments/health>

**Record Retention:** The District will retain records to document compliance with the requirements of the wellness policy at the District Nurse’s office at Ore City Middle School and/or on the District's central computer network or website.

Documentation maintained will include but not limited to:

* The written wellness policy;
* Documentation demonstrating compliance with community involvement requirements and participation in the development, implementation, and periodic review and update of the wellness policy;
* Documentation of annual policy progress reports; and
* Documentation of the triennial assessment of the policy;
* Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

**Assessment of the Program**

**Annual Progress Reports** The District will review and update the wellness policy and report on the progress of the district in meeting wellness goals annually. The annual report will be made to the Board of Trustees (usually in April ) and be published on the district’s website. This report will include, but is not limited to:

* The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
* A description of the progress in meeting the wellness policy goals;
* A summary of each events or activities related to wellness policy implementation;
* The name, position title, and contact information of the designated District policy leader(s) identified in Section I; and
* Information on how individuals and the public can get involved with the SHAC or SWC. The annual report will be available in English and Spanish. The District will actively notify households/families of the availability of the annual report. The SHAC will establish and monitor goals and objectives for the District’s schools.

**Triennial Progress Assessments** At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

* The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
* The extent to which the District’s wellness policy compares to the Alliance for a Healthier Generation’s model wellness policy; and
* A description of the progress made in attaining the goals of the District’s wellness policy. The position/persons responsible for managing the triennial assessment and contact information is Donna Denton (Director of Food Service) and Mindy Hamilton (District Nurse).
* The SHAC, in collaboration with individual schools, will monitor schools’ compliance with this wellness policy. The District will actively notify households/families of the availability of the triennial progress report. Revisions and Updating the Policy The SHAC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years following the triennial assessment.

**Stakeholder Engagement and Communication:**

The District will notify the public about the content of or any updates to the wellness policy annually using updates to the district website at <https://www.ocisd.net/district/departments/health>. Stakeholders (including parents, students, teachers, school health professionals, school board members, administrators, and/or community outreach organizations) will be invited to participate in the School Health Advisory Council (SHAC) through means such as email or displaying notices on the district’s website, social media posts, shared at the annual health fair, or information sent home to parents. The District goal is to ensure that all families are notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

Participation on the SHAC committee allows stakeholders to assist in development, implementation, and periodic review or update of the local wellness policy.