

2021-2022 Borger ISD 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]

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 date, time, and location of upcoming SHAC meetings on the District website and at the Central Admin Building.
2. Posting audio recordings of each general meeting along with minutes taken from the meetings.
3. Listing in the student handbook the name and position of the person responsible for oversight of the District’s wellness policy and plan along with an invitation to participate in the development, implementation, and evaluation of the wellness policy and plan.

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 SHAC Chairman is responsible for overall implementation of FFA(LOCAL), including development of this wellness plan and any other appropriate administrative procedures, and working with campus principals to ensure 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.”

- The last assessment completed for Borger ISD was during the 20-21 school year.

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 [see FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's triennial assessment; and
6. Any other relevant information. The District will also publish the above information in appropriate District or campus publications.

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 SHAC will monitor this by:

1. Working with Principals and Teachers on what is allowed.
2. Only allow advertisement for exempt fundraising days marked on a fundraising calendar.

In accordance with FFA (LOCAL), the District has established the following goals 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: The District will promote participation in federal child nutrition programs.	
Action Steps	Methods for Measuring Implementation
Information relating to school nutrition and school breakfast/lunch applications will be available in the student handbook and school website.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of students who receive student handbook Resources needed: <ul style="list-style-type: none"> • Access to student handbook before printed, access to post on school website Obstacles:

	<ul style="list-style-type: none"> Parents and students do not always refer to the handbook
Objective 2: Implement and market school meals to encourage student choice and allow consumption of a well-balanced meal.	
Action Steps	Methods for Measuring Implementation
Teachers will be provided with monthly meal menus for posting and sharing.	Baseline or benchmark data points: <ul style="list-style-type: none"> Menu information provided to students on healthy eating choices Resources needed: <ul style="list-style-type: none"> Monthly menus Obstacles: <ul style="list-style-type: none"> Availability of working printers

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.	
Objective 1: To provide menus and nutrition information to students, parents, and district staff.	
Action Steps	Methods for Measuring Implementation
Send monthly menus to teachers, district staff and post on the school website. Menus are shared during morning announcements. Nutritional analysis provided for nurses working with students with specific dietary monitoring.	Baseline or benchmark data points: <ul style="list-style-type: none"> Information for monthly menus Resources needed: <ul style="list-style-type: none"> Ongoing communication between district staff and district communication coordinator Obstacles: <ul style="list-style-type: none"> Web access for all households
Objective 2: The District will research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding any programs offered by the District.	
Action Steps	Methods for Measuring Implementation
Research food access programs available in the community with which the District can partner.	Baseline or benchmark data points: <ul style="list-style-type: none"> SNACK PAK 4 KIDS Summer Feeding Program

	<p>Resources needed:</p> <ul style="list-style-type: none"> • Partnerships with community organizations • Literature to send to families/community <p>Obstacles:</p> <ul style="list-style-type: none"> • Limited volunteers/organizations
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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. [See EHAA]

In accordance with FFA (LOCAL), the District has established the following goals for nutrition education:

Goal: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: District will participate in the USDA and TDA events throughout the year.	
Action Steps	Methods for Measuring Implementation
Participation in the National School Lunch and Breakfast week annually	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Participation in TDA and USDA events <p>Resources needed:</p> <ul style="list-style-type: none"> • Materials provided from TDA and USDA <p>Obstacles:</p> <ul style="list-style-type: none"> • Timely response from TDA and USDA regarding notification and printed materials.

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: District will teach, encourage, and support healthy eating by students

Action Steps	Methods for Measuring Implementation
Integrate nutritional themes into lessons such as math, science, language arts, and social sciences when appropriate.	Baseline or benchmark data points: <ul style="list-style-type: none"> ● Lesson plans Resources needed: <ul style="list-style-type: none"> ● Educational Materials ● Curriculum Obstacles: <ul style="list-style-type: none"> ● Must cover state-required TEKS

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.

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 goals for physical activity.

<p>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.</p>	
<p>Objective 1: Provide a minimum of 30 minutes per day, 135 minutes per week, or the minimum credits required of physical activities for students required to have them</p>	
Action Steps	Methods for Measuring Implementation
Provide a minimum of 30 minutes per day or 135 minutes per week of planned physical activities for students in grade Pre-K through 12 th .	Baseline or benchmark data points: <ul style="list-style-type: none"> ● Number of minutes documented each day ● Practice or game minutes available each day Resources needed: <ul style="list-style-type: none"> ● Physical education teacher ● Coaches

Objective 2: Build knowledge and skills for the enjoyment of lifelong fitness through physical activity	
Action Steps	Methods for Measuring Implementation
Create a positive atmosphere for all students to participate in physical activities. Enhance skills in leadership, teamwork and self-confidence.	Baseline or benchmark data points: <ul style="list-style-type: none"> Regularly evaluate school and community physical activity instruction, programs and facilities. Resources needed: <ul style="list-style-type: none"> Employee to evaluate

Goal: The District shall encourage students, parents, staff and community members to use the district recreational facilities, such as tracks, playground, courts, and the like, that are available outside the school day	
Objective 1: The District will provide easy access to the tracks, fields and the like for after school use for students, parents, staff and community members	
Action Steps	Methods for Measuring Implementation
Provide easy access to the high school and middle school track and tennis courts for community usage outside of the regular school day.	Baseline or benchmark data points: <ul style="list-style-type: none"> Amount of usage Resources needed: <ul style="list-style-type: none"> Gates unlocked Lights available for afterhours use Obstacles: <ul style="list-style-type: none"> No way to document usage

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 goals as part of its student wellness policy to create an environment conducive to healthful eating and physical activity and to promote and express the consistent wellness message.

Goal: The District shall allow enough time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Objective 1: Allow sufficient time for students to enjoy their meal.	
Action Steps	Methods for Measuring Implementation
Evaluate current lunch and breakfast times with Child nutrition director and Principals to make a proper schedule.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Current lunch and breakfast schedule Resources needed: <ul style="list-style-type: none"> • Time
Objective 2: Provide clean, safe and comfortable facilities for meals.	
Action Steps	Methods for Measuring Implementation
Borger ISD staff maintain clean, safe, and comfortable facilities. Cafeteria tables are cleaned after each lunch period.	Visual Monitoring by Principal and Staff

Goal: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1: Inform community of SHAC	
Action Steps	Methods for Measuring Implementation
Send home and post communication around town on when these events will be held	Baseline or benchmark data points: <ul style="list-style-type: none"> • Posting when and what events will be hosted by the SHAC Committee. • Integrate SHAC Shorts in Social Media platforms that addresses parts of the wellness plan and departments associated with SHAC Resources needed: <ul style="list-style-type: none"> • Time
Objective 2: The District will host activities to promote wellness for students, families, and the entire community with various options.	
Action Steps	Methods for Measuring Implementation
The District shall promote wellness for students and their families at suitable district and campus activities. <ul style="list-style-type: none"> • Shot Clinics • Blood Drive • Dental Presentation 3rd and 4th Grade • Vision Screening 	Campus Administrators and Nursing Staff will keep a record of and use data from and these events to track implementation progress.