

Santa Fe ISD

Wellness Policy Measuring Plan – Triennial Assessment

Introduction:

The Wellness Policy FFA (Local), as well as the Santa Fe ISD Wellness Plan, set the minimum wellness standards for the District and campuses. Campuses are required to follow guidelines that advance student health, reduce childhood obesity, and promote the general social, emotional, and physical well-being of all students through school-based education and activities. These regulations were finalized by the School Health Advisory Council (SHAC), which is comprised of faculty, parents, students, and community members.

Purpose of the Checklist:

This checklist is to be completed triennially by the principal or designated administrator along with other representatives from the campus. The information provided by the campuses will assist the SHAC in making programmatic changes at the District level and will assist in logistical and sustainable changes that help align the campus to current regulations.

This report will be made available for public review on the SFISD webpage.

SANTA FE ISD
WELLNESS POLICY MEASUREMENT PLAN – TRIENNIAL ASSESSMENT
CAMPUS IMPLEMENTATION REVIEW

Campus: _____ Date: _____

SEC. 204 LOCAL WELLNESS POLICY

Establishes a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy.

Total each column, multiply “Exceptional” by 3, “Achieves” by 2, and “Needs Improvement” by 1.
Tally scores to get grand total.

Component 1: Nutrition Education Goals: 1. SFISD will educate, encourage, and support healthy eating by all students. 2. Nutrition education is age appropriate and reflects the diversity within the school environment. 3. SFISD cafeterias will comply with the current USDA Dietary Guidelines for Americans.				
Guidelines	Exceptional 3	Achieves 2	Needs Improvement 1	Comments:
The school cafeteria will display posters to promote healthy eating and display other nutrition education materials.	x			Posters, artwork, and digital menu boards display healthy eating messages.
Physical educators and classroom teachers post healthful messages in their classrooms.	X			Posters and menu's that promote healthy eating.
Nutrition education promotes fruits, vegetables, whole grain products, low fat and fat-free dairy, healthy food preparation methods, and health enhancing nutrition practices as well as physical activity.		x		The cafeteria serves as a learning laboratory for making healthy choices. The café offers fresh fruit, vegetables, whole grains, low fat dairy and entrées prepared using healthy methods daily.

Cafeteria implements line placement strategies that encourage healthy food selection.	x			Café lines are set up to encourage healthy selections. Snacks are sold at the end of the serving line or alternate location.
Campus utilizes marketing materials that promote healthy nutrition messaging.		X		We send home all health and wellness flyers that are sent to us so our parents are aware of healthy nutrition.
A monthly menu is available to students and families.	x			A printed menu is available to students in grades PK-8. All menus available online.
Campus promotes and encourages families and community members to attend school-based health fairs or wellness events.	X			We communicate all information about health fairs and wellness to our families and staff members.
Students will be educated on the importance of starting each day with a healthy breakfast and encouraged to do so every day.		x		Parents are encouraged to send students for breakfast on printed menu.
Staff incorporate healthy nutritional messaging at applicable campus-based events.		X		We promote all school based healthy and nutrition information at our parent nights so everyone is aware. We also make sure appropriate posters are hung throughout the building to highlight this information.
Nutrition education will involve sharing information with families and the broader community to positively impact student health and the health of the community.	x			Nutrition Services shares a digital nutrition newsletter. Links are provided on the Nutrition Services webpage to health and nutrition sites.

Students are instructed not to share their food or beverages with other students as some students have physician-ordered dietary restrictions.	X			
Component 2: Physical Activity Goals: 1. SFISD will follow health education curriculum standards and guidelines as stated by the Texas Education Agency. 2. Physical activity is not used as a reward or punishment. 3. SFISD will adopt and implement state standards for physical activity. 4. SFISD will help students understand the short and long-term benefits of a physically active and healthy lifestyle.				
Guidelines	Exceptional 3	Achieves 2	Needs Improvement 1	Comments:
Physical education staff provides TEKS guided curriculum for fitness standards as required by TEA.		X		PE teachers uses TEKS to create lesson plans.
Physical education teachers provide lessons during physical education that are age and developmentally appropriate.		X		PE teacher uses the TEKS to generate age-appropriate activities for the classroom.
Physical education teachers are provided the opportunity for professional development through standard-based instruction and administration of CPR/AED.		X		All teachers are provided with training through Safe Schools.
Physical activity is not used as a form of punishment.		X		We promote physical activity and do not use it to punish students.
Physical instruction is focused on ensuring that students enjoy physical activity and have the skill and knowledge to make healthy choices.		X		Students are exposed to a variety of activities that they could find enjoyable.

Physical activity curriculum provides for student choice as appropriate.		X		Modifications for choices can be implemented for most activities.
Student self-testing and individualized fitness plans are encouraged.		X		Plans are made for students who have a physical need for an individualized plan
Campus is encouraged to reinforce and advocate the importance of physical activity by incorporating short activity breaks between lessons and/or classes.		X		Teachers take brain breaks in between lessons.
Students are given opportunities for physical activity during the school day through physical education (PE) classes and daily recess periods for elementary school students in grades PK-5.	X			Students have recess every day and PE 3 times a week.
Consideration is given to planning physical activity or recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake.		X		Some students have recess before lunch to help promote an increase in nutritional intake.
Time allotted for physical activity will be consistent with research and state standards. Students will participate in (30) thirty minutes of structured and daily physical activity or 150 minutes a week in grades PK-5.		X		K-5 receive 135 minutes of physical activity each week along with 45 min of music and movement each week.
SFISD will implement Fitness Gram, which is the state physical assessment mechanism, and carry out procedures as directed by TEA in grades 3-12.	X			3 rd -5 th grade are tested yearly for FitnessGram.

Component 3: Other School Based Activities: 1. All school-based activities are consistent with local wellness policy goals. 2. Schools will create a total school environment that is conducive to a healthy lifestyle. 3. The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as a role models in practicing healthy eating and being physical active, both in school and at home.				
Guidelines	Exceptional 3	Achieves 2	Needs Improvement 1	Comments:
Mealtime schedules are based on enrollment, cafeteria serving and seating capacity to minimize wait time and allow sufficient time to eat.	X			We schedule all students lunch in a timely manner where they have the maximum amount of time to eat and not waste their time standing in line or finding a seat
The minimum eating times after being served are 10 minutes for breakfast and 20 minutes for lunch.	X			Students have as much time as needed for breakfast and 30 minutes for lunch
Lunch is scheduled as close to midday as possible.		X		We make sure that lunch times start as late as possible and are not pushed to far into the afternoon
Dining room facilities are maintained for safety, cleanliness, comfort and provide adequate seating.	X			All staff members work together to keep a nice clean cafeteria.
Students are always provided an opportunity to eat, even if meetings or activities are scheduled during mealtime.	X			Students are provided lunch every day and we do not have meetings or activities scheduled during this time

Handwashing facilities are available to students before mealtimes.		X		Teachers send student to the restroom to wash hands or provide hand sanitizer to cleanse.
Water is available during meals and encouraged throughout the day. The District Nutrition Services website will provide current evidence-based strategies for healthful eating practices.	X X			Nutrition Services offers water with each meal. Most cafés have water fountains available.
The District encourages staff development to support the coordination and delivery of nutrition education curriculum as appropriate.		X		Teachers are informed on information that the district sends out to the campus and parents.
SFISD Nutrition Services Staff will be certified by the state as food handlers	x			All NS staff receive State of Texas food handler certification within 30 days of beginning work.
Campus allows only 6 exempt food fundraisers or school-designated events per school year. Dates are reported to Nutrition Services.		X		We work with our district level nutrition department to provide them with the dates
Exempt fundraiser events are not held during campus mealtimes and/or where meals are served.	X			We do not hold fundraisers that would take away from breakfast or lunch.
Foods and beverages sold for fundraisers may not be sold in competition to school meals.	X			We do not hold fundraisers that would take aware from breakfast or lunch
Campuses will designate a School Health Advisory Council representative for their campus.		X		We work with our nutrition department on this.

All district employees are encouraged to participate in SHAC.	X			
Families and community members are invited to all School Health Advisory Council (SHAC) meetings.	X			As part of the SHAC committee we have parents and community members on the board.
Total Score	<u>19</u> X 3 =	<u>19</u> X 2 =	<u>0</u> X 1 =	Grand Total Score: 95

Signature:

Campus Principal or SHAC Member: Casey Adoor

Date: 6/5/2024