



# Santo Independent School District

## **Santo ISD Local Wellness Policy Implementation 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].*

### **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 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 solicit the following persons to work with the SHAC on the District’s wellness policy and plan:

- Parents
- Students
- District’s food service manager
- Physical education teacher
- School nurse
- Board member
- School administrator
- Community member

*\*An individual may represent more than one role*

The SHAC will solicit involvement/input by:

1. Creating a flyer to be posted in at campus entry doors, campus workrooms, and in the community inviting participation in SHAC and specifically the development, implementation, and periodic review/update of the local wellness plan/policy
2. Having the school nurse provide handouts about SHAC at fall Meet the Teacher Nights and Open Houses on both campuses
3. Posting agendas for SHAC meetings in the district’s Public Notice Area, the website, and on the marquee at least 72 hours in advance
4. In the spring of each school year, SHAC will survey students in grades 3-12 on topics in the LWP, including nutrition education, healthy food choices, and physical activity.
5. When warranted, the SHAC will produce student/parent/community feedback surveys
6. Providing flyers for and in-person contact with the school nurse while hosting
  - a. Healthy Families Night
  - b. Community Flu Clinic
  - c. Student Immunization Clinic

### **Responsibility for 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 annual evaluation. They may choose to create a campus-level wellness team to assist with monitoring implementation and gathering data for the annual report.



# Santo Independent School District

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.

## **Policy and Evaluation**

At least every three years, as required by law, the District will measure and make available to the public the results of a quantitative assessment of the implementation of the District's wellness policy using [Well-SAT](#). 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, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials. These results shall be posted on the School Health Services page of the District's website under [Health & Wellness Policies](#).

To comply with the legal requirement to annually 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-adopted revisions to FFA(LOCAL);
4. The name, position, and contact information of the District 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.

## **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. [See CPC(LOCAL)]

## **Standards and Nutrition Guidelines for All Foods and Beverages Provided/Sold to Students on School Campuses During the School Day**

The district will ensure that each student has equal access to foods and beverages that meet federal, state, and local laws and guidelines including, but not limited to:



# Santo Independent School District

- USDA National School Lunch Program (NSLP) and the School Breakfast Program (SBP) nutrition standards  
<https://www.fns.usda.gov/cn/nutrition-standards-school-meals>
- USDA Smart Snacks in School Nutrition standards  
<https://www.fns.usda.gov/tn/guide-smart-snacks-school>  
<https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks>  
<https://squaremeals.org/Programs/National-School-Lunch-Program/Policy-ARM>  
 (see the Complete *Administrator Reference Manual [ARM]*, Section on Competitive Foods)

The district will offer students a choice of wide variety of age-appropriate, healthy food and beverage selections with plenty of fruits, vegetables, and whole grains aimed at meeting the nutrition needs of students within their calorie requirements in order to promote student health and reduce childhood obesity. No caffeinated beverages will be sold during the school day.

The District will comply with federal requirements for reimbursable meals. No competitive food or beverages will be sold during the school day. All foods, beverages, and a la carte items sold to students during the day are Smart Snack compliant. The District does not have any vending machines or school stores.

<b>Goal 1: Allow students healthy choices with reimbursable meals</b>	
<b>Objective 1: All students who participate in the School Breakfast Program or NSLP have healthy side and beverage choices; grades 6-12 have healthy daily entrée choices. All meals are Smart Snack compliant.</b>	
Action Steps	Methods for Measuring Implementation
Save a sampling of monthly menus from the cafeteria (PK-12) and the snack bar (6-12).	<ul style="list-style-type: none"> <li>– Menu samples</li> <li>– Documentation on annual LWP scorecard</li> </ul>
<b>Objective 2: The healthiest choices, such as salads and fruit, will be prominently displayed to encourage students to make healthy choices</b>	
Action Steps	Methods for Measuring Implementation
Child Nutrition staff will ensure placement of healthiest choices at the front or in prominence	<ul style="list-style-type: none"> <li>– Quarterly checks by school nurse or admin</li> <li>– Documentation on annual LWP scorecard</li> </ul>
<b>Objective 3: 100% of students and staff have access to clean drinking water at all times during the school day.</b>	
Action Steps	Methods for Measuring Implementation
Continue to maintain water and bottle-filler fountains at both campuses	<ul style="list-style-type: none"> <li>– Easily accessible water fountains, bottle-filling fountains, etc.</li> <li>– Guidance/signs on any locations where water bottles may not be permitted</li> <li>– Bottled water for students who do not have their own personal water bottle</li> <li>– Documentation on annual LWP scorecard</li> </ul>
Ice and water in cafeteria and snack bar	
Inform all newly-enrolled students that students are encouraged to carry a personal water bottle at all times.	



# Santo Independent School District

<b>Goal 2: The District will take steps to protect the privacy of students who qualify for free or reduced price meals and with unpaid meal balances.</b>	
<b>Objective 1: All students, regardless of economic status, shall enter a code when purchasing a meal or a la carte item in the cafeteria or snack bar.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Students or parents may bring cash or checks to the campus office to pay for meals or use MySchoolBucks, but the cafeteria and Snack Bar are cashless at the point-of-sale site. All students—regardless of the type of payment they make for school meals or the food being purchased (a la carte or meal)—must use a designated code to enter at the cash register.</p> <p>Cashier keeps list of codes secure and help lower elementary students enter their code if they forget; cashiers are district’s NSLP qualifiers.</p>	<ul style="list-style-type: none"> <li>– Documentation on annual LWP scorecard</li> </ul>
<b>Objective 2: Students who have unpaid lunch balances will be kept anonymous.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ol style="list-style-type: none"> <li>1. A robocall goes out weekly to all students with a low or negative food service balance.</li> <li>2. The District has a Meal Charge Policy for all students that allows a grace period of \$30 or 10 days, whichever is reached first, before an alternate meal is served.</li> <li>3. Cashier will reach out to the family to see if they are eligible for free or reduced price meals.</li> <li>4. If the Meal Charge Policy is in danger of being exceeded, a cashier will call the student’s parent about making arrangements for payment or contacting a local entity to cover the student’s charges.</li> </ol>	<ul style="list-style-type: none"> <li>– Robocall reports</li> <li>– Child Nutrition Reports</li> <li>– Telephone Call Logs</li> <li>– Parent email documentation</li> <li>– Donation documentation</li> <li>– Documentation on annual LWP scorecard</li> </ul>

## Exceptions for Fundraisers

Schools that participate in the NSLP or SBP may sell food and beverages that do not meet nutritional standards outlined in 7 C.F.R. Parts 210 and 220 as part of a fundraiser, during the school day, for up to six days per school year on each school campus, provided that no specially exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service. 4 TAC 26.2. [See CO(LEGAL)]



# Santo Independent School District

Campus/Organization	Food/Beverage	Days
Elementary	To be approved by campus principal	6
JH/HS	To be approved by campus principal	6

## Foods and Beverages Provided

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 during the school day: Any foods and beverages given away or otherwise made available to students must meet the Smart Snacks standards, with the exception of celebrations that may occur on campuses up to six days each school year. These celebrations must occur after lunch and must be approved by the campus principal.

The District will discourage the use of food/beverage items as rewards and encourage non-food items such as stickers, pencil erasers, homework passes, etc.

## Measuring Compliance with Nutrition Guidelines

The District 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 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 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.

<b>Goal 1: The District shall use multiple strategies to increase participation in the School Breakfast Program and the National School Lunch Program.</b>	
<b>Objective 1: Increased access to school meal programs will be achieved by utilizing the strategies listed below</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>– Applications for Free/Reduced Lunch are sent home to all families at the beginning of the year and provided upon new student registration</li> <li>– Applications for Free/Reduced Lunch are posted on the District’s website on the Child Nutrition Page</li> <li>– Morning bus routes are scheduled to allow students to arrive at school in time to eat breakfast</li> </ul>	<ul style="list-style-type: none"> <li>– Number of applications returned</li> <li>– Number of meals served compared to last year’s total</li> <li>– Documentation on annual LWP scorecard</li> <li>– Website verification by superintendent</li> <li>– Master schedule</li> <li>– Master schedule</li> </ul>



# Santo Independent School District

<ul style="list-style-type: none"> <li>– A second breakfast time is available for grades 7-8 after 1<sup>st</sup> period PE/athletics</li> <li>– All students have a scheduled lunch period</li> <li>– Students with tutoring, club, or organizational meetings are allowed to purchase lunch to be consumed during those meetings</li> <li>– The Child Nutrition staff often packs meals for student field trips and athletic events that are reimbursable, Smart Snack compliant</li> <li>– Staff will model healthy eating behaviors by eating with students on a rotation basis and physical activity behaviors by participating in student games, events, Turkey Trot, etc.</li> </ul>	<ul style="list-style-type: none"> <li>– Master schedule</li> <li>– Informal observations/feedback</li> <li>– Number of meals packed for field trips &amp; athletic events from cafeteria manager</li> <li>– Informal observations/feedback</li> </ul>
---	--

**Goal 2: The District shall, to the extent possible, continue to work with the community to continue the Backpack Program to provide non-perishable, child-friendly, and nutritious food to students who are food insecure.**

**Objective 3: The Elementary campus will continue to coordinate the Backpack Program**

Action Steps	Methods for Measuring Implementation
Continue to work with local churches and community food banks to send home backpacks to feed food insecure students on both campuses	<ul style="list-style-type: none"> <li>– Documentation on annual LWP scorecard</li> </ul>

## 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].

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

**Objective 1: At least 85% of students enrolled in kindergarten-fifth grade science/health courses will receive a semester grade of 80 on a scale of 100.**

Action Steps	Methods for Measuring Implementation
Create an action plan to have the elementary secretary run a semester grade report for administration	<ul style="list-style-type: none"> <li>– Health TEKS</li> <li>– Average semester grades at the end of first and second semesters for all students in specified grades to determine percentage at or above 80</li> <li>– Documentation on annual LWP scorecard</li> </ul>



# Santo Independent School District

<b>Objective 2: At least 85% of junior high students will complete one-half credit of health education as an elective.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Inform high school counselor that health education should be considered a default elective in the development of junior high scheduling</p> <p>Create an action plan to have the secondary secretary run a pass/fail report for administration</p>	<ul style="list-style-type: none"> <li>– Health TEKS</li> <li>– Master schedule</li> <li>– Percentage of junior high students who successfully complete health as an elective</li> <li>– Documentation on annual LWP scorecard</li> </ul>

<b>Goal 2: 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.</b>	
<b>Objective 1: 100% of the district child nutrition services staff will be trained to meet USDA standards within 60 days of hire date. (Annually: new and current directors-10 hrs; new and current managers-10 hrs; new and current staff-6 hrs)</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>Cafeteria manager will determine annual training for CN staff and maintain documentation in that office</p> <p>Cafeteria manager is responsible for setting up in-person or virtual training for all CN staff</p>	<ul style="list-style-type: none"> <li>– ESC 11 Website transcripts</li> <li>– Training certification documents</li> <li>– Documentation on annual LWP scorecard</li> </ul>
<b>Objective 2: School nurse will train selected staff on issues and care for students with diabetes</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>The school nurse will identify students on both campuses who a diabetic, obtain a class schedule for each, and speak to teachers about each child’s care and specific needs.</p>	<ul style="list-style-type: none"> <li>– Student schedules</li> <li>– Staff sign-in sheets for training</li> <li>– Diabetes management information</li> <li>– Documentation on annual LWP scorecard</li> </ul>
<b>Objective 3: School nurse ensure all staff are trained on the use of Epi-Pen for allergies and anaphylaxis</b>	
<p>The school nurse will send a training email to all staff to be completed prior to the first day of school and will also offer in-person training on a scheduled date/time.</p>	<ul style="list-style-type: none"> <li>– Signed training forms kept in nurse’s office</li> <li>– Documentation on annual LWP scorecard</li> </ul>
<b>Objective 4: Athletic Director will ensure all coaches and PE instructors receive training annually</b>	
<p>AD will determine annual training for coaching/PE staff and maintain documentation in that office</p> <p>AD is responsible for setting up in-person, clinic, or virtual training for all athletic staff</p>	<ul style="list-style-type: none"> <li>– Training certificates or documentation</li> <li>– Documentation on annual LWP scorecard</li> </ul>



# Santo Independent School District

## Physical Education and Activity

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

- The District requires students in kindergarten through grade 5 to participate in moderate or vigorous daily physical activity for at least 45 minutes or 225 minutes weekly throughout the school year, as part of SISD’s physical education program
- The District requires students in grades 6 through 8 to participate in moderate or vigorous daily physical activity for at least 48 minutes or 240 minutes weekly throughout the school year, as part of SISD’s physical education program
- The District requires students in grades 9 through 12 to gain at least 1 PE credit by participating in moderate or vigorous daily physical activity for at least 48 minutes or 240 minutes weekly throughout one of their school years, as part of SISD’s physical education program
- More than 85% of HS students are in athletics or marching band (which counts as a PE substitution)
- Students in grades PK-5 receive two 20-minute supervised recess periods each day
- Students in junior high and high school have a 15-minute supervised activity break after lunch

<b>Goal 1: 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.</b>	
<b>Objective 1: Offer multiple opportunities for all students to participate in physical education that teaches them skills needed for lifelong fitness</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Survey the numbers of student enrolled in K-8 PE, HS PE, marching band, HS athletics, secondary cheer, and Santo Youth Association (SYA)	<ul style="list-style-type: none"> <li>– Enrollment records</li> <li>– Team rosters</li> <li>– Schedules</li> <li>– Information from SYA president</li> <li>– Documentation on annual LWP scorecard</li> </ul>
<b>Objective 2: District teachers will be strongly encouraged to incorporate movement and physical activity into their lessons as appropriate</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Strongly encourage teachers to schedule <ul style="list-style-type: none"> <li>– Brain breaks</li> <li>– Class games such as trash can basketball</li> <li>– Activity walks</li> <li>– Lead4ward activities</li> <li>– Motor Lab</li> <li>– Sensory Walk</li> </ul>	<ul style="list-style-type: none"> <li>– Lesson plans</li> <li>– Teacher feedback survey</li> <li>– Documentation on annual LWP scorecard</li> </ul>





# Santo Independent School District

<b>Objective 3: Physical education/athletics at Santo ISD is required to be taught by a certified teacher who is endorsed to teach physical education and has been provided annual professional development opportunities focused on PE/athletics</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<p>In the hiring process for specified positions, check SBEC for valid certifications</p> <p>Assist teachers with getting a PE endorsement, if needed</p> <p>The Athletic Director (AD) is in charge of scheduling appropriate professional development for all PE/athletics instructional staff</p>	<ul style="list-style-type: none"> <li>– Applications and SBEC certification printouts</li> <li>– PE endorsement printouts from TEAL</li> <li>– Coaching clinic, workshop, and other documentation provided by the AD for training documentation for staff</li> </ul>

<b>Goal 2: The District shall provide physical activity opportunities for all students, staff, parents, and community members during and outside of the school day.</b>	
<b>Objective 1: Encourage use of the district’s facilities open to the public for physical activity</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Post on the District’s School Health Services department page the facilities available for public use	<ul style="list-style-type: none"> <li>– Website posting</li> <li>– Documentation on annual LWP scorecard</li> </ul>
<b>Objective 2: The District shall offer competitive UIL and non-UIL sports for grades 7-12</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Obtain team rosters from junior high and high school athletic coaches	<ul style="list-style-type: none"> <li>– Team rosters</li> <li>– Documentation on annual LWP scorecard</li> </ul>
<b>Objective 3: The District will maintain a joint-use facility agreement with the Santo Youth Association (SYA)</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Continue to maintain/update Joint-Use Facility Agreement with SYA for Cody Park	<ul style="list-style-type: none"> <li>– Copy of agreement</li> <li>– Documentation on annual LWP scorecard</li> </ul>

## School-Based Activities

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities:

<b>Goal 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</b>	
<b>Objective 1: All campus will schedule to allow for at least 10 minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his/her meal and is seated.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Evaluate current meal time allowances by campus	<ul style="list-style-type: none"> <li>– Number of campuses meeting standard</li> <li>– Documentation on annual LWP scorecard</li> </ul>



# Santo Independent School District

Work with campus administration to adjust lunch schedules as necessary	
--	--

<b>Goal 2: The District shall promote wellness for students and their families at suitable District and campus activities</b>	
<b>Objective 1: The Elementary campus will continue to host Healthy Families Night</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
SHAC will secure venue, booths/vendors, and promote event	<ul style="list-style-type: none"> <li>– Number event attendees</li> <li>– Documentation on annual LWP scorecard</li> </ul>