

Wellness Policy Implementation Plan for SST Schools

Per Texas Department of Agriculture (TDA) Guidelines

1. Leadership and Oversight

Responsible Personnel:

- Superintendent – Oversees policy and plan implementation.
- Wellness Policy Advisory Committee (WPAC) – Develops, reviews, and revises the wellness plan.
- Campus Staff – Execute site-specific activities, ensure compliance, and maintain records.
- School Nutrition Director – Ensures all food and beverage policies comply with USDA and TDA regulations.

2. Stakeholder Engagement

Committee Composition:

- Parents
- Students
- Teachers (especially PE and Health)
- Food Service Provider Representatives
- School Health Professionals
- Board Members
- Administrators
- Members of the Public

Engagement Strategies:

- Host annual WPAC meetings with publicized agendas and minutes.
- Offer feedback opportunities via online surveys and campus forums.
- Publish wellness updates through newsletters, social media, and school websites.

3. Implementation of Wellness Goals

A. Nutrition Promotion and Education

Objectives & Strategies:

- Promote USDA nutrition posters in cafeterias and classrooms.
- Implement school-wide nutrition education using a Coordinated School Health Program.
- Deliver annual professional development on nutrition education for teaching staff.
- Distribute educational materials to families via newsletters and school websites.

B. Physical Activity

Objectives & Strategies:

- Adhere to state-mandated minutes for physical activity by grade level.
- Encourage classroom movement breaks and integrate physical activity into lessons.
- Promote physical activity in family events and afterschool programs.
- Offer staff wellness challenges and fitness events.

C. Other School-Based Activities

Objectives & Strategies:

- Ensure all cafeterias are clean, comfortable, and provide sufficient meal time.
- Encourage participation in the school meal programs by removing stigma.
- Promote staff wellness through walking clubs, hydration challenges, and health screenings.

4. Nutrition Guidelines Compliance

A. Foods and Beverages Sold:

- Align all sales with USDA Smart Snacks and TDA guidelines.
- Document any fundraiser exemptions (max 6 days/year) and determine dates by September 1.

B. Foods and Beverages Provided:

- Distribute and monitor approved snacks list for teachers and parents.
- Enforce policy on snacks during state assessments, classroom parties, and celebrations.
- Train staff annually on Smart Snacks rules, including catalog sale distribution.

5. Marketing Standards

- Prohibit marketing of non-compliant foods during the school day.
- Approve only USDA-compliant fundraising posters for temporary display.
- Display USDA health promotion posters in cafeterias without brand logos.

6. Monitoring & Evaluation

Annual Monitoring:

- Conduct campus-level self-assessments each spring using tools like the WellSAT or TDA Scorecard.
- Evaluate:
 - Adherence to Smart Snack standards
 - Implementation of wellness goals
 - Nutrition education delivery
 - Physical activity minutes

Triennial Assessment:

- Conduct every 3 years and report:
 - Policy compliance
 - Comparison with model wellness policies
 - Progress toward goals
- Publish assessment results on school websites.

7. Communication and Public Notification

- Post the following documents on the district and school websites annually:
 - Current Wellness Policy
 - Wellness Implementation Plan
 - Triennial Assessment Results
- Provide families updates through school newsletters, emails, and social media.

8. Documentation and Records Retention

- Maintain:
 - Wellness Policy and Plan
 - Meeting agendas, sign-ins, and minutes

- Professional development records
- Assessment tools and data
- Public communications

- Retain in accordance with federal regulations and the district’s records management policy.

9. Implementation Timeline

Task	Responsible Party	Deadline
Form/Review WPAC	Superintendent/Principal	August Annually
Host initial WPAC meeting	WPAC Chair	September
Determine “free snack days” for fundraisers	Principals/Nutrition Director	September 1
Conduct staff training on policy	HR/Health Services	August/September
Public communication and policy posting	Communications Team	As Needed
Mid-year wellness check-in	WPAC	January/February
Triennial assessment (every 3 years)	WPAC/Evaluation Team	Spring (2027, 2030...)
Year-end report and recommendations	WPAC	May