

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

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]
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. St. Cecilia has chosen to use the Catholic Schools Office (CSO) to work on behalf of St. Cecilia 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 CSO will permit the following persons to work with the CSO on St. Cecilia’s wellness policy and plan: parents, students, St. Cecilia’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The CSO will solicit involvement and input of these other interested persons by: 1. <i>Posting on St. Cecilia’s website the dates and times of Advisory Board meetings at which the wellness policy and plan are scheduled to be discussed.</i> 2. <i>Posting on St. Cecilia’s website the name and person of the person responsible for oversight of the school’s wellness policy and plan along with an invitation to contact that person if the reader is interested in participating in the development, implementation and evaluation of the wellness policy and plan.</i>
IMPLEMENTATION	St. Cecilia’s principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at the school, including the submission of necessary information to the CSO for evaluation.
EVALUATION	In accordance with law, St. Cecilia will periodically measure and make available to the public an assessment of the implementation of the school’s wellness policy, the extent to which the school 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. Absent federal regulations to the contrary, St. Cecilia commits to the evaluation activities described below. At least annually, the CSO will prepare a report on the wellness policy and this plan by gathering information from the principal and other school staff members. The CSO will assess St. Cecilia’s progress toward meeting the goals of the policy and plan by reviewing school activities and events tied to the wellness program. The CSO may use any of the following tools for that analysis:

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	• Relevant portions of the WellSAT 2.0 (www.wellsat.org) • Relevant portions of the Center for Disease Control's School Health Index
PUBLIC NOTIFICATION	To comply with the legal requirement to inform and update the public about the content and implementation of the local wellness policy, St. Cecilia 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 [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 CSO meeting at which the wellness policy or corresponding documents are scheduled to be discussed; 5. The CSO's annual report on the St. Cecilia's wellness policy and plan; and 6. Any other relevant information. St. Cecilia will also publish the above information in appropriate school publications.
RECORDS RETENTION	Records regarding St. Cecilia's wellness policy will be retained in accordance with law and St. Cecilia's records management program. Questions may be directed to the Cristina Nunes, St. Cecilia's designated records management officer.
GUIDELINES AND GOALS	The following provisions describe St. Cecilia's nutrition guidelines and activities and objectives chosen by the CSO to implement the Board-adopted wellness goals in policy FFA(LOCAL).

NUTRITION GUIDELINES

St. Cecilia participates in the United States 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 St. Cecilia establish nutrition guidelines for foods made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity.

St. Cecilia's nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, 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 SOLD

St. Cecilia will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, St. Cecilia 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>

Meals served through the National School Lunch and Breakfast Programs will be presented in an appealing and attractive method, service in a clean and pleasant environment, meet nutrition standards established by local, state and federal statutes and regulations, offer a variety of fruits and vegetables and provide potable drinking water.

Per the nutrient standards of the National School Lunch and Breakfast Programs, St. Cecilia will serve only unflavored low-fat (1%) and flavored fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA).

St. Cecilia will ensure at least daily and weekly minimum numbers of grains are served to each age grade group, all grains served meet the current USDA requirement for whole grains, meals and snacks are trans-fat free, contain less than 10% of total calories from saturated at during a school week, at least the minimum required amount of fruits and vegetables are served to each age group, vegetable sub-groups are represented in menu planning throughout the school week, at least the minimum required amount of meats or meat alternate are served to each age group, meals fall within the minimum and maximum calorie range by age group and meet the weekly sodium target range by age group.

Food and beverages sold weekly will meet Smart Snack regulations.

Beverages sold will include water without artificial sweeteners, sugar or sodium; fruit and vegetable juices and fruit-based drinks that contain 100% fruit juice or 100% fruit juice plus water with no additional sweeteners, meet current USDA guidelines concerning nutrients of public health concern, no or

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low calorie flavored and/or carbonated beverages, low-fat, un-flavored or flavored fat-free fluid milk and nutritionally-equivalent non-dairy beverages (to be defined by the USD).
At least 50% of the beverages offered for sale will be water.

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 St. Cecilia fundraiser. [See CO(LEGAL)]

St. Cecilia will allow the following six exempted fundraisers for the 2019–2020 school year:

FOODS MADE AVAILABLE

There are currently no federal requirements for foods or beverages made available to students during the school day. St. Cecilia 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)]

After School Snacks: Students should be offered only one after school snack per day. All snacks must be consumed on site.

MEASURING COMPLIANCE

St. Cecilia 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 school fundraisers, and monitoring the types of foods and beverages made available to students during the school day.

NUTRITION PROMOTION

Federal law requires that St. Cecilia establish goals for nutrition promotion in its wellness policy. The school'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 St. Cecilia

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

GOAL: St. Cecilia's food service staff, teachers, and other school personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

Objective 1: St. Cecilia will participate in the federal child nutrition programs each school year.

Action Steps	Methods for Measuring Implementation
Distribute flier regarding school food programs within first two weeks of the school year; distribute flier regarding supplemental food programs offered by St. Cecilia within the first 2 weeks of operations.	Baseline or benchmark data points: - Participation rates in federal child nutrition programs at beginning, middle and end of school year. Resources needed: - Development of fliers and follow-up letters - Personnel to distribute fliers Obstacles: - Fliers and letters sometimes do not reach parents. - Negative perception of school meals - Parents choosing not to disclose information related to income or family information to determine eligibility for free or reduced-price meals.

Objective 1: Nutrition education will be incorporated throughout the school day.

Action Steps	Methods for Measuring Implementation
Food service staff, teachers and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, classroom and other appropriate settings. St. Cecilia will ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.	Baseline or benchmark data points: - Surveys Resources needed: - Signage, classroom materials - Staff training Obstacles: - Limited classroom time

GOAL: St. Cecilia 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: Consistently post in an easily accessible location on St. Cecilia's website the monthly school breakfast and lunch menus, along with nutritional information of each meal.	
Action Steps	Methods for Measuring Implementation
Develop menus (or utilize those provided by an approved food vendor) that comply with this objective and are posted no later than the first day of the month of service.	Baseline or benchmark data points: - The manner in which the menus and nutrition information are communicated to parents currently. - The number of times the menus were viewed during the school year. Resources needed: - Website location along with metrics to tabulate number of views. - Staff to create and distribute the menu for posting to the web site. Obstacles: - All nutritional information may not be readily available. - Not all families have internet access.
Objective 3: St. Cecilia will promote wellness outside of school hours to the general community.	
Action Steps	Methods for Measuring Implementation
The school will provide wellness events for students, families and community members.	Baseline or benchmark data points: - Number of school wellness events currently being held. Resources needed: - Vendors to set up booths - Volunteers to organize events Obstacles: - Low attendance and participation

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NUTRITION EDUCATION

Federal law requires that the St. Cecilia establish goals for nutrition education in its wellness policy. State law also requires that the St. Cecilia 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), St. Cecilia has established the following goal(s) for nutrition education.

GOAL: St. Cecilia shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: Offer health and nutrition components at all grade levels.	
Action Steps	Methods for Measuring Implementation
Provide health and nutrition materials to teachers at all program levels to incorporate as needed.	Baseline or benchmark data points: • Elementary – how many teachers are utilizing the materials? • Secondary – what percentage of time is devoted to nutrition education? Resources needed: • Educational materials • Appropriate training for teachers Obstacles: • Not enough time for teaching at the elementary level
Objective 2: All students will have access to drinking water during the day.	
Action Steps	Methods for Measuring Implementation
Provide access to water in cafeterias and in hallways. Encourage students to carry personally owned water bottles at all times.	Baseline or benchmark data points: • Documentation in the school handbook that water is allowable. Resources needed: • Easily accessible water fountains. • Signs in locates (such as computer labs) where water is not allowed. • Appropriate training for teachers Obstacles: • Students needs to be educated about proper cleaning of personal containers.

	• Students must be provided access to water fountains if containers are unavailable. • Time and funding.
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GOAL: St. Cecilia 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: Update nutrition education curriculum to include new dietary guide lines.	
Action Steps	Methods for Measuring Implementation
Review current curriculum to determine what needs to be updated.	Baseline or benchmark data points: • Assess teacher knowledge of current guidelines Resources needed: • 2019 Dietary Guidelines • Staff Training Obstacles: • Time for training
Objective 2: Provide annual training to staff on nutrition curriculum	
Action Steps	Methods for Measuring Implementation
Review updated guidelines and present them in an easy way to understand	Baseline or benchmark data points: • Survey staff to determine where the greatest deficiency lies in nutrition knowledge Resources needed: • Updated materials Obstacles: • Staff buy-in • Training time/costs

PHYSICAL ACTIVITY

St. Cecilia 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. [See BDF, EHAA, EHAB, and EHAC]

Federal law requires that St. Cecilia establish goals for physical activity in its wellness policy.

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

GOAL: St. Cecilia shall meet the minimum requirements for physical activity as mandated by the education code.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
St. Cecilia students currently engage in physical education 30 minutes per day four days per week and 20 minutes of recess per day for five days a week.	Baseline or benchmark data points: • Current schedule of physical education and recess Resources needed: • Already meeting goal Obstacles: • None at this time
Objective 2: GOAL: St. Cecilia 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.	
Action Steps	Methods for Measuring Implementation
St. Cecilia will incorporate activities and external programs that will help promote fitness activities, including Camp Gladiator and 24-Hour fitness. These activities will take place on Friday when physical education is not currently offered.	Baseline or benchmark data points: • Number of activities or partners identified. Resources needed: • Potential partners Obstacles: • Engaging appropriate partners

GOAL: St. Cecilia 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
In team meetings, identify appropriate areas of curriculum that would be suitable for physical activity.	Baseline or benchmark data points: • A list of suitable classes/times. Resources needed: • Physical activity focused curriculum Obstacles: • Time

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GOAL: St. Cecilia 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
St. Cecilia will provide a variety of activities to engage students such as the running club and basketball and volleyball teams. It will also encourage students to participate in non-school activities, such as club teams.	Baseline or benchmark data points: • Current schedule of activities Resources needed: • Material to advertise clubs/teams Obstacles: • Time and funding. • Student buy-in

GOAL: St. Cecilia shall make appropriate training and other activities available to school employees in order to promote enjoyable, life-long physical activity for school employees and students.

Objective 1: St. Cecilia offers health insurance which provides for wellness physicals, various health tests and on-line health assessments.

Action Steps	Methods for Measuring Implementation
Inform employees of available health screenings and wellness opportunities provided by Blue Cross Blue Shield of Texas.	Baseline or benchmark data points: • Provide information to all employees Resources needed: • Fliers and email Obstacles: • Lack of participation

Objective 2: St. Cecilia will offer events throughout the year that involve physical activity including both parents and students.

Objective 1:

Action Steps	Methods for Measuring Implementation
Identify events, such as field day, and the Memorial Day 5K.	Baseline or benchmark data points: • Reports from administration and various event organizers. Resources needed: • Informational materials, time and funding

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	Obstacles: • Staff time • Participation rates
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SCHOOL-BASED ACTIVITIES

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

In accordance with FFA(LOCAL), the school 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: St. Cecilia shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Objective 1: St. Cecilia will ensure that all lunch periods are a minimum of 30 minutes. Breakfast is provided prior to the morning bell.	
Action Steps	Methods for Measuring Implementation
Work with administration staff to ensure timeframes meet this objective.	Baseline or benchmark data points: • Master schedule providing for ample time. Resources needed: • Time and funding Obstacles: • Scheduling conflicts
Objective 2: St. Cecilia will ensure that the school cafeteria facilities are clean, safe and comfortable.	
Action Steps	Methods for Measuring Implementation
Custodians will clean the dining areas and school nutrition staff will clean the kitchen facilities. Administration and teachers will provide supervision during meal times.	Baseline or benchmark data points: • Staff work schedule Resources needed: • Time and funding Obstacles: • Staff may be reluctant to perform duty

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GOAL: St. Cecilia shall promote wellness for students and their families at suitable school activities.

Objective 1: Campus and classroom celebrations are allowed but are encouraged to be held after the designated lunch time.

Action Steps	Methods for Measuring Implementation
Teachers and staff will schedule afternoon celebrations so that students will already have consumed a healthy meal.	Baseline or benchmark data points: • Faculty buy-in Resources needed: • Time Obstacles: • Awareness of all celebrations

GOAL: St. Cecilia will promote employee wellness activities and involvement at suitable school activities.

Objective 1: The school will utilize its health insurance provider to encourage wellness by communicating the preventative services and wellness information.

Action Steps	Methods for Measuring Implementation
Develop and distribute materials via email to all employees regarding wellness.	Baseline or benchmark data points: • Email to all employees Resources needed: • Email addresses of all employees • Time and staff to create and send the email Obstacles: • Participation rates