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]

STRATEGIES TO SOLICIT INVOLVEMENT

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:

***Regular meetings of Santo ISD SHAC organization.***

***Student/community feedback surveys.***

IMPLEMENTATION

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 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.

EVALUATION

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.

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:

* **Committee evaluations**
* **Surveys**
* **Nutrikid software information**
* **Community member’s verbal input**

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 [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, the District’s designated records management officer.

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).

*Federal law requires the United States Department of Agriculture (USDA) to promulgate regulations that provide the framework and guidelines “for all foods available on each school campus under the jurisdiction of the local educational agency during the school day.” Please note, however, that current federal regulations only address foods and beverages sold to students, providing flexibility for foods and beverages that are made available or marketed to students during the school day. A school district’s nutrition guidelines must not be more lenient than the federal and state standards, but a district can develop stricter guidelines as appropriate for the needs of the District.*

NUTRITION GUIDELINES

All District campuses participate in the United States Department of Agriculture’s (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)]

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)]

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.

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| **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. |
| **Objective 1:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| **Encourage participation in the National School Lunch Program, the Breakfast Program and any other supplemental food and nutrition programs offered by the District by posting current menus in highly visible areas and District’s website.** | Baseline or benchmark data points:* Evaluate participation though Nutrikids software.
* Menus emailed to teachers and posted on District website.

Resources needed:* Bright, eye catching colored paper.

Obstacles:* Expense and efficiency of updated materials.
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| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| **The District will provide healthy nutrition and lifestyle information on opposing side of all menus sent home.** | Baseline or benchmark data points:* Students will review information randomly in class as it applies to TEKS.
* Evaluate Nutrikids software for increased participation.
* Menus emailed to teachers and posted on District website.

Resources needed:* Bright, eye catching colored paper.

Obstacles:* Accuracy and usefulness of information provided.
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| **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. |
| **Objective 1:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| **District cafeteria staff will display “Smart snacks” at eye level or above to encourage better nutrition choices.** | Baseline or benchmark data points:* Evaluate Nutrikids software for increased or decrease in participation.
* Displayed on lunch line and on rack in snack bar line.

Resources needed:* Binder of nutritional values to inform each person that sets up food products.

Obstacles:* Changing products must be updated and staff informed.
 |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| **District will offer a variety of hydrating liquids that meet or exceed state guidelines to students and staff.** | Baseline or benchmark data points:* Evaluate Nutrikids software for increased or decrease in participation.
* Case in snack bar area for easy student access.
* Water fountains to supplement hydration.

Resources needed:* Three or more healthy beverage options.

Obstacles:* Availability issues from distributors.
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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]

*[Describe how the District implements the state-required coordinated health program component of nutrition education by listing one of the current TEA-approved coordinated school health programs, and describing the setting in which the program is offered.]*

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

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| **GOAL:** The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.  |
| **Objective 1:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| **District SHAC will create and distribute healthy living tips newsletter quarterly.**  | Baseline or benchmark data points:* Newsletter will be posted on District website to ensure distribution.

Resources needed:* Accurate and interesting grade appropriate information.

Obstacles:* Distribution of information District wide.
 |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| **District website will provide updates on nutrition options available to students and staff.** | Baseline or benchmark data points:* Evaluate Nutrikids software for increased or decrease in participation.

Resources needed:* Website posting training.

Obstacles:* Updating as new products become available.
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| **GOAL:** The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate. |
| **Objective 1:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| **Teachers will work with school nurse to find teaching opportunities within existing TEKS.** | Baseline or benchmark data points:* Nurse visits to classroom as opportunities occur and reported in SHAC meetings.

Resources needed:* Grade appropriate lessons.

Obstacles:* Participation of students.
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| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| **School nurse will emphasize importance of proper nutrition to each student she addresses in school clinic setting.** | Baseline or benchmark data points:* Nurse visits to classroom as opportunities occur and reported in SHAC meetings.
* Basic nursing practice.

Resources needed:* School nurse up to date on individual nutritional needs.

Obstacles:* Individual comprehension of information provided.
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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]

*[Include below how the District will meet the requirements for physical activity as mandated by Education Code 28.002(l)–(l-1), e.g., 30 minutes of daily recess in elementary school grades, a requirement for students at the middle school level to enroll in a physical education or athletics course for at least four semesters, etc.]*

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.

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| **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. |
| **Objective 1:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| **Free activity time (outdoors with weather permitting) will be offered to students after all meals have been consumed.** | Baseline or benchmark data points:* Recess 30 or more minutes per day to be referenced by master schedule.

Resources needed:* Contained, age appropriate area to be active in.

Obstacles: * Time limitations.
 |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| **District will provide maintenance to school recreational facilities in effort to provide clean, positive environment that is safe and appealing.** | Baseline or benchmark data points:* Superintendent weekly inspection with problems reported and recorded in each department service log.

Resources needed:* Daily inspection and up keep of grounds by maintenance and custodial staff.

Obstacles:* Possible abuse and/or vandalism of facilities.
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| **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. |
| **Objective 1:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| **District wide health promoting competitions sponsored and maintained by school nurse annually or as school year allows for staff.**  | Baseline or benchmark data points:* School nurse coordination as opportunities occur and reported in SHAC meetings.

Resources needed:* Group competition ideas and resources.

Obstacles:* Staff participation.
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| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| **School nurse will provide maintenance blood pressure checks to all staff and students as requested to maintain cardiovascular health.** | Baseline or benchmark data points:* Service provided as needed and logged in Nurse’s office following HIPPA protocol.

Resources needed:* School health services.

Obstacles:* Time restrictions.
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| **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. |
| **Objective 1:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| **District SHAC will create and distribute healthy living tips newsletter quarterly.** | Baseline or benchmark data points:* Reviewed in SHAC minutes and District website

Resources needed:* Accurate and interesting grade appropriate information.

Obstacles:* Distribution of information District wide.
 |
| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| **Healthy lifestyle tip billboard will be posted outside school nurses office.** | Baseline or benchmark data points:* Superintendent weekly inspection with problems reported and recorded in each department service log.

Resources needed:* Billboard, decorative and informative content.

Obstacles:* Frequent changes of content.
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| **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. |
| **Objective 1:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| **District will provide maintenance to school recreational facilities in effort to provide clean, positive environment that is safe and appealing to community.** | Baseline or benchmark data points:* Athletic director weekly inspection with problems reported and recorded in each department service log.

Resources needed:* Bi-weekly inspection and up keep of grounds by maintenance and custodial staff

Obstacles:* Multiple locations to limited staff.
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| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| **District’s recreational facilities shall remain unlocked to make areas accessible to public.**  | Baseline or benchmark data points:* Community input.

Resources needed:* Bi-weekly checks to maintain accessibility of facilities.

Obstacles:* Possible abuse and/or vandalism of facilities.
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Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness.

SCHOOL-BASED ACTIVITIES

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.

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| **GOAL:** The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. |
| **Objective 1:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| **Custodial staff shall maintain clean eating areas for students to eat meals in designated, climate controlled environments.** | Baseline or benchmark data points:* Cleaned after every lunch session, under head custodian inspection.

Resources needed:* Custodial staff participation and cleaning supplies.

Obstacles:* Staggered lunch times for grade levels.
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| **Objective 2:**  |
| **Action Steps** | **Methods for Measuring Implementation** |
| **All students will be provided 30 or more minutes to eat meals in cafeteria without instructional teaching of academic subjects.** | Baseline or benchmark data points:* 30 or more minutes per day to be referenced by master schedule.

Resources needed: * Clean, climate controlled area.

Obstacles:* Staggered lunch times for grade levels.
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