

JIM NED CISD

SCHOOL HEALTH ADVISORY COUNCIL



HEALTHY STUDENTS ARE MORE SUCCESSFUL STUDENTS

Jim Ned CISD Wellness Plan

2025-2026

Developed by the
Jim Ned CISD School Health Advisory Council
Adopted by Jim Ned CISD Board of Trustees on January 8, 2026

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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]

The Jim Ned Consolidated Independent School District (JNCISD) local school health advisory council (SHAC) will work on behalf of JNCISD 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 will solicit involvement and input from parents, students, JNCISD’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. posting on the [JNCISD SHAC webpage](#) the dates and times that the wellness policy and plan are scheduled to be discussed at SHAC meetings;
2. placing, in the student handbook and on the JNCISD SHAC webpage, an invitation for parents and community members to [get involved](#) in the development, implementation, and evaluation of the wellness policy and plan along with the name, position, and contact information of the person responsible for oversight of JNCISD’s wellness policy and plan; and
3. inviting professionals/representatives from the community to present information regarding elements within the purview of the SHAC.

Responsibility for Implementation

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

The Superintendent is the JNCISD official responsible for overall implementation of FFA(LOCAL), including development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

Goals for Nutrition Promotion

Federal law requires that JNCISD establish goals for nutrition promotion in its wellness policy. JNCISD'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 JNCISD.

JNCISD 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:

1. conducting semester site audits with the JNCISD nutrition director, and
2. compiling semester audits of website postings and social media posts.

Although JNCISD 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 make recommendations when replacements or new contracts are considered.

Implementing Goals for Nutrition Promotion

Goal 1: JNCISD will promote healthy nutrition messages in cafeterias and other appropriate settings.

Objective 1: Utilize cafeterias to publicize healthy nutrition choices for both students and staff.

Action Steps: Display posters in cafeterias that promote healthy eating and other nutrition education information.

School and Community Stakeholders: JNCISD nutrition director, cafeteria managers, cafeteria staff.

Resources Needed: USDA posters and flyers available at:

- <https://www.fns.usda.gov/tn/posters>
- <https://www.fns.usda.gov/tn/sbp/materials>
- <https://www.fns.usda.gov/tn/school-lunch-resources>

Measures of Success: Students will choose a healthy meal which includes a fruit or vegetable.

Objective 2: Utilize the district website and social media accounts to promote healthy eating and other nutrition education information for families, students, and staff.

Action Steps: Post digital media that promotes healthy eating and other nutrition education information to the district's website and social media accounts monthly.

School and Community Stakeholders: JNCISD nutrition director, JNCISD chief academic officer.

Resources Needed: USDA school nutrition standards media toolkit available at:

<https://www.fns.usda.gov/cn/school-nutrition-standards-updates/media-toolkit>

Measures of Success: Community engagement centered on nutrition-related topics will increase.

Goals for Nutrition Education

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

Implementing Goals for Nutrition Education

Goal 1: JNCISD shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: Incorporate nutrition education into the curriculum of PK-6th physical education classes at least once per six weeks.

Action Steps: Schedule six stand-alone, age-appropriate lessons about healthy nutrition choices to be delivered once per six-week grading period.

School and Community Stakeholders: Campus principals, physical education teachers.

Resources Needed: Texas A&M AgriLife Extension's [Balancing Food and Play Curriculum](#) or similar.

Measures of Success: Student's will be able to verbalize the importance of daily physical activity, consumption of fruits and vegetables, limiting screen time, and drinking milk with meals and water with snacks.

Objective 2: Incorporate nutrition education into 7-12th athletics periods at least once per semester.

Action Steps: Schedule local nutrition professionals to present nutrition education information during boys' and girls' athletic periods, once per semester.

School and Community Stakeholders: JNCISD athletic director, head coaches.

Resources Needed: None.

Measures of Success: Student athletes will learn to make wise nutrition choices that improve overall health and athletic performance.

Goals for Physical Activity

Federal law requires that JNCISD establish goals for physical activity in its wellness policy. In accordance with state law, JNCISD will implement a coordinated health program with physical education and physical activity components. JNCISD will offer at least the required amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC], as follows:

JNCISD requires students in kindergarten through grade 5 to participate in moderate or vigorous daily physical activity for at least 30 minutes throughout the school year, as part of the district's physical education program or through structured activity during a campus's daily recess.

JNCISD requires students in grades 6-8 to participate in moderate or vigorous daily physical activity for at least 30 minutes for at least four semesters during those grade levels as part of the district's physical education curriculum.

If JNCISD determines, for any particular grade level, that requiring moderate or vigorous daily physical activity is impractical due to scheduling concerns or other factors, the district may as an alternative require a student in that grade level to participate in moderate or vigorous physical activity for at least 135 minutes during each school week.

Implementing Goals for Physical Activity

Goal 1: JNCISD shall provide 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: In addition to the school-day physical activities described in the four paragraphs under 'Goals for Physical Activity', make families aware of other options for physical activity.

Action Steps: Utilize the district's social media accounts to inform students and families about opportunities such as Jim Ned Little League Baseball, Jim Ned Girls Softball Association, Jim Ned Youth Football and Cheer, Jim Ned sports camps, running club, 7-on-7 football, after-hours gymnastics classes at Buffalo Gap Elementary, Lawn Elementary, and Jim Ned Intermediate School.

School and Community Stakeholders: JNCISD athletic director, JNCISD chief academic officer.

Resources Needed: None.

Measures of Success: Participation in local youth sports programs will increase.

Goal 2: JNCISD shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

Objective 1: Encourage physical activities that engage students during school hours, as well as families outside of school hours.

Action Steps: Research and implement a walking challenge for students in grades 1st-6th and, by extension, their teachers and parents.

School and Community Stakeholders: Campus principals, physical education teachers.

Resources Needed: Texas A&M AgriLife Extension's [Howdy Health Walk Across Texas](#) or similar; possibly pedometers.

Measures of Success: Students and their families will successfully complete the challenge within the time allotted to the challenge.

Goal 3: JNCISD shall encourage students, parents, staff, and community members to use JNCISD's recreational facilities, such as tracks, playgrounds, and the like, that are available outside of the school day.

Objective 1: Increase community awareness of available facilities and the general dates/times of availability.

Action Steps: Develop webpage to be added to district website that lists the available facilities and the general dates/times of availability, along with the contact information of the district employee that may be contacted for additional information.

School and Community Stakeholders: JNCISD athletic director, JNCISD technology coordinator.

Resources Needed: None.

Measures of Success: Community members will feel welcome to use available district facilities for family-centered, physical activities.

Goals for Other School-Based Activities

Federal law requires that JNCISD 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.

Implementing Goals for Other School-Based Activities

Goal 1: JNCISD shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Objective 1: Provide sufficient time for PK-6th students to eat and enjoy lunch.

Action Steps: Develop a daily bell schedule that reflects a 40-minute period for lunch and procedures that maximize the amount of time students have to eat within that period. Twenty minutes of the 40-minute period will be dedicated to eating lunch, while the other 20 minutes may be used by students to enjoy a physical activity.

School and Community Stakeholders: Campus principals, JNCISD nutrition director.

Resources Needed: None.

Measures of Success: The average time it takes for a student to receive a meal and be seated will be minimized, maximizing the time remaining to eat.

Objective 2: Provide sufficient time for 7-12th students to eat and enjoy lunch.

Action Steps: Develop a daily bell schedule that reflects a 30-minute period for lunch and procedures that maximize the amount of time students have to eat within that period.

School and Community Stakeholders: Campus principals, JNCISD nutrition director.

Resources Needed: None.

Measures of Success: The average time it takes for a student to receive a meal and be seated will be minimized, maximizing the time remaining to eat.

Objective 3: Provide sufficient microwaves in each cafeteria to accommodate the number of students bringing meals to be heated.

Action Steps: During Spring 2026, audit the number of microwaves available in each cafeteria and the average daily number of students that bring meals to be heated.

School and Community Stakeholders: JNCISD nutrition director.

Resources Needed: Potentially more microwaves.

Measures of Success: The line of students waiting to heat a meal at a microwave will decrease in length, allowing more time for students to eat and enjoy lunch.

Goal 2: JNCISD shall promote wellness for students and their families at suitable district and campus activities.

Objective 1: At each JNCISD-sponsored athletic event at which food and beverages are sold, each concession vendor will offer at least one food or beverage that meets the Smart Snacks standards.

Action Steps: Distribute (1) a Smart Snacks communication flyer to all vendors, departments, or clubs that will sell at athletic events, and (2) the [Smart Snacks calculator](#) to all vendors, departments, or clubs that will sell at athletic events.

School and Community Stakeholders: Campus principals, JNCISD athletic director, JNCISD nutrition director.

Resources Needed: Smart Snacks communication flyer.

Measures of Success: Students and their families will become more aware of healthy nutrition choices and their availability at district and campus activities.

Goal 3: JNCISD shall promote employee wellness activities and involvement at suitable district and campus activities.

Objective 1: Observe National Nutrition Month in March.

Action Steps: On the first Monday in March, coordinate with campus parent teacher organizations to provide healthy breakfasts to teachers and staff in each campus lounge.

School and Community Stakeholders: JNCISD chief academic officer, campus principals, campus parent teacher organizations.

Resources Needed: Healthy breakfasts at five campuses, nutrition education and physical fitness materials to be made available in each lounge.

Measures of Success: Teachers and staff are reminded that good nutrition and physical fitness are important aspects of taking care of themselves while serving students.

Nutrition Guidelines

JNCISD 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, JNCISD 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

JNCISD will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, JNCISD 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.

JNCISD will not allow exempted fundraisers. All fundraisers will include nonfood items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

Foods and Beverages Provided

JNCISD 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)]

Measuring Compliance with Nutrition Guidelines

JNCISD 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 JNCISD 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, JNCISD will measure and make available to the public the results of an assessment of the implementation of the JNCISD'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, JNCISD 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, JNCISD 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-adopted revisions to FFA(LOCAL);
4. The name, position, and contact information of JNCISD official responsible for oversight and implementation of the wellness policy and wellness plan;
5. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
6. The SHAC's triennial assessment; and
7. Any other relevant information.

JNCISD will also publish the above information in appropriate district or campus publication.

Records Retention

Records regarding JNCISD's wellness policy will be retained in accordance with law and JNCISD's records management program. Questions may be directed to the Superintendent, JNCISD's designated records management officer. [See [CPC\(LOCAL\)](#)]

Addendum: Dated Revisions

<u>Date</u>	<u>Revision</u>
December 2025	Triennial assessment and major revision of entire document to ensure agreement with current JNCISD board policy and compliance with Texas Education Agency (TEA) and U.S. Department of Agriculture (USDA) requirements.