

# 2024-2025 SY Wellness Policy Report

## Frisco Independent School District



### Our Wellness Goals

#### We met these goals by 80% or more:

- Food and beverages will not be withheld as punishment for any reason, such as performance or behavior. (90%)
- Each school may designate three party days each year for celebrating holidays or events. (88%)
- Students will be moderately to vigorously active for at least 50% the time spent in physical education class sessions each week. (100%)
- The District will ensure that its grounds and facilities are safe, and that equipment is available to students to be active. (82%)
- Students will be given opportunities to take short breaks during long periods of instruction to stretch and move. (93%)
- The District shall allow enough time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. (100%)
- The District shall promote employee wellness activities and involvement at suitable District and campus activities. (85%)

#### We are still working on these goals:



- All foods offered on campus, including those from vending machines, school stores, and fundraisers, must meet the USDA Smart Snacks in School nutrition standards.
- 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 Districtwide 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.
- The District shall make appropriate before-school and after-school physical activity programs available.
- The District shall provide opportunities to participate in wellness activities for students and their families.

### Our Wellness Policies

#### 79% of Frisco ISD campuses responded to the District Wellness Assessment. Based on the responses:

- 100% of schools are meeting the federal requirements for a reimbursable meal.
- 88% of schools only allow 3 party days per year.
- 72% of schools do not offer food and beverage as a reward.
- 98% 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).
- 72% of schools are consistently promoting healthy nutritional messages in the cafeteria, classroom and other appropriate settings.



### Planning, Tracking, & Sharing

- Each campus principal is responsible for implementing FFA(LOCAL) and the wellness plan, including submitting required information to the SHAC for evaluation.
- The Chief Student Services Officer oversees FFA(LOCAL) implementation, the wellness plan, and ensures campus compliance.
- Every three years, the District will assess and publicly share results on the implementation of the wellness policy, campus compliance, progress toward goals, and comparison with state or federal model policies. This is called the "triennial assessment."
- Annually, the District will notify the public about the wellness policy, plan, and any updates.
- The SHAC will use evidence-based strategies to set and evaluate goals, using tools like the Alliance for a Healthier Generation, CNSS, Child Nutrition Services Reviews, and the District Wellness Tool.

