

WELLNESS PLAN	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]
STRATEGIES TO SOLICIT INVOLVEMENT	Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following persons to work with the SHAC on the District’s wellness policy and plan: parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input of these other interested persons by: <ol style="list-style-type: none"><li data-bbox="552 945 1435 1018">1. Designating representatives from each school building to represent all school levels.<li data-bbox="552 1039 1435 1144">2. Announcements for community stakeholders to participate and meeting dates and times are posted on the district website.
IMPLEMENTATION	Each campus principal is responsible for the implementation of FFA (LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation. The <u>School Nutrition Coordinator</u> 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 ensuring that each campus complies with the 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, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. This will be referred to as the “triennial assessment.”

Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. The SHAC may use any of the following tools for this analysis:

- Smarter Lunchrooms' website (<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>)
- Alliance for a Healthier Generation website www.healthiergeneration.org
- National School Lunch Program Handbook: Administrator's Reference Manual www.squaremeals.org/Programs/NationalSchoolLunchProgram/NSLPPolicy&ARM.aspx
- Fitnessgram for Physical Fitness Testing www.fitnessgram.net

PUBLIC
NOTIFICATION

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;
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA (LOCAL);
4. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
5. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
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 publications.

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 Director of Instruction, the District's designated records management officer.

GUIDELINES AND
GOALS

The following provisions describe the District's nutrition guidelines and activities and objectives chosen by the SHAC to implement the Board-adopted wellness goals in policy FFA (LOCAL).

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). Federal law requires that the District establish nutrition guidelines for foods and beverages sold to students during the school day on each campus that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold or marketed to students during the school day 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:

- Prohibit preparation of food by deep fat frying method.

- Implemented district policy of selling only non-food items for fundraisers on campus and during school hours.

EXCEPTION—
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.

The District will not participate in 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.

FOODS AND
BEVERAGES
PROVIDED

There are no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. However, each school district must set its own standards. 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.

MEASURING
COMPLIANCE

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.

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. Alliance for Healthier Generation’s Smart Snacks Food Calculator. <https://foodplanner.healthiergeneration.org/calculator/>
2. Providing campus advertisements that only promote Smart Snack approved food items.

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 periodically monitor these and make recommendations when replacements or new contracts are considered.

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

GOAL: 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	Methods for Measuring Implementation
Morning announcements promote healthy food choices on the school menu. National School Breakfast Week Posters displayed in the cafeterias. National School Lunch Week posters displayed in the cafeterias.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Natl. School Breakfast Week • Natl. School Lunch Week Resources needed: <ul style="list-style-type: none"> • Natl. School Breakfast Week Toolkit • Natl. School Lunch Week Toolkit Obstacles: <ul style="list-style-type: none"> • None presented.
Objective 2:	
Action Steps	Methods for Measuring Implementation
Implement evidence-based healthy food promotion through Smarter Lunchroom Techniques.	Baseline or benchmark data points: Smarter Lunchroom Techniques Resources needed: <ul style="list-style-type: none"> • http://smarterlunchrooms.org/ideas

	<p>Obstacles:</p> <ul style="list-style-type: none"> • None presented.
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<p>GOAL: 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.</p>	
<p>Objective 1:</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Nutrition education presented at Fall Parent Teacher conference at ECC School.</p> <p>Student school nutrition taste testing events.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Power point on school nutrition, special dietary needs, and student eligibility. <p>Resources needed:</p> <ul style="list-style-type: none"> • www.squaremeals.org • www.fns.usda.gov/tags/competitive-foods <p>Obstacles:</p> <ul style="list-style-type: none"> • None presented.
<p>Objective 2:</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<p>Smart Start Innovative Nutritional Education and Advancement for High School Physical Education Department.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Grant awarded for \$5,000 for nutrition education. <p>Resources needed:</p> <ul style="list-style-type: none"> • HEB, Kara Wallace, James McMinn <p>Obstacles:</p> <ul style="list-style-type: none"> • Coordinating Chefs to visit schools.

GOAL: 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	Methods for Measuring Implementation
Advertising for food and beverages accessible to students outside of school hours on District property strictly adheres to competitive food guidelines.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Coca-Cola vending machines removed from school grounds, Smart Snack approved vending machines installed. <p>Resources needed:</p> <ul style="list-style-type: none"> www.fns.usda.gov/sites/default/files/all-foods_summarychart.pdf www.healthiergeneration.org/smartsnacks <p>Obstacles:</p> <ul style="list-style-type: none"> None presented.
Objective 2:	
Action Steps	Methods for Measuring Implementation
Advertising and promotion of student taste testing events follow competitive food guidelines.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Pamphlets and fliers include Smart Snack approved food and beverage items. <p>Resources needed:</p> <ul style="list-style-type: none"> Provided by select vendors. <p>Obstacles:</p> <ul style="list-style-type: none"> None Presented.

GOAL:	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Intermediate School requests high protein and low carbohydrate breakfast items during benchmark testing dates.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Production Supervisor inputs changes to menu.

	<p>Resources needed:</p> <ul style="list-style-type: none"> Nutrikids Menu Planning Software <p>Obstacles:</p> <ul style="list-style-type: none"> None Presented.
Objective 2:	
Action Steps	Methods for Measuring Implementation
Utilizing the Cafeteria as a Classroom.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Science, Math, Reading, Writing, and Social Studies. <p>Resources needed:</p> <ul style="list-style-type: none"> www.fns.usda.gov/sites/default/files/toolkit_waytoserve.pdf <p>Obstacles:</p> <ul style="list-style-type: none"> None presented.

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 nutrition services and health education component at the elementary and middle school levels.

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

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Health and Nutrition Education Curriculums for all grades.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> The Great Body Shop The Wise and Healthy Curriculum Health and Nutrition for Life Lifetime Nutrition and Wellness Principals of Human Services

	<ul style="list-style-type: none"> Family and Consumer Science Culinary Arts <p>Resources needed:</p> <ul style="list-style-type: none"> FBISD teachers Curriculum textbooks, materials, etc. <p>Obstacles:</p> <ul style="list-style-type: none"> None presented.
Objective 2:	
Action Steps	Methods for Measuring Implementation
The District offers nutrition education in various ways.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Student taste testing events. Cooking classes and nutritional demonstrations District newsletter announcements <p>Resources needed:</p> <ul style="list-style-type: none"> www.choosemyplate.gov http://www.fns.usda.gov/tn/team-nutrition <p>Obstacles:</p> <ul style="list-style-type: none"> None presented.

GOAL: 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	Methods for Measuring Implementation
Nutrition education is integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Building a solid foundation for college, career and lifelong success through academic, extracurricular and special programs.

	<ul style="list-style-type: none"> • Providing a safe, caring, effective learning environment that promotes healthy, productive life-styles. • Developing character that fosters responsible citizenship and leadership. • Enhancing our relationship with the community while providing fiscal responsibility. • Supporting effective educational innovation. <p>Resources needed:</p> <ul style="list-style-type: none"> • www.flourbluffschoools.net/district-offices/curriculum-instruction/ <p>Obstacles:</p> <ul style="list-style-type: none"> • None presented.
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Objective 2:

Action Steps	Methods for Measuring Implementation
Smart Start Innovative Nutritional Education and Advancement for High School Physical Education Department.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Nutrition education classes, food demonstrations, cooking classes. <p>Resources needed:</p> <ul style="list-style-type: none"> • Demonstration kiosk, blenders, cookware, utensils, food and beverage ingredients, staff, HEB chef, etc. <p>Obstacles:</p> <ul style="list-style-type: none"> • None presented.

GOAL: 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	Methods for Measuring Implementation
All school nutrition program directors, managers, and staff has exceeded the annual continued education/training requirements.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation is filed with the School Nutrition Coordinator.

	<ul style="list-style-type: none"> Staff attends TAHPERD Summer Conference. <p>Resources needed:</p> <ul style="list-style-type: none"> http://professionalstandards.nal.usda.gov/ www.tahperd.org www.shapeamerica.org <p>Obstacles:</p> <ul style="list-style-type: none"> None presented.
Objective 2:	
Action Steps	Methods for Measuring Implementation
<p>All school nutrition directors and managers are required to obtain Food Safety Manager Certification.</p> <p>All school nutrition staff is required to obtain Food Handler’s Certification.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Documentation required upon hire, or when card expires. <p>Resources needed:</p> <ul style="list-style-type: none"> www.cctexas.com/government/health-district/environmental-health/environmental-services/index <p>Obstacles:</p> <ul style="list-style-type: none"> None presented.

GOAL: The District shall establish and maintain school gardens and farm-to-school programs.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
<p>Primary and Elementary Schools have adopted and maintained a school garden.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> School Learning Garden for grades 1-4 <p>Resources needed:</p> <ul style="list-style-type: none"> Teachers, students, gardening supplies, equipment, funds. <p>Obstacles:</p> <ul style="list-style-type: none"> Staff, time, funds, equipment

Objective 2:	
Action Steps	Methods for Measuring Implementation
<p>Farm to School program has been adopted to improve nutrition by connecting our schools to local producers.</p> <p>Fruit of the Week is promoted to increase nutrition education and healthy eating habits for students.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Local produce provides most of the fresh fruit and vegetables served daily. <p>Resources needed:</p> <ul style="list-style-type: none"> CC Produce, Brother's Produce, San Antonio Food Bank www.squaremeals.org/FandNResources/TexasFarm-Fresh/FarmtoSchool.aspx <p>Obstacles:</p> <ul style="list-style-type: none"> None presented.

GOAL: *[List any other goal in the District's FFA (LOCAL) related to nutrition education not identified above.]*

Objective 1:	
Action Steps	Methods for Measuring Implementation
<p>Utilize free education and promotion materials, including standards based nutrition education curricula, lesson plans, posters, interactive games and menu graphics.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> USDA's Team Nutrition <p>Resources needed:</p> <ul style="list-style-type: none"> http://www.fns.usda.gov/tn/team-nutrition <p>Obstacles:</p> <ul style="list-style-type: none"> None presented.
Objective 2:	
Action Steps	Methods for Measuring Implementation
	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <p>Resources needed:</p> <ul style="list-style-type: none"> <p>Obstacles:</p> <ul style="list-style-type: none">

PHYSICAL ACTIVITY

The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades.

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

- Comprehensive School-based Physical Activity Program includes physical education, recess, classroom-based physical activity, walk/bicycle to school, out-of-school time activities.
- Children and adolescents participate in 60 minutes of physical activity every day.
- Physical education provides age-appropriate health and physical education curriculum to each grade level. Primary students receive 90-149 minutes of physical education per week. Secondary students are required to take the equivalent of one academic year of physical education.

Federal law requires that the District establish goals for physical activity in its wellness policy.

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

GOAL: 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	Methods for Measuring Implementation
FBISD ensures the grounds, facilities, and equipment used for activities are safe and available to all students.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Conduct necessary inspections and repairs to grounds, facilities, equipment. Resources needed: <ul style="list-style-type: none"> • www.letsmoveschools.org • www.idea.ed.gov/explore Obstacles: <ul style="list-style-type: none"> • None presented.

Objective 2:	
Action Steps	Methods for Measuring Implementation
Shared use agreements for physical activity facilities open to students, their families, and the community outside of school hours.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Change Lab Solutions <p>Resources needed:</p> <ul style="list-style-type: none"> http://changelabsolutions.org/shared-use <p>Obstacles:</p> <ul style="list-style-type: none"> Monitoring community usage of facilities, equipment, etc.
GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
FBISD supports classroom teachers incorporating physical activity and kinesthetic learning into core subjects by providing annual professional development opportunities, resources, and information on activity options.	<p>Baseline or benchmark data points:</p> <p>Resources needed:</p> <p>http://www.healthiergeneration.org/take_action/schools/physical_activity/physical_activities/</p> <p>Obstacles: None presented.</p> <ul style="list-style-type: none"> Testing dates, classroom time mgmt.
Objective 2:	
Action Steps	Methods for Measuring Implementation
Physical activity breaks, or “Brain Breaks” are used to integrate physical activity into the classroom setting.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Physical activity breaks, activity integrated into classroom setting. <p>Resources needed:</p> <ul style="list-style-type: none"> www.squaremeals.org/programs/NationalSchoolLunchProgram/LocalWellnessPolicies.aspx www.gonoodle.com https://connectedpe.com/the-get-your-kids-moving-learning-and-loving-it-webinar/

	<p>Obstacles:</p> <ul style="list-style-type: none"> • None presented.
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GOAL: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Objective 1:

Action Steps	Methods for Measuring Implementation
<p>FBISD provides opportunities for students to participate in physical activity before and/or after the school day through clubs, varsity sports, intramurals, and physical activity in after school care programs.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Active Learning • After School Energizers <p>Resources needed:</p> <ul style="list-style-type: none"> • https://www.healthiergeneration.org/take_action/schools/physical_education/ • www.eatsmartmovemoreenc.com/After-School.html • http://www.heart.org/HEARTORG/Giving/ForIndividuals/JoinanEvent/Jump-Rope-for-Heart-Event_UCM_315609_SubHomePage.jsp <p>Obstacles:</p> <ul style="list-style-type: none"> • None Presented.

Objective 2:

Action Steps	Methods for Measuring Implementation
<p>Active Transport to and from school grounds.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Active Transport activities <p>Resources needed:</p> <ul style="list-style-type: none"> • Designate safe routes to school • Secure storage for bikes/helmets • Bike/walking safety instruction • Crosswalks and Crossing guards

	<ul style="list-style-type: none"> Document number of students walking and biking to school. <p>Obstacles:</p> <ul style="list-style-type: none"> None presented
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GOAL: 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:

Action Steps	Methods for Measuring Implementation
<p>FBISD provides opportunities for district employees to participate in physical activities, wellness and nutrition education.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Wellness Walk/Run events Wellness Yoga and Core fitness class Flu/Pneumonia vaccines Healthy Nutrition Meetings <p>Resources needed:</p> <ul style="list-style-type: none"> Public Information Office Announcements, and School newsletters. www.flourbluffschools.net <p>Obstacles:</p> <ul style="list-style-type: none"> None presented.

Objective 2:

Action Steps	Methods for Measuring Implementation
<p>FBISD encourages district employees to be a role model for students to develop healthy lifestyle habits.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Encourage healthy habits for students, staff, and members of the community. <p>Resources needed:</p> <ul style="list-style-type: none"> www.healthiergeneration.org/live_healthier/be_a_role_model/ <p>Obstacles:</p> <ul style="list-style-type: none"> None presented.

GOAL: 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	Methods for Measuring Implementation
Parents are encouraged to support active lifestyles and healthy habits and to participate in family events through PTA and Booster Clubs.	Baseline or benchmark data points: <ul style="list-style-type: none"> District Parent Involvement Plan Resources needed: <ul style="list-style-type: none"> http://flourbluffschoools.net/wp-content/uploads/2016/12/Parental-Involvement-Plan-2016-2017-dist..pdf Obstacles: <ul style="list-style-type: none"> None presented.
Objective 2:	
Action Steps	Methods for Measuring Implementation
Parents and students are encouraged to participate and track physical activity at home.	Baseline or benchmark data points: <ul style="list-style-type: none"> Fuel Up to Play 60 Resources needed: <ul style="list-style-type: none"> www.fueluptoplay60.com Obstacles: <ul style="list-style-type: none"> None presented.

GOAL: 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	Methods for Measuring Implementation
Information provided to parents, staff and community members is posted on district website.	Baseline or benchmark data points: <ul style="list-style-type: none"> FBISD Parent Involvement FBISD Community Involvement Resources needed: <ul style="list-style-type: none"> www.flourbluffschoools.net/resources/community/ Obstacles:

	<ul style="list-style-type: none"> None presented.
Objective 2:	
Action Steps	Methods for Measuring Implementation
Community Resources: Facility Information.	Baseline or benchmark data points: <ul style="list-style-type: none"> Facilities Map Resources needed: <ul style="list-style-type: none"> www.flourbluffschoools.net/re-sources/community Obstacles: <ul style="list-style-type: none"> None presented.

GOAL:	
Objective 1:	
Action Steps	Methods for Measuring Implementation
	Baseline or benchmark data points: <ul style="list-style-type: none"> Resources needed: <ul style="list-style-type: none"> Obstacles: <ul style="list-style-type: none">
Objective 2:	
Action Steps	Methods for Measuring Implementation
	Baseline or benchmark data points: <ul style="list-style-type: none"> Resources needed: <ul style="list-style-type: none"> Obstacles: <ul style="list-style-type: none">

SCHOOL-BASED
ACTIVITIES

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness.

In accordance with FFA (LOCAL), the District has established the following goal(s) as part of its student wellness policy to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.

GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

<http://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/bergman2.asp>
and [http://www.andjrnl.org/article/S2212-2672\(15\)01248-4/fulltext.\]](http://www.andjrnl.org/article/S2212-2672(15)01248-4/fulltext.)

Objective 1:

Action Steps	Methods for Measuring Implementation
FBISD provides students a minimum of 10 minutes to eat breakfast and 20 minutes to eat lunch, counting from time they receive their meal and are seated.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Student Nutrition Program Resources needed: <ul style="list-style-type: none"> • www.flourbluffschoools.net/district-offices/student-nutrition/ Obstacles: <ul style="list-style-type: none"> • None presented.

Objective 2:

Action Steps	Methods for Measuring Implementation
Breakfast kiosks and Grab-n-Go breakfast and lunch items are accessible to students.	Baseline or benchmark data points: <ul style="list-style-type: none"> • http://smarterlunchrooms.org/ideas Resources needed: <ul style="list-style-type: none"> • Breakfast Kiosks/Nutrition staff • Convenient Grab-n-Go food containers Obstacles: <ul style="list-style-type: none"> • None presented.

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

Objective 1:

Action Steps	Methods for Measuring Implementation
Nutrition and Wellness promotion is implemented through a multi-channel approach	Baseline or benchmark data points: <ul style="list-style-type: none"> • Community Health Engagement and Promotion

<p>for school staff, teachers, parents, students, and the community.</p> <p>Consistent messages to promote wellness is displayed throughout schools, classrooms, gymnasiums, and cafeterias.</p>	<ul style="list-style-type: none"> • SDFS Health Advisory Council <p>Resources needed:</p> <ul style="list-style-type: none"> • www.flourbluffschools.net/district-offices/public-information-office/employee-wellness. • http://flourbluffschools.net/district-offices/curriculum-instruction/sdfs-health-advisory-council/ <p>Obstacles:</p> <ul style="list-style-type: none"> • None presented.
Objective 2:	
Action Steps	Methods for Measuring Implementation
<p>FBISD informs and invites families to participate in school-sponsored activities and information about health promotion efforts.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • FBISD Wellness Program: • FBISD Student Health Services <p>Resources needed:</p> <ul style="list-style-type: none"> • www.flourbluffschools.net/resources/parents/ <p>Obstacles:</p> <ul style="list-style-type: none"> • None presented.

<p>GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.</p>	
Objective 1:	
Action Steps	Methods for Measuring Implementation
<p>FBISD provides opportunities for district employees to participate in physical activities, wellness and nutrition education.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Wellness Walk/Run events • Wellness Yoga and Core fitness class • Flu/Pneumonia vaccines • Healthy Nutrition Meetings <p>Resources needed:</p> <ul style="list-style-type: none"> • www.flourbluffschools.net <p>Obstacles:</p> <ul style="list-style-type: none"> • None presented.

Objective 2:	
Action Steps	Methods for Measuring Implementation
FBISD Employee Wellness	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Flu/Pneumonia vaccines • Healthy Nutrition Meetings <p>Resources needed:</p> <ul style="list-style-type: none"> • www.flourbluffschoools.net/district-of-fice/employee-wellness/ • <p>Obstacles:</p> <ul style="list-style-type: none"> • None presented.