

De Leon ISD Wellness Plan

2022-2025

(Revised September 7, 2022)

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. Membership drive via social media, website, campus open house, or newspaper.
2. Contact interested parties.

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 De Leon ISD Superintendent, Dr. Dana Marable, 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. Principals collaboration with Food Service Director to ensure all products are analyzed with the Smart Snack calculator on the USDA’s website.

2. Reports to SHAC given by the Nutrition Director and campus principals.

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’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: Display posters of healthy nutrition messages in cafeterias, campus hallways, and in classrooms.

School and Community Stakeholders: SHAC, Food Service Director and campus principals

Resources Needed: Healthy Posters

Measure of success: Number of posters

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:

Action Steps: Distribution of nutrition information materials. Parent e-mail, website posting and social media

School and Community Stakeholders: SHAC, Food Service Director and campus principals.

Resources Needed: Nutrition information flyers.

Measure of success: Screen shots and date stamps of postings and emails

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:

Action Steps: Advertising is monitored by Superintendent, campus principals and Child Nutrition staff.

Resources Needed: Monitors

Measures of Success: Compliance of advertising

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:

Action Steps: Display healthy nutrition education posters.

School and Community Stakeholders: Monitored by Superintendent, campus principals and Child Nutrition staff.

Resources Needed: Nutritional posters

Measures of Success: The presence of nutrition education posters

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:

Action Steps: Incorporate an approved Coordinated Health Curriculum

School and Community Stakeholders: Monitored by Superintendent, campus principals, P.E. teachers, and Child Nutrition staff.

Resources Needed: Coordinated Health Curriculum

Measures of Success: Review of Lesson Plans

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:

Action Steps: The Nutrition Director and campus principals will apprise responsible staff of professional development opportunities

School and Community Stakeholders: SHAC, Superintendent, campus principals and Child Nutrition staff.

Resources Needed: Training during in-service and training opportunities through ESC 14

Measures of Success: Training certificates

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:

Time allotted for physical activity will be consistent with research, and state standards: K-5 students will have 30 minutes or 135 minutes a week of moderate or vigorous physical activity; Grades 6-8 will have 30 minutes a day or 135 minutes a week, or 225 minutes every two weeks for at least 4 semesters of moderate to vigorous physical activity; Pre-K will participate in 30 minutes a day or 135 minutes a week in moderate to vigorous 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:

Action Steps: Students are enrolled in PE, band, athletics, and community youth activities.

School and Community Stakeholders: SHAC, Superintendent, principals, PE and extracurricular teachers

Resources Needed: Gyms, playing fields, track, playgrounds

Measures of Success: Enrollment records, class rosters, team rosters, schedules

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

Action Steps: The Food Service Director and campus principals will apprise responsible staff of professional development opportunities

School and Community Stakeholders: SHAC, Superintendent, principals, PE and extracurricular teachers

Resources Needed: Training opportunities through ESC 14

Measures of Success: Training certificates

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

Objective 1:

Action Steps: Campus staff will encourage students to participate in afterschool programs; Offer summer sports and band camps

School and Community Stakeholders: SHAC, Community Youth Sports Association, Athletic Coaches, Band Director, campus principals

Resources Needed: Promotional and informational Pamphlets

Measures of Success: Number of students participating

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:

Action Steps: Promotion through social media, e-mail

School and Community Stakeholders: SHAC. Campus principals

Resources Needed: Promotional materials, social media access

Measures of Success: Number of times information is publicized by taking screenshots or by date and time stamps

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.

Objective 1:

Action Steps: PK-12 students and community members are allowed access to recreation facilities before and after school hours and during vacation periods. Community members coordinate facilities through campus principals.

School and Community Stakeholders: SHAC, Community Youth Sports Association, Athletic Coaches, campus principals

Resources Needed: Schedules for facility usage. Recreational facilities, track, playgrounds.

Measures of Success: Track is accessible to public 24 hours each day.



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:

Action Steps: Students schedules reflect sufficient time, a minimum of 30 minutes, to eat meals in school cafeterias.

School and Community Stakeholders: SHAC, campus principals, Food Service Director

Resources Needed: Student schedules, principals to monitor allotted time

Measures of Success: Schedules reflect that students have ample time to eat meals in cafeteria

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

Objective 1:

Action Steps: Promote wellness through social media, email, parent involvement activities.

School and Community Stakeholders: SHAC, campus principals, Food Service Director

Resources Needed: Social medial access, wellness materials

Measures of Success: Sign-in sheets, screen shots, date and time stamps

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

Objective 1:

Action Steps:

- Access to work out and activity facilities.
- Healthy breakfast and lunch meals available to staff daily. Payroll deduction option available.

School and Community Stakeholders: SHAC, campus principals, Food Service Director

Resources Needed: Facilities schedules.

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 De Leon ISD will allow the following exempted fundraisers for the 2022–2023 school year:

Campus: De Leon Elementary

Number of days: 6

Campus: Perkins Middle School

Number of days: 6

Campus: De Leon High School

Number of days: 6

Foods and Beverages Provided

The De Leon ISD 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 at a school-designated function. If allowed by campus. [See CO(LEGAL)]

Local requirements require food being brought in must be store bought or professionally made to insure food safety. The food item(s) must be accompanied with a list of ingredients which will be given to the principal or teacher in order to protect students with food allergies.

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:

3. A copy of the wellness policy [see FFA(LOCAL)];
4. A copy of this wellness plan, with dated revisions;
5. Notice of any Board-adopted revisions to FFA(LOCAL);
6. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
7. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
8. The SHAC's triennial assessment; and
9. 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 Dr. Dana Marable, Superintendent, records management officer. [See CPC(LOCAL)]