

Priority Charter School Local Wellness Plan

This document, referred to as the “wellness 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. Emailed invitation to become part of our district SHAC committee.

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 Nutrition Coordinator 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 establishes goals for nutrition promotion in its wellness policy. The District's nutrition program promotion activities will encourage participation in the National School Lunch Program (NSLP), 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 Snack standards.

The SHAC will monitor this by:

1. Any food or beverage advertisements, at any campus, must have prior approval from the Nutrition Coordinator.

Although the District is not required to immediately remove or replace food and beverage advertisements, in any specific campus, the SHAC will make recommendations when replacements or new contracts are considered.

Goal 1: The District's food service staff, teachers, and other District personnel shall consistently promote health nutrition messages in cafeterias, classrooms and other appropriate settings.			
Objective 1: Increase healthy nutrition messaging and student participation.			
Action Steps	Responsible Party	Evaluation	Evaluation Date
Post healthy nutrition messages on every serving line.	Nutrition Coordinator	Pictures of the serving lines	

Goal 2: The District shall share educational nutritional information with families and the general public to promote health nutrition choices and positively influence the health of students.			
Objective 1: Inform families and community of programs offered by the District.			
Action Steps	Responsible Party	Evaluation	Evaluation Date
Participate in Summer Feeding at applicable campuses and share information with families district wide.	Nutrition Coordinator	Website & Social Media Postings	May
Post menus to District website and other social media platforms monthly.	Nutrition Coordinator Campus Principal	Website & Social Media Postings	December

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

Goal 1: The District shall deliver nutrition education that fosters the adoption and maintenance of health eating behaviors.			
Objective 1: The District will review curriculum to ensure that healthy nutrition is covered and make any necessary changes.			
Action Steps	Responsible Party	Evaluation	Evaluation Date
Review nutrition instruction and make any necessary adjustments.	Director of Instruction	Updated curriculum documentation	March

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: Ensure that nutrition education is part of all curriculum, District-wide, as appropriate.			
Action Steps	Responsible Party	Evaluation	Evaluation Date
Review curriculum to ensure Nutrition topics are covered throughout, as appropriate.	Director of Instruction	Curriculum documentation	December

Goal 3: The District shall provide professional development so that teachers and other staff responsible for the nutrition program and wellness program are adequately prepared to effectively deliver the program.			
Objective 1: The District will ensure that training is given to staff responsible for the delivery of nutrition and wellness education.			
Action Steps	Responsible Party	Evaluation	Evaluation Date
Develop training for specified teachers.	Director of Instruction	Training documentation and sign-in sheets	March

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:

(Describe here how district will meet requirements for physical activity mandated by education code 28.002(I)-(I-1))

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: Engage student population in intramural events.			
Action Steps	Responsible Party	Evaluation	Evaluation Date
Provide families access to facilities through selected events (i.e. Field Day).	Physical Education Representative	Promotional Documents	May

Goal 2: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.			
Objective 1: Promote and encourage active and engaging lessons within the classroom, as appropriate.			
Action Steps	Responsible Party	Evaluation	Evaluation Date
Provide PD that focuses on active learners.	Director of Instruction	Training Documentation	December

Goal 3: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.			
Objective 1: Campuses will implement before or after school physical activity programs.			
Action Steps	Responsible Party	Evaluation	Evaluation Date
Identify any campuses currently offering such programs and have staff from those campuses share information on the district website.	Physical Education Representative	Number and types of programs currently offered and student participation rates.	March

Goal 4: The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activities in family events.			
Objective 1: Offer, at each campus, a parent/student event that involves physical activity.			
Action Steps	Responsible Party	Evaluation	Evaluation Date
Host a field day	Physical Education Representative	Promotional Materials	May

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.

Goal 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.			
Objective 1: The District shall include a minimum of 30 minute lunch periods at all campuses.			
Action Steps	Responsible Party	Evaluation	Evaluation Date
Build lunch times into the Master Schedule.	Campus Principal	Copies of each campus master Schedule	September

Goal 2: The District shall promote wellness for students and their families at suitable District and campus activities.			
Objective 1: Offer parent and/or student involvement at each campus that focuses on promoting wellness.			
Action Steps	Responsible Party	Evaluation	Evaluation Date
Provide community health communication to parents as provided to campuses (blood drives, fliers for free clinics in your area, dental services, etc.)	Campus Principal/Receptionist?	Promotional Material & Website postings	May
Implement PAX, Social and Emotional Learning curriculum at each campus.	Director of Instruction	Lesson Plans	December

Each campus shall post positive thought posters in common area (gym or cafeteria)		Photo of materials posted	September
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Goal 3: The District shall promote employee wellness activities and involvement at suitable District and campus activities.			
Objective 1: Campuses will promote a staff wellness challenge (i.e. biggest loser) once a year.			
Action Steps	Responsible Party	Evaluation	Evaluation Date
Create a staff wellness subcommittee at each campus that focuses on staff wellness in coordination with Human Resources.	Campus Principal HR	Committee Meeting minutes & sign in sheets	May
Promote a staff wellness challenge at your campus.	Campus Principal HR	Campus staff wellness challenge flier and number of participants.	May

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 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.

Food 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.

Exemptions for Fundraisers

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirement 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:

Each campus principal must complete an Exempted Fundraiser Form and submit it to the Nutrition Coordinator/Director of Finance for approval prior to the fundraiser. Documentation will be kept on file for all exempted fundraisers.

Food 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:

Non-competitive foods may not be made available to students before 2:00 PM during a school day as to not interfere with a student's learning or encourage students to not participate in SBP or NSLP. Early dismissal day holiday celebrations are exempt from this time requirement.

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 Plan and 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 plan to 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 legal requirements 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 the 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 the appropriate District or campus publication.

Records Retention

Records regarding the District's wellness policy will be retained in accordance with the law and the District's records management program. Questions may be directed to the Director of Finance, the District's designated records management officer. (See CPC(LOCAL))