



# COMPASS ROSE

## Compass Rose Public Schools Wellness Plan

Updated 6/6/2023

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]

The District’s local school health advisory council (SHAC) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

### **Soliciting Involvement and Input**

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC may solicit involvement and input from parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. Posting a general announcement in the weekly staff newsletter, inviting staff to participate in the review of the wellness plan.
2. Sending individualized invitations to each type of stakeholder mentioned above.

### **Responsibility for Implementation**

Each campus principal is responsible for implementing this wellness plan at their campus, including submitting necessary information to the SHAC for evaluation.

The Director of Auxiliary Operations is the District official responsible for the development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan. Please contact Lauren Pum, Director of Auxiliary Operations, if you have any questions about the policy and plan ([lauren.pum@compassroseschools.org](mailto:lauren.pum@compassroseschools.org)).



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## Goals for Nutrition Education

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a component addressing nutrition services and health education at the elementary and middle school levels.

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Implementing Goals for Nutrition Education

### **GOAL 1: Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.**

**Objective 1:** Students are regularly exposed to educational materials (ie, library books, hallway posters, etc.) that highlight healthy eating behaviors.

**Action Steps:** Conduct an audit around educational materials currently in place and provide schools with standardized resources to increase healthy eating materials.

**School and Community Stakeholders:** students and teachers, school lead team, operations staff

**Resources Needed:** cafeteria signage, library books

**Measures of Success:** Each campus has a set of standardized resources available on campus.

**Objective 2:** Procure curriculum resources to support nutrition instruction that focuses on health eating behaviors.

**Action Steps:** Research & identify resources that PE & classroom teachers may use for instruction.

**School and Community Stakeholders:** network team members

**Resources Needed:** Science, PE, and health materials that focus on healthy eating behaviors.

**Measures of Success:** School leaders have elected the materials they will use on their campus.

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### **GOAL 2: Nutrition education will be a Compass Rose Public Schools-wide priority and will be integrated into other areas of the curriculum, as appropriate.**

**Objective 1:** Nutrition education will be incorporated into social-emotional learning.



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**Action Steps:** One time per month, teachers will focus on nutrition education or physical health during morning meeting. The lesson will focus on a school-wide theme.

**School and Community Stakeholders:** network team, school leaders, teachers

**Resources Needed:** scope and sequence of nutrition education topics per month.

**Measures of Success:** Every classroom has one lesson per month focused on nutrition education or physical health.

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**GOAL 3: Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.**

**Objective 1:** Resources are allocated for each school to incorporate nutrition education into PE, social emotional learning, and other curriculum components.

**Action Steps:** Resources for each of the goals above are provided for the schools & distributed to teachers.

**School and Community Stakeholders:** network team, lead teams, teachers.

**Resources Needed:** signage, books, other learning materials.

**Measures of Success:** Each school has the resources needed to adopt the goals in this section.

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**GOAL 4: The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.**

**Objective 1:** In the cafeteria and classrooms where meals are served, the food service staff & teachers will display the daily menu, along with signage that explains to students how to build a complete meal with the menu items that are offered.

**Action Steps:** Update and post the daily menu; remind students to choose all of the items needed to build a complete & nutritious meal

**School and Community Stakeholders:** food service staff, teachers

**Resources Needed:** monitors to display digital menus, Offer v. Serve posters

**Measures of Success:** 55% of students choose a complete and reimbursable breakfast each day with all of the required menu components. 75% of students choose a complete and reimbursable lunch each day with all of the required menu components.



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**Objective 2:** School personnel will adopt shared language to promote healthy eating that students hear during meal & snack times.

**Action Steps:** Wellness Committee will determine shared language and provide training for school personnel, as well as communication to families.

**School and Community Stakeholders:** wellness committee, all school staff, students

**Resources Needed:** shared language & a visual aid that promotes it.

**Measures of Success:** Students are incorporating shared language about healthy eating.

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**GOAL 5: Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.**

**Objective 1:** School personnel will share the weekly breakfast and lunch menu, which includes nutritional information of each menu item, in family newsletters.

**Action Steps:** Ensure each school has the correct menu link easily accessible

**School and Community Stakeholders:** food service staff, school leaders

**Resources Needed:** family newsletters, menu link

**Measures of Success:** 100% of school newsletters include a link to the breakfast and lunch menu.

**Objective 2:** Family newsletters will include information about the monthly wellness goal that students are learning in social-emotional learning.

**Action Steps:** Identify types of information to share with families; create the information & determine the best way to communicate it (social media posts, family newsletters, etc.)

**School and Community Stakeholders:** FSMC staff, Director of Auxiliary Operations, MarComm Team

**Resources Needed:** family nutrition educational information

**Measures of Success:** Monthly communications are shared with families that provide nutrition education.



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## Goals for Physical Activity

Federal law requires that the District establish goals for physical activity in its wellness policy. In accordance with state law, the District will implement a coordinated health program with physical education and physical activity components. The District will offer at least the required amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC], as follows: 150 minutes/week for students in K-8 - with students in 6-8 needing to complete 4 semesters total of PE.

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## Implementing Goals for Physical Activity

**GOAL 1: Compass Rose Public Schools will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.**

**Objective 1:** Schools will provide state required minutes of physical education for students on a weekly basis throughout the school year.

**Action Steps:** Ensure each master schedule includes the state required minutes for physical education.

**School and Community Stakeholders:** Network team, Registrars/SIS, School leaders, and teachers

**Resources Needed:** PE equipment and curriculum/resources for each campus

**Measures of Success:** Students participate in weekly physical education activities.

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**GOAL 2: Physical education classes will regularly emphasize moderate to vigorous activity.**

**Objective 1:** Physical education classes integrate warm up exercises and developmentally appropriate games and activities that require student movement/participation.

**Action Steps:** Ensure lesson plans and PE observations include student activities, movement, participation.

**School and Community Stakeholders:** Network team, School leaders, teachers, and students

**Resources Needed:** PE checklist or walkthrough form that highlights PE requirements



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**Measures of Success:** Walkthroughs of PE classrooms indicate 100% of PE classrooms emphasizing movement and physical activity on a regular basis.

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**GOAL 3: Compass Rose Public Schools will encourage teachers to integrate physical activity into the academic curriculum where appropriate.**

**Objective 1:** Teachers will incorporate developmentally appropriate activities involving physical movement into daily lessons. This includes opportunities to engage kinesthetically with content, where appropriate, and move to collaborate with peers.

**Action Steps:** Ensure teachers use movement within their lesson plans, specifically getting students engaged and moving as a vehicle for learning.

**School and Community Stakeholders:** School leaders, staff, and students

**Resources Needed:** Embedded movement portions within lesson

**Measures of Success:** Walkthroughs of classrooms indicate 100% of students get opportunities to engage in movement as part of the learning process.

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**GOAL 4: Compass Rose Public Schools will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.**

**Objective 1:** Create shared participation opportunities for students and families in fitness related activities.

**Action Steps:** Organize 2 network or school based family events during the school year that promote physical activity(e.g. Jamoboree, Fall Festival).

**School and Community Stakeholders:** Schools team, lead teams, staff, families, and students

**Resources Needed:** Resources or vendors that can support family events

**Measures of Success:** The family events will be well attended and schools will receive positive feedback on possip surveys.

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## Goals for Other School-Based Activities

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness, create an environment that encourages healthful eating and physical activity, and promote a consistent wellness message.



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## Implementing Goals for Other School-Based Activities

**GOAL 1: Compass Rose Public Schools shall allow sufficient time for students to eat meals in facilities that are clean, comfortable, and safe.**

**Objective 1:** School leaders will develop master schedules that allow sufficient time for students to eat lunch.

**Action Steps:**

- School leaders develop lunch schedules based on number of students in each grade level cohort as time allows.
- Cafe managers identify ways to create more efficient service lines where needed.

**School and Community Stakeholders:** School leaders, food service workers

**Resources Needed:** barcode scanners, pin pads, meal service platform (i.e. Mealtime)

**Measures of Success:** At the end of the lunch period, 95% of students have finished eating their meals.

**Objective 2:** Facilities are cleaned during and after the meal service to maintain a clean, comfortable, and safe cafeteria.

**Action Steps:** School leaders develop custodial schedule to ensure the cafeteria is maintained during the meal service and thoroughly cleaned at the end of the meal service.

**School and Community Stakeholders:** school leaders, custodians

**Resources Needed:** cleaning supplies and rolling trash cans, custodial staffing

**Measures of Success:**

- 100% of days end with all trash taken out, floors swept & spot mopped, and all tables wiped down.
- 100% of lunch service time is monitored for trash maintenance and minor clean ups

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**GOAL 2: Compass Rose Public Schools shall promote employee wellness activities and involvement at suitable school/network activities.**

**Objective 1:** Employees are offered health benefits that promote wellness.

**Action Steps:** Ensure offerings to employees offer a variety of medical care options including but not limited to Employee Assistance Program, telehealth, and self-care.



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**School and Community Stakeholders:** All employees, employee spouses and dependents, Human Resources, Benefits Brokerage

**Resources Needed:** Budgeted funds for employee benefits, Administration of benefits, Demonstration of use of available benefits, technology access

**Measures of Success:**

- Satisfaction of Employees with Benefits offered
- Climate Surveys measuring employee awareness and usefulness of benefits

**Objective 2:** Encourage employees to participate in school activities that promote wellness.

**Action Steps:** Invite employees and their families to attend and/or volunteer at school-based wellness activities through staff newsletters, communication platforms, and social media posts

**School and Community Stakeholders:** school employees, spouses, dependents

**Resources Needed:** school newsletters, communication platform, social media access,

**Measures of Success:** At the end of the school year, 70% of employees have participated in at least one school activity.

**Objective 3:** Encourage employees to engage in social/emotional wellness activities

**Action Steps:**

- Offering employees mental health days throughout the school year
- School district plans/calendar include reduced school hours so that employees can engage in professional development activities that do not interfere with time that is outside of typical school hours

**School and Community Stakeholders:** School employees, School Board of Directors, Senior Leadership Team, Human Resources,

**Resources Needed:** TEA (for stipulation of required number of school hours), calendar of events and trainings for the year, Employee attendance tracking platform, staff handbook

**Measures of Success:**

- Climate Surveys measuring employee job satisfaction and psychological safety
- Opportunity to vote on preferred academic calendar





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## **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). As required by federal law, the District has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

## **Foods and Beverages Sold**

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.

## **Exceptions for 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.

The District will allow exempted fundraisers for the 2023-2024 school year.

Each school principal may designate up to six exempt fundraising days per school year. During these dates, the school may conduct fundraising events where the Competitive Food Nutrition Standards do not apply. Each school may have up to six exempt fundraising days per year.

Food and beverage items sold for exempt fundraisers cannot be sold in competition with school meals in the food service area during the school meal service. The school must maintain adequate documentation to indicate the dates for each exempt fundraiser.

## **Foods and Beverages Provided**

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.

In addition, the District has established the following local standards for other foods and beverages made available to students:

As stated in the student and family handbook, This protocol applies to all grade levels:



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Parents are welcome to eat lunch with their child in the cafeteria on designated Family Lunch Days. On these days, parent/guardians may only bring lunch for their own children. Students and adults may not bring in or give away food to other students during lunch times.

## **Measuring Compliance with Nutrition Guidelines**

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to TDA, reviewing foods and beverages that are sold in competition with 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.

## **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. This "triennial assessment" will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state- or federally designated model policies. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

## **Public Notification**

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

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;
2. A copy of this wellness plan, with dated revisions;
3. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
4. The SHAC's triennial assessment; and
5. Any other relevant information.

## **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 to the Chief Engagement Officer at [publicinforequest@compassroseschools.org](mailto:publicinforequest@compassroseschools.org) the District's designated records management officer.



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