

SAN PERLITA I.S.D. - WELLNESS PLAN

WELLNESS PLAN	<p>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]</p>
STRATEGIES TO SOLICIT INVOLVEMENT	<p>Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following persons to work with the SHAC on the District's wellness policy and plan: parents, students, the District's food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input of these other interested persons by:</p> <p><i>Publicizing SHAC meetings and encouraging participation through a variety of media (outdoor marquee, Student/Parent Handbook, school website, PTO, etc.)</i></p>
IMPLEMENTATION	<p>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.</p> <p>The Superintendent 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.</p>
EVALUATION	<p>In accordance with law, the District will periodically measure and make available to the public 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. Absent federal regulations to the contrary, the District commits to the evaluation activities described below.</p>

At least annually, the SHAC will prepare a report on the wellness policy and this plan by gathering information from each principal and appropriate District administrators. The SHAC will assess the District's and each campus's progress toward meeting the goals of the policy and plan by reviewing District- and campus-level activities and events tied to the wellness program.

The SHAC may use any of the following tools for that analysis:

- Reports made to the SHAC by individuals such as the PE teacher and child nutrition representatives regarding fitness and wellness initiatives and implementation of the coordinated school health program
- Fitness Gram and run test data (PE classes)
- Health Fairs and other community awareness events

PUBLIC NOTIFICATION

To comply with the legal requirement to 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 [see FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's annual report on the District's wellness policy and plan; and
6. Any other relevant information.

The District will also publish the above information in appropriate District or campus publications.

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 Superintendent's office.

GUIDELINES AND GOALS

The following provisions describe the District's nutrition guidelines and activities and objectives chosen by the SHAC to implement the Board-adopted wellness goals in policy FFA(LOCAL).

**NUTRITION
GUIDELINES**

All District campuses participate in the U.S. Department of Agriculture (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that the District establish nutrition guidelines for foods made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

FOODS 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. The following websites have information regarding meal and Smart Snacks requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>

**EXCEPTION-
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. [See CO(LEGAL).]

The District will allow the following exempted fundraisers:

Campus or Organization	Food / Beverage	Number of Days
Lettermans Club	Concession stand items	1-2
PTO	Bake sale items	1-2
Others at the discretion of the campus principal		1-2

FOODS MADE
AVAILABLE

There are currently no federal requirements for foods or beverages made available to students during the school day. 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. [See CO(LEGAL).]

In addition, the District has established the following local guidelines on foods and beverages made available to students: Foods made available to students during the school day will meet Smart Snacks criteria.

MEASURING
COMPLIANCE

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

NUTRITION
PROMOTION

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District'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 the District.

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition promotion.

<p>GOAL: The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.</p>
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<p>Action Steps</p>

<p>Utilization of resources from TDA and others to assist in promotion</p>
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GOAL: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

Action Steps

Child nutrition department postings (bulletin board, school website, Facebook page, etc.)
Nurses' bulletin board.

GOAL: The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.

Action Steps

Prior administrative review and approval of any advertisements that are accessible to students

**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 nutrition services and health education component at the elementary and middle school levels. [See EHAA]

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition education.

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Action Steps

School nurse, counselor and others will utilize community partners, as available, to provide nutrition education to staff and students

GOAL: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

Action Steps

Continue regularly scheduled health fairs which include dieticians and other nutrition education professionals

Student council members will attend events such as the Food Expo to gain knowledge and awareness
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GOAL: 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.

Action Steps

DEIC will evaluate and recommend appropriate PD activities
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PHYSICAL ACTIVITY

The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]

Federal law requires that the District establish goals for physical activity in its wellness policy.

In accordance with FFA(LOCAL), the District has established the following goal(s) for physical activity.

GOAL: The District 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.
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Action Steps

Daily recess will be made available to elementary and middle school students, after lunch and/or other designated times

Participation in out of school activities will be promoted and encouraged

GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Action Steps

Teachers will implement practices that will provide both physical and mental stimulation
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GOAL: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Action Steps

Continue to provide programs such as open gym/weight room
Promote and encourage participation in community events such as the NHS Color Run, trail rides, fitness walk/runs, etc.

GOAL: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for District employees and students.

Action Steps

Coordinate efforts for group activities both on and off campus such as Zumba, weightlifting, aerobics, etc.
Host and promote periodic events such as co-ed VB and/or basketball games/ tournaments

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

Action Steps

Involve parents in activities at events such as the Texas Family Picnic, Field Day, etc.
Encourage parental participation in school-sponsored outdoor activities

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

Action Steps

Continue making exterior playground, track, and outdoor basketball court accessible to the public during non-school hours

SCHOOL-BASED
ACTIVITIES

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness.

In accordance with FFA(LOCAL), the District has established the following goal(s) as part of its student wellness policy to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.

GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Action Steps

Ensure that master schedule allows for meal times of appropriate length; make accommodations for students who arrive late

Coordination between food service staff and maintenance department to maintain cleanliness and safety

GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.

Action Steps

Incorporate wellness component at high-profile activities such as Meet the Teacher Night, athletic events, Fall Festival, Thanksgiving Feast, and end of year ceremonies

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Action Steps

Continue providing immunization clinics, opportunities for health screening, etc.

Schedule competitive or non-competitive activities throughout the school year and provide incentives for staff participation