

**Albany Independent School District**

**Local School Wellness Plan**

**2021-2022**

# Albany ISD Wellness Plan

## Preamble

Albany ISD is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

This plan outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. This policy establishes goals and procedures to ensure that:

- students in the District have access to healthy foods through reimbursable school meals – in accordance with Federal and State nutrition standards;
- students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- students have opportunities to be physical active during and after school;
- schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- the district establishes and maintains an infrastructure for management oversight, implementation, communication about, and monitoring of the plan and its established goals and objectives.

This wellness plan applies to all students, staff, and schools in the District.

## I. Wellness Plan Implementation, Monitoring, Accountability, and Community Engagement

### Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness plan.

### Recordkeeping

Records regarding the District's Wellness plan will be retained in accordance with the laws and the District's record management program. Questions may be directed to the Superintendent, the District's designated records management officer. Documentation maintained in this location will include but will not be limited to:

- the written wellness plan
- 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:
  - methods by which the wellness plan, annual progress reports, and triennial assessments are made available to the public; and
  - efforts to actively notify families about the availability of the wellness plan

### **Annual Progress Reports**

The district will compile and publish an annual report to share basic information about the wellness plan and report on the progress of the district in meeting wellness goals. This report will be published around the same time each year in May, and will include information from the District. This report will include, but not limited to:

- the website address for the wellness plan and/or how the public can receive/access a copy of the wellness plan
- 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 plan leader(s); and
- information on how individuals and the public can get involved with SHAC

### **Triennial Progress Assessments**

At least once every three year, the District will evaluate compliance with the wellness plan 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 plan; and
- a description of the progress made in attaining the goals of the District's wellness plan

The SHAC, in collaboration with individual schools, will monitor schools' compliance with this wellness plan.

### **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 and State guidance or standards are issued. The wellness plan will be assessed and updated as indicated at least every three years, following the triennial assessment.

### **Community Involvement, Outreach, and Communications**

The District will actively notify the public about the content of or any updates to the wellness plan annually, at a minimum. The District will use electronic mechanisms, such as email or displaying notices on the district's web page, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

## **II. Nutrition**

### School meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs that:

- are accessible to all students;
- are appealing and attractive to children;
- are served in clean and pleasant settings;
- meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. The District offers reimbursable school meals that meet USDA nutrition standards.
- promote healthy food and beverage choices using the following:
  - daily fruit options are displayed in a location in the line of sight and reach of students
  - all staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable option with their meal
  - milk is placed in coolers in reach of children
  - daily announcements are used to promote and market menu options
- menus will be posted on the District's website or individual school websites

- the District child nutrition program will accommodate students with special dietary needs
- students will be allowed at least 10 minutes to eat breakfast and at least 30 minutes to eat lunch, counting the time they have received their meals and are seated.
- students are served lunch as near the middle of the day as possible
- participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school
- schools should not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during meal times.

### **Dinning Environment**

The goal is to create a total school environment that is conducive to healthy eating and being physically active.

- AISD provides a clean, safe, enjoyable meal environment for students.
- AISD provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- AISD makes drinking fountains available in all schools, so that students can get water at meals and throughout the day.
- AISD encourages all students to participate in school meal programs and protect the identity of students who eat free and reduced priced meals.
- School personnel will assist all students in developing the healthy practice of washing hands before eating.

### **Staff Qualifications and Professional Development**

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards and ESC 14 websites to search for training that meets their learning needs.

### **Competitive Foods and Beverages**

The District is committed to ensuring that all foods and beverages available to students on the school campus during the day support healthy eating. The foods and beverages sold and served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

### **Essential Healthy Eating Topics in Health Education**

The District will include in the health education curriculum the following essential topics on healthy eating:

- the relationship between healthy eating and personal health and disease prevention
- food guidance
- reading and using food labels
- eating a variety of foods every day
- balancing food intake and physical activity
- eating more fruits, vegetables, and whole grain products
- choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- choosing foods and beverages with little added sugars
- eating more calcium-rich foods
- preparing healthy meals and snacks
- risks of unhealthy weight control practices
- accepting body size differences
- food safety
- importance of eating breakfast
- making healthy choices when eating at restaurants
- eating disorders
- reducing sodium intake
- social influences on healthy eating, including media, family, peers, and culture
- how to find valid information on services related to nutrition and dietary behavior
- how to develop a plan and track progress toward achieving a personal goal to eat healthy
- resisting peer pressure related to unhealthy dietary behavior
- influencing, supporting, or advocating for others' healthy dietary behavior

### **III. Physical Activity**

#### **Physical Activity Goals**

The primary goals for AISD's physical activity components are to provide opportunities for every student to develop the knowledge and skills for specific physical activity, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short and long-term benefits of a physically active and healthy lifestyle.

- Students are given opportunities for physical activity during the day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- Students are given the opportunity for physical activity through a range of before and/or after-school programs.

- Schools encourage parents and guardians to support their children’s participation in physical activity, to be physically active role models, and to include physical activity in family events.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

### **Physical Education**

AISD will provide students with physical education, using age-appropriate physical education curriculum and activities consistent with state standards for PE. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate health education concepts.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt PE classes and equipment as necessary.

All District elementary students in each grade will receive physical education for the required minutes of instruction per week throughout the school year as prescribe by TEA.

All middle school students are required to take physical education and/or athletics throughout all middle school years and all high school students are required to take physical education or related course equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments through FitnessGram and will use criterion-based reporting for each student.

### **Essential Physical Activity Topics in Healthy Education**

The District will include in the health education curriculum the following essential topics on physical activity when student is enrolled in health or physical education:

- the physical, psychological, or social benefits of physical activity
- how physical activity can contribute to a healthy weight
- how physical activity can contribute to the academic learning process
- how an inactive lifestyle contributes to chronic disease
- health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- difference between physical activity, exercise, and fitness

- phases of an exercise session, that is, warm-up, workout, and cool down
- overcoming barriers to physical activity
- preventing injury during physical activity
- weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- dangers of using performance-enhancing drugs, such as steroids

### **Recess (Elementary)**

All elementary students will be offered at least 20 minutes of recess on most days during the school year. This policy may be waived on early dismissal or late arrival days. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanism located just inside/outside the cafeteria to ensure proper hygiene prior to eating.

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct indoor recess, teachers and staff will promote physically activity for students, to the extent possible.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

## **IV. Social-Emotional & Mental Health**

### **Activities**

The District will establish programs and procedures designed to support healthy social-emotional and mental health in areas not limited to:

- Group guidance classes
- Individual and group student counseling as needed
- Assemblies and presentations
- Regular communication between school, student, and parents

### **Partnerships**

The District partners with but not limited to:

- Resource Care
- Texas Tech Health Science Center
  - Training, tele-health, supplies & materials
- Tri-County Special Education Co-op (counseling)
- ESC 14 – School Safety

## **V. Community Partnership & Engagement**

### **Partnerships**

The District will enhance relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness plan's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure they are consistent with the wellness plan and goals.

### **Community Health Promotion and Engagement**

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities. In addition, students, parents, staff, and community members are encouraged to use the District's recreational facilities, such as the track, fields, and playgrounds.

The District will use electronic mechanisms (such as emails or displaying notices on the district's website), as well as non-electronic mechanism, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

### **Staff Wellness and Health Promotion**

In addition to student wellness, the SHAC will also focus efforts on staff wellness issues, resources and the overall wellness of the staff. The District will promote staff member participation in health promotion programs and will support programs or staff members on healthy eating/weight management that are accessible and free or low-cost.