

2021-22 SY Wellness Policy Report

Frisco Independent School District



Our Wellness Goals



We met these goals:

- ✓ Food and beverages will not be withheld as punishment for any reason, such as performance or behavior.
- ✓ The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
- ✓ Students will be moderately to vigorously active for at least 50% the time spent in physical education class sessions each week.
- ✓ The District will ensure that its grounds and facilities are safe, and that equipment is available to students to be active
- ✓ Students will be given opportunities to take short breaks during long periods of instruction to stretch and move.
- ✓ The District shall allow enough time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
- ✓ The District shall promote wellness for students at suitable District and campus activities.

We are still working on these:

- ✗ Each school may designate three party days each year for celebrating holidays or events. All foods offered on school campus must meet or exceed the USDA Smart Snack in School Nutrition standard.
- ✗ Food and beverages will not be used as a reward for any reason, such as performance or behavior.
- ✗ The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.
- ✗ The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.
- ✗ Teachers will look for opportunities to incorporate movement into their instruction
- ✗ The District shall promote employee wellness activities and involvement at suitable District and campus activities.
- ✗ The District shall make appropriate before-school and after-school physical activity programs available.

The District Wellness Assessment received responses from 56% of Frisco ISD campuses.

Based on responses:

- 100% of schools are meeting the federal requirements for a reimbursable meal.
- 82% of schools are meeting the competitive foods and drinks (smart snack) standards for foods sold in schools.
- 83% of schools only allow 3 party days per year.
- During the 3 party days, 48% of schools are only offering foods that meet competitive (smart snack) standards.
- 76% of schools do not offer food and beverage as a reward.
- 96% of schools do not allow foods from outside sources such as UBER, Lyft, Doordash being delivered to student during the school day (this does not include food dropped off by parents).
- 66 % of schools are consistently promoting healthy nutritional messages in the cafeteria, classroom and other appropriate settings.

- 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 Chief Student Services Officer 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.
- 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".
- Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates on these materials.
- The SHAC will consider evidenced-based strategies when setting and evaluating goals and measurable outcomes. The SHAC may use any of the following tools for this analysis: Alliance for a Healthier Generation, CNSS, Child Nutrition Services Administrative Reviews, The District Developed Wellness Tool.

Our District Wellness Policies

Planning, Tracking, & Sharing

