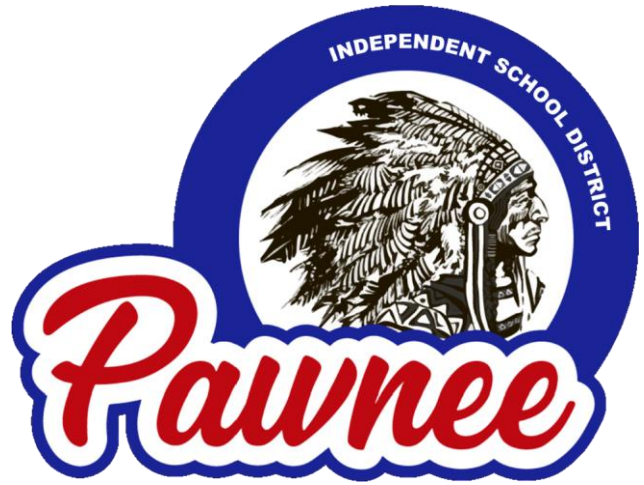


# PAWNEE INDEPENDENT SCHOOL DISTRICT

## WELLNESS PLAN

2025-2026



*IF YOU HAVE DIFFICULTY ACCESSING THE INFORMATION IN THIS DOCUMENT BECAUSE OF DISABILITY, PLEASE CONTACT*

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STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
ADMINISTRATIVE 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; 7 C.F.R. Part 210.]

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. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District 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 SHAC will permit the following persons to work with the SHAC on the District’s wellness policy and plan: parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input of these other interested persons by:

1. Utilizing the District’s website to post meeting dates and locations and to solicit participation from interested parties.
2. Utilizing social media to post District wellness goals in action and to invite public comments/suggestions.

IMPLEMENTATION Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.

The Pawnee ISD Principal is the District official responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring 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.”

FFA(REGULATION)

Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. The SHAC may use any of the following tools for this analysis:

- **Relevant portions of the Meals for Schools and Child Care**
  - <https://www.fns.usda.gov/schoolmeals>
- **Relevant portions of the Texas Education Agency’s Coordinated School Health**
  - <https://tea.texas.gov/texas-schools/health-safety-discipline/coordinated-school-health/nutrition-services-of-the-coordinated-school-health-model>
- **Relevant portions of the Centers for Disease Control’s School Health Index**
  - <https://www.cdc.gov/healthy-schools/about/index.html>
- **Assessment**
  - <http://wellsat.org>
- **District Assessment- Fitnessgram**
  - <https://www.fitnessgram.net/school-and-district>

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. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
5. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed; 6. The SHAC’s triennial assessment; and
7. Any other relevant information.

The District will also publish the above information in appropriate District or campus publications.

RECORDS RETENTION

Records regarding the District’s wellness policy will be retained in accordance with law and the District’s records management program. Questions may be directed the District’s records retention specialist.

GUIDELINES AND

The following provisions describe the District’s nutrition guidelines and activities

GOALS	and objectives chosen by the SHAC to implement the Board-adopted wellness goals in policy FFA(LOCAL).
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). Federal law requires that the District establish nutrition guidelines for foods and beverages sold to students during the school day on each campus that promote student health and reduce childhood obesity. The District’s nutrition guidelines are to ensure all foods and beverages sold 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 AND BEVERAGES SOLD	<p>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. The following websites have information regarding meal and Smart Snacks requirements:</p> <ul style="list-style-type: none"> <li>• <a href="https://www.fns.usda.gov/cn/school-nutrition-standards-updates">https://www.fns.usda.gov/cn/school-nutrition-standards-updates</a></li> <li>• <a href="https://www.fns.usda.gov/tn/guide-smart-snacks-school">https://www.fns.usda.gov/tn/guide-smart-snacks-school</a></li> </ul> <p><a href="https://squaremeals.org/Portals/8/files/ARM/ARM_Complete_250214.pdf?ver=5sPUxsfGzBwxu69FuSB7iw%3d%3d">https://squaremeals.org/Portals/8/files/ARM/ARM_Complete_250214.pdf?ver=5sPUxsfGzBwxu69FuSB7iw%3d%3d</a></p> <p><b>BIRTHDAY PARTY CELEBRATIONS:</b></p> <ul style="list-style-type: none"> <li>• While we recommend all birthday, celebrations be non-food based (due to the increased number of child allergies, etc.), we leave this at the principal’s discretion.</li> <li>• We request that all birthday party celebrations that include food be restricted to after lunch to ensure that students have access to their nutritious meal prior to birthday snacks.</li> </ul> <p><b>DEFINITIONS:</b></p> <ul style="list-style-type: none"> <li>• Competitive Foods – Foods and beverages sold or made available to students that compete with the school’s operation of the NSLP, SBP, and/or ASCP. This definition includes, but is not limited to, food and beverages sold or provided in vending machines, in school stores, or as part of school fundraisers. School fundraisers include food sold by school administrators or staff, students or student groups, parents or parent groups, or any other person, company or organization. This does not pertain to food items made available by the school food service department.</li> <li>• NSLP – National School Lunch Program</li> </ul>

- School Day – The school day begins with the start of the school breakfast period and continues until the end of the last instruction period of the day (last bell).
- SBP – School Breakfast Program

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 District fundraiser. [See CO(LEGAL)]

FOODS AND  
BEVERAGES  
PROVIDED

There are no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. However, each school district must set its own standards. 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 foods and beverages made available to students:

- Elementary school: None
- Middle/junior high school: None
- High school: None

MEASURNIG  
COMPLIANCE

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

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 District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards. The SHAC will monitor this by:

Child Nutrition and School Administrative Personnel monitoring schools for advertising as needed.

Although the District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SHAC will periodically monitor these and make recommendations when replacements or new contracts are considered.

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

**Implementing Goals for Nutrition Promotion**

**GOAL 1:** 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:** Increase awareness of the school lunch and breakfast program

**Action Steps:** Post menus and benefits of healthy eating on student nutrition website

**School and Community Stakeholders:** Nutrition staff

**Resources Needed:** Nutrition software

**Measures of Success:** Participation rates in federal lunch program will be monitored

**Objective 2:** Increase awareness of the District Fundraising Guidelines

**Action Steps:** Business Manager and/or Principal will provide training to campus staff about allowable items and expenses based on federal guidelines

**School and Community Stakeholders:** Campus Staff

**Resources Needed:** federal guidelines

**Measures of Success:** Sign-In Sheets for training verification

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**GOAL 2:** 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:** Promote awareness of the school lunch and breakfast program

**Action Steps:** 1.) Post on district websites regarding food programs

2.) Utilize current social media accounts for promotions

**School and Community Stakeholders:** Student Nutrition

**Resources Needed:** Nutrition software and social media accounts

**Measures of Success:** Participation in school meal programs

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**Implementing Goals for Nutrition Education**

**GOAL 1:** The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

**Objective 1:** Students and parents will know the nutritional values of food provided throughout the school day

**Action Steps:** 1.) Post nutrient analysis for menu items online

2.) Post food allergy information on line

**School and Community Stakeholders:** Students, Nutrition Staff

**Resources Needed:** Administrators Reference Manual, Menus, Product Information Sheets

**Measures of Success:** Ensure all information is accurate and posted on a monthly basis

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**GOAL 2:** The District shall establish and maintain school gardens and farm-to-school programs.

**Objective 1:** Students will be able to plant, cultivate, and harvest

**Action Steps:** 1.) Plan and implement a garden

**School and Community Stakeholders:** Students, Ag teachers, Maintenance Staff

**Resources Needed:** Seeds and gardening supplies

**Measures of Success:** Plants, fruits, and or vegetables are produced for consumption or sale

**Objective 2:** Students will be able to discuss where food comes from, the role of farmers, and the connection between production and consumption.

**Action Steps:** 1.) Integrate farm-to-school concepts into the curriculum, including lessons about healthy eating and importance of local agriculture

**School and Community Stakeholders:** Students, Ag teachers, Maintenance Staff

**Resources Needed:** iCEV curriculum

**Measures of Success:** Ensure curriculum is being followed. High school students will have the opportunity to become certified in certain areas.

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## **Implementing Goals for Physical Activity**

**GOAL 1:** The District shall promote 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:** the district will create opportunities for physical activity and health.

**Action Steps:** 1.) incorporate recess, PE, or athletics into schedule

2.) Provide CPR training to students

**School and Community Stakeholders:** School staff, Health Staff, Physical Education Dept.

**Resources Needed:** Class time requirements

**Measures of Success:** improved participation in class

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**GOAL 2:** The District shall promote before-school and after-school physical activity programs available and shall encourage students to participate.

**Objective 1:** Utilize the ACE program

**Action Steps:** Allow ACE to implement enrichment centers involving physical activity during the after-school program

**School and Community Stakeholders:** Physical Education Dept, ACE coordinator

**Resources Needed:** Enrichment program

**Measures of Success:** ACE records of participation

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### **Implementing Goals for Other School-Based Activities**

**GOAL 1:** The District shall promote wellness for students and their families at suitable district and campus activities.

**Objective 1:** Provide resources and programs to parents and students that promote wellness

**Action Steps:** 1.) Invite community to SHAC meetings

**School and Community Stakeholders:** SHAC, Health Services

**Resources Needed:** Websites about Children's Health

**Measures of Success:** Ensure these resources are available.

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**GOAL 2:** The District shall promote employee wellness activities and involvement at suitable District and campus activities.

**Objective 1:** Help staff improve and maintain physical health

**Action Steps:** 1.) Offer clinics for flu, shingles and COVID shots

2.) Track and weight room available to employees

**School and Community Stakeholders:** School health professionals

**Resources Needed:** Vaccines, brochures, webpages

**Measures of Success:** Make sure these programs are offered and promoted

**Objective 2:** Help staff improve and maintain mental health

**Action Steps:** 1.) Employee counsel for mental health

**School and Community Stakeholders:** Employee counselor, school health professionals

**Resources Needed:** Webpages, brochures

**Measures of Success:** Ensure these resources are available

**GOAL 3:** The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

**Objective 1:** The district will build master schedule to allow for an appropriate amount of time for meals

**Action Steps:** 1.) Evaluate current meal times and adjust as needed

**School and Community Stakeholders:** Nutrition staff, Administration, Students

**Resources Needed:** Master schedule and class time requirements

**Measures of Success:** Monitor if students are able to finish eating

**Objective 2:** Build social skills and reduce stress

**Action Steps:** 1.) allow students to interact

**School and Community Stakeholders:** Students and school staff

**Resources Needed:**

**Measures of Success:** improved social skills and better concentration in class