

# WELLNESS PLAN ANNUAL REVIEW

March 2024

## PRIDDY ISD BOARD OF TRUSTEES

The Board reviewed the Priddy ISD Wellness Plan on March 18, 2024, at the Regular Board Meeting of Priddy ISD Board of Trustees.

*Dr. Cindy Woody*  
Superintendent

Contents

PRIDDY ISD WELLNESS POLICY: FFA LEGAL AND LOCAL ..... 2

**PRIDDY INDEPENDENT SCHOOL DISTRICT WELLNESS PLAN ..... 5**

**DEVELOPMENT OF GUIDELINES AND GOALS..... 5**

**NUTRITION GUIDELINES..... 5**

**WELLNESS GOALS..... 6**

**NUTRITION EDUCATION..... 6**

**PHYSICAL ACTIVITY ..... 6**

**CLEAN, HEALTHY EATING SPACES..... 6**

**IMPLEMENTATION ..... 7**

**ANNUAL EVALUATION AND REVIEW ..... 7**

**Review of Goal 1: NUTRITION EDUCATION ..... 7**

**Review of Goal 2: PHYSICAL ACTIVITY..... 8**

**Review of Goal 3: CLEAN, HEALTHY EATING SPACES ..... 8**

**Annual Review Process ..... 9**

# PRIDDY ISD WELLNESS POLICY: FFA LEGAL AND LOCAL

Priddy ISD  
167904

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(LEGAL)

<b>Wellness Policy</b>	Each district must establish a local school wellness policy for all schools participating in the National School Lunch Program and/or School Breakfast program under the jurisdiction of the district. The local school wellness policy is a written plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum federal standards. <i>7 C.F.R. 210.31(a)</i>
School Day	"School day" means the period from the midnight before, to 30 minutes after the end of the official school day. <i>7 C.F.R. 210.11(a)(5)</i>
School Campus	"School campus" means all areas of the property under the jurisdiction of the school that are accessible to students during the school day. <i>7 C.F.R. 210.11(a)(4)</i>
Contents	<p>At a minimum, a local school wellness policy must contain:</p> <ol style="list-style-type: none"><li>1. Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing these goals, a district must review and consider evidence-based strategies and techniques;</li><li>2. Standards for all foods and beverages provided, but not sold, to students during the school day on each participating school campus under the jurisdiction of the district;</li><li>3. Standards and nutrition guidelines for all foods and beverages sold to students during the school day on each participating school campus under the jurisdiction of the district that:<ol style="list-style-type: none"><li>a. Are consistent with applicable requirements set forth in 7 C.F.R. 210.10 (meal requirements for lunches and after-school snacks) and 220.8 (meal requirements for breakfasts);</li><li>b. Are consistent with the nutrition standards set forth under 7 C.F.R. 210.11 (competitive food service and standards);</li><li>c. Permit marketing on the school campus during the school day of only those foods and beverages that meet the nutrition standards under 7 C.F.R. 210.11; and</li><li>d. Promote student health and reduce childhood obesity;</li></ol></li><li>4. Identification of the position of the district or school official(s) responsible for the implementation and oversight of the local</li></ol>

school wellness policy to ensure each school's compliance with the policy;

5. A description of the manner in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review and update of the local school wellness policy; and
6. A description of the plan for measuring the implementation of the local school wellness policy, and for reporting local school wellness policy content and implementation issues to the public as required below.

#### Public Involvement and Notification

A district must:

1. Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy.
2. Inform the public about the content and implementation of the local school wellness policy, and make the policy and any updates available to the public annually.
3. Inform the public about progress toward meeting the goals of the local school wellness policy and compliance with the local school wellness policy by making the triennial assessment, as required at item 2 under Implementation Assessments and Updates below, available to the public in an accessible and easily understood manner.

#### Implementation Assessments and Updates

A district must:

1. Designate one or more district or school officials to ensure that each participating school complies with the local school wellness policy.
2. At least once every three years, assess schools' compliance with the local school wellness policy, and make assessment results available to the public. The assessment must measure the implementation of the local school wellness policy, and include:

- a. The extent to which schools under the jurisdiction of the district are in compliance with the local school wellness policy;
  - b. The extent to which the district's local school wellness policy compares to model local school wellness policies; and
  - c. A description of the progress made in attaining the goals of the local school wellness policy.
3. Make appropriate updates or modifications to the local school wellness policy, based on the triennial assessment.

**Recordkeeping**

A district must retain records to document compliance with the requirements of this policy. These records include, but are not limited to:

1. The written local school wellness policy;
2. Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as required at Implementation Assessments and Updates above; and
3. Documentation of the triennial assessment of the local school wellness policy for each school under its jurisdiction.

*Healthy, Hunger-Free Kids Act of 2010, Pub. L. No. 111-296, sec. 204, 124 Stat. 3183 (2010) [42 U.S.C. 1758b]; 7 C.F.R. 210.31(c)-(f)*

[See CO for requirements relating to food services management, EHAA for state law requirements relating to health education, and FJ for requirements relating to food and beverage fundraisers.]

**Change in Health Services**

Before a district or a school may expand or change the health-care services available at a school in the district from those that were available on January 1, 1999, the board must:

1. Hold a public hearing at which the board provides an opportunity for public comment and discloses all information on the proposed health-care services, including:
  - a. All health-care services to be provided;
  - b. Whether federal law permits or requires any health-care service provided to be kept confidential from parents;
  - c. Whether a child's medical records will be accessible to the parent;

- d. Information concerning grant funds to be used;
- e. The titles of persons who will have access to the medical records of a student; and
- f. The security measures that will be used to protect the privacy of students' medical records.

2. Approve the expansion or change by a record vote.

*Education Code 38.012*

[For information regarding school-based health centers, see FFAE.]

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4 of 4

## PRIDY INDEPENDENT SCHOOL DISTRICT WELLNESS PLAN

The district shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity and other school-based activities.

### DEVELOPMENT OF GUIDELINES AND GOALS

The District shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, school administration, the Board, parents and the public.

### NUTRITION GUIDELINES

The District shall ensure that nutrition guidelines reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the National School Lunch and Breakfast Program.

- Only food items meeting USDA and TDA guidelines are served at all sites
- Daily menu items are displayed at each site with information regarding a reimbursable meal.
- Cafeteria staff is trained regarding guidelines pertaining to serving portions.

In addition to legal requirements, the District shall:

- Establish age-appropriate guidelines for food and beverages consumed during the school day according to Texas Department of Agriculture including all fundraising activities.
- A. The District shall encourage serving healthy food at school parties. Notices shall be sent to parents/guardians reminding them of the necessity of providing healthy treats for students and/or award celebrations.
- A. The local district school board had adopted a resolution pertaining to fund raising activities during the school day. All campuses may sell food related items during the regular school day as long as:

- The item being sold meets “Smart Snack” Competitive Food guidelines.
  - Sales may not occur during meal service times including breakfast and lunch
- A. Each campus will be exempt from “Smart Snack” Competitive Food guidelines as part of a fundraiser for a maximum of six days per school year as allowed by Texas Department of Agriculture.

## WELLNESS GOALS

### NUTRITION EDUCATION

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

- Grades PK, 5 and 9 will utilize locally developed nutritional activities throughout the school year.
- The District shall discourage using food as a reward in the classroom.
- The District establishes the following goal for nutrition education: the food service staff, teachers and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria, the classroom and other appropriate settings.
- The District had implemented “Breakfast for All” in which all students receive breakfast at the start of every school day with emphasis on the role nutrition plays in daily learning activities.
- Employees will receive Wellness Education information throughout the school year.

### PHYSICAL ACTIVITY

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. In addition, the District establishes the following goals for physical activity:

- The District shall provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
- Physical education classes shall regularly emphasize moderate to vigorous activity.
- One or more of the following activities will be utilized during the school year:
  - Basketball Free Throw Tournament: Engages students in learning to make basketball free throws while learning the lifelong benefits of physical activity, the seriousness of physical fitness and overall health, and importance of fundraising to give back to worthy causes.
  - Fitness Gram: Performed once yearly for all students to evaluate student fitness levels.
  - Pirate Relays and Annual Track and Field Days: Students in grades 6-12 will participate in the Pirate Relays, and students in grades PreK-5 will participate in annual track and field days to promote lifelong physical fitness habits such as running, walking, and other track and field activities in order to increase attention to overall health and wellness.

### CLEAN, HEALTHY PRACTICES

The District establishes the following goal to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

- Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe and comfortable.
- The District will ensure that lunch is scheduled as near to the middle of the school day as possible.

- Health, Wellness and Nutrition Education information will be made available to parents/guardians and the community. This information may be provided in the form of handouts, wall or bulletin boards posters or banners, posting on the district website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.
- An onsite mobile health clinic is available on school grounds bi-weekly to staff members, students, and community members to allow for convenient access to medical care and to promote and encourage wellness.

## IMPLEMENTATION

The Superintendent or designee shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

- All Wellness Policy Guidelines will be implemented yearly.
- The Child Nutrition Director and the District Nurse will monitor all guidelines once yearly. A review of the plan will be assessed yearly by District employees.

## ANNUAL EVALUATION AND REVIEW

### Review of Goal 1: NUTRITION EDUCATION

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

	<b>Descriptors</b>	<b>Review/Assess</b>	<b>Comments</b>
<b>A</b>	Grades PK, 5 and 9 will utilize locally developed nutritional activities throughout the school year.	Meets or exceeds goal	Covered in physical education classes and athletics at all grade levels.
<b>B</b>	The District shall discourage using food as a reward in the classroom.	Meets or exceeds goal	Teachers and administration use non-food rewards and additional time outdoors as classroom awards.
<b>C</b>	The District establishes the following goal for nutrition education: the food service staff, teachers and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria, the classroom and other appropriate settings.	Approaches or meets goal	While some nutrition messaging is visible, there is room for improvement through promoting a monthly theme for nutrition.
<b>D</b>	The District had implemented "Breakfast for All" in which all students receive breakfast at the start of every school day with emphasis on the role nutrition plays in daily learning activities.	Meets or exceeds goal	Serving a communal breakfast followed by a school-wide, family style morning assembly helps promote this message.
<b>E</b>	Employees will receive Wellness Education information throughout the school year.	Meets or exceeds goal	Priddy School offers a wide range of family-friendly activities for employees, families, and community members. We also



		share virtual opportunities for fitness classes and challenges.
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### Review of Goal 2: PHYSICAL ACTIVITY

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

	<b>Descriptors</b>	<b>Review/Assess</b>	<b>Comments</b>
<b>A</b>	The District shall provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.	Meets or exceeds goal	Covered in physical education classes and athletics at all grade levels.
<b>B</b>	Physical education classes shall regularly emphasize moderate to vigorous activity.	Meets or exceeds goal	Physical education classes offered daily provide moderate to vigorous activity.
<b>C</b>	Basketball Free Throw Tournament: Engages students in learning to make basketball free throws while learning the lifelong benefits of physical activity, the seriousness of physical fitness and overall health, and importance of fundraising to give back to worthy causes.	Meets or exceeds goal	Free throw tournament completed for 2023-24 year, very successful with high participation rates.
<b>D</b>	Fitness Gram: Performed once yearly for all students to evaluate student fitness levels.	Meets or exceeds goal	Fitness Gram scheduled for Spring 24
<b>E</b>	Pirate Relays and Annual Track and Field Days: Students in grades 6-12 will participate in the Pirate Relays, and students in grades PreK-5 will participate in annual track and field days to promote lifelong physical fitness habits such as running, walking, and other track and field activities in order to increase attention to overall health and wellness.	Meets or exceeds goal	Pirate Relays and Field Days scheduled for spring

### Review of Goal 3: HEALTHY PRACTICES

The District establishes the following goal to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities.

	<b>Descriptors</b>	<b>Review/Assess</b>	<b>Comments</b>
<b>A</b>	Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe and comfortable.	Meets or exceeds goal	Our cafeteria earned a perfect score in our health inspection.
<b>B</b>	The District will ensure that lunch is scheduled as near to the middle of the school day as possible.	Meets or exceeds goal	Lunch is scheduled for midday.
<b>C</b>	Health, Wellness and Nutrition Education information will be made available to parents/guardians and the community. This information may be provided in the form of	Approaches or meets goal	Although we communicate with stakeholders routinely and in a variety of

handouts, wall or bulletin boards posters or banners, posting on the district website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.		ways, we could improve our focus on communication about wellness and nutrition.
<b>D</b> An onsite mobile health clinic is available on school grounds bi-weekly to staff members, students, and community members to allow for convenient access to medical care and to promote and encourage wellness.	Meets or exceeds goal	The mobile clinic continues to be a popular healthcare option. The district has also added virtual healthcare and mental health and wellness options for students and staff.

## Annual Review Process

1. The district's approach to wellness was discussed at the Student Health Advisory Committee (SHAC) on December 6, 2023. The Wellness Plan was revised to reflect more current activities and goals.
2. A district leadership team made up of the Superintendent, Food Service Director, Principal, Business Director, and School Nurse reviewed the district Wellness Plan on February 23, 2024 to ensure the district was on track to meet goals.
3. The Superintendent prepared a report for the Board to review at the regular Board meeting on March 18, 2024. Minor edits were made to improve the formatting of goal sections.
4. Faculty and staff members will have an opportunity to review and assess this plan on March 20, 2024, following the Board meeting.
5. The Wellness Plan will be reviewed and assessed again by the SHAC committee in the March 2024 SHAC meeting.
6. The Site Based Improvement Committee will review the Wellness Plan in their April 2024 meeting.
7. The Wellness Plan will be reviewed at the start of the 2024-25 school year to ensure that all district staff members understand the plan's goals and expectations.