

SOUTH SAN ANTONIO ISD WELLNESS PLAN

Introduction

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 District Wellness Policy FFA (local) can be located in the online Board Policies.

SSAISD SHAC Role and Membership

The District’s local school health advisory council (SHAC) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law. The SHAC will meet a minimum of four times per year.

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, the District’s food service department, physical education teachers, school health professionals, Board members, campus administrators, district administrators and members of the public by:

1. The SHAC meetings will be advertised on the district website, using social media (Facebook & Twitter), Blackboard and monthly principal-parent meetings.
2. Principals will be asked to invite parents to meetings.
3. The SHAC will partner with local groups, such as, Medicaid Community Lesson, Common Threads, Communities in Schools, and Healthy Neighborhoods.

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 or designee is the District 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.

Nutrition Guidelines

All District 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, the District 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

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, vending machines or fundraisers. For purposes of this plan, these requirements will be referred to as “Smart Snacks” standards or requirements.

District Establish guidelines for school-sponsored fund-raising activities that involve selling of food and beverages. The Business Department will provide annual training for campus staff responsible for tracking fundraisers to include the federal guidelines of Smart Snacks in Schools. The Business Operations Department will include guidelines for fundraisers and the sale of competitive foods and beverages in the Student Activity Fund Manual

Campus and Student Activity Fund Manual link - <http://www.southsanisd.net/Page/4609>

How do the Smart Snacks Standards affect school fundraisers?

1. Sales of foods and beverages that meet the Smart Snacks Standards and sales of nonfood items (e.g., wrapping paper and apparel) are not limited under the Federal policy.
2. Fundraising activities that occur during non-school hours, on weekends, or at off-campus events are not limited under the Federal policy.
3. Fundraisers selling foods that are intended to be consumed outside the school day are not limited under the Federal policy.
4. The Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus. See details in next section.

Exceptions for 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)]

Schools that participate in the NSLP or SBP may sell food and beverages that do not meet nutritional standards 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.

Definitions:

“School day” means the midnight before, to 30 minutes after the end of the official school day.

“School campus” means all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

The campus principal will send a list of their exempt days to the child nutrition director at the beginning of each school year. If any changes are made to those dates during the school year, the child nutrition director will be notified.

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)]

Although a parent or grandparent may provide food to share for a school-designated function or for a student's birthday, please be aware that children in the school may have severe allergies to certain food products. Therefore, all food should be store-bought with ingredient and nutrition fact labels.

Occasionally, the school or a class may host functions or celebrations tied to the curriculum that involve food. The school or teacher will notify students and parents of any known food allergies when soliciting potential volunteers to provide food.

SHAC recommends that foods and beverages that are provided by district staff to students meet "Smart Snacks" standards.

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.

Goals for Nutrition Promotion and Education

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.

The District 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. Establishing content in the Campus Annual Assessments to address food and beverage advertisements on campus.
2. Child Nutrition Serves will make sure **only** smart snack compliant food and beverage advertisements are visible in serving line and café dining area

Although the District is not required to immediately remove or replace food and beverage advertisements on items such as scoreboards or gymnasiums, the SHAC will make recommendations when replacements or new contracts are considered.

Implementing Goals for Nutrition Promotion and Education

GOAL 1: The District's food service staff, teachers, and other District personnel shall coordinate the promotion of nutrition messages in cafeterias, classrooms, and other appropriate settings.

Objective 1: Bring awareness of the nutrition components of school breakfast and lunch.

Action Steps: Participate in the National School Breakfast and School lunch weeks annually.

School and Community Stakeholders: Child Nutrition Staff, campus staff, students and parents

Resources Needed: Social Media posts about the events, TDA/SNA resource tool kits

Measures of Success: Show Participation success for the targeted weeks and student involvement in activities.

Objective 2: Solicit feedback from students, parents, and SHAC to develop customized menu feedback while educating on the nutrition focus for the school menu.

Action Steps: At least annually and as needed In-Person, handout and on-line surveys will be conducted with students and parents.

School and Community Stakeholders: Child Nutrition Administration, Campus administration, students and parents.

Resources Needed: Social Media platform to deliver surveys for feedback and survey data.

Measures of Success: At least a 20% return rate of surveys, district wide.

GOAL 2: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: Bienestar/NEEMA curriculum in order to achieve the requirement of a Coordinated School Health Program.

Action Steps: Evaluate the programs impact through implementation of the coordinated school health program.

School and Community Stakeholders: Campus Administration, Campus Staff, students and parents

Resources Needed: Bienestar Teacher Edition, student and parent workbook

Measures of Success: A longitudinal study designed to determine efficacy of school health program.

Objective 2: Nutrition messages will be visible in the cafeteria dining area and serving line. Nutrition resources and material will be available in a central location on the district website.

Action Steps: The Child Nutrition Department will display nutrition education material in the cafeteria area and serving line and post nutrition education reference material on their website promote good nutrition.

School and Community Stakeholders: Child Nutrition Administration, Campus administration, students and parents

Resources Needed: None

Measures of Success: Establishing content in the Campus Annual Assessments to address location of nutritional messages.

Goals for Physical 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 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 will ensure that students in full-day prekindergarten–grade 5 engage in moderate or vigorous physical activity for at least 30 minutes per day or 135 minutes per week, in accordance with policies at EHAB, EHAC, EHBG, and FFA.

- The district will ensure that students in secondary (middle and high school) will engage in least 225 minutes of moderate or vigorous physical activity within each two-week period for at least four semesters], in accordance with policies at EHAB, EHAC, EHBG, and FFA.

As a component of the Coordinated School Health Program, physical education will be included at all grade levels.

- Elementary School- Student participation in campus wellness activities, such as: “Go Kids Challenge”, KIDS Rock, Bike Rodeo, Mayors Fitness Council, etc.
- Middle School- Student participation in campus wellness activities, such as, Draw the Line/Respect the Line Curriculum, student wellness journals. Mayors Fitness Council Student Advocate
- High School- Student participation in campus wellness activities, such as: Making Proud Choices Curriculum, Reducing the Risk Curriculum and open gyms/weight room. Mayors Fitness Council Student Advocate.

Implementing Goals for Physical Activity

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.

Objective 1: Demonstrate knowledge and skills to achieve and maintain-enhancing level of physical activity and fitness.

Action Steps: Students participate in moderate to vigorous activity in a variety of skills and movement patterns.

School and Community Stakeholders: Campus Administration, campus physical education teacher, student and parents.

Resources Needed: Classroom ready and teacher friendly units, games, activities, lesson plans and technology.

Measures of Success: Establishing content in the Campus Annual Assessments to address fitness activities for all students.

Goals for Other School-Based Activities

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.

Implementing Goals for Other School-Based Activities

GOAL 1: Sufficient time shall be allowed for students to eat meals in classroom and lunchroom facilities that are clean, safe and comfortable.

Objective 1: Campuses will schedule 30-minute lunch periods.

Action Steps: Cafeteria lines will move quickly and efficiently in order to provide students with optimum time to eat.

School and Community Stakeholders: Child Nutrition Staff, Campus Staff and students

Resources Needed: none

Measures of Success: Establishing content in the Campus Annual Assessments to address that students were given sufficient time for meals.

Goal 2: Wellness for students and their families shall be promoted at suitable school activities.

Objective 1: Elementary - Parent/community participation in campus wellness activities such as: SHAC, Fit Family Challenge & Nutrition Facts, Zumba, Family Fitness Celebration, “Go Kids Challenge”, Rock & Roll Marathon. Community partnerships, such as: Boys and Girls Scouts and Girls Inc.

Action Steps: Promote and Providing information in Blackboard, social media, PE classes about activities
School and Community Stakeholders: Campus Staff, students, parents and community

Resources Needed: Vendors, community partners

Measures of Success: Establishing content in the Campus Annual Assessments to address that wellness activities are offered to parent/student and community.

Objective 2: Middle - Parent/community participation in campus wellness activities such as: SHAC, Zumba, Family Fitness Challenge & Nutrition Facts: or community partnerships, such as: SHAC, Mayors Fitness Council, UTHSCSA Draw the Line Parent Lessons, SA Sports Foundation.

Action Steps: Promote and Providing information in Blackboard, social media, PE classes about activities
School and Community Stakeholders: Campus Staff, students, parents and community

Resources Needed: Vendors, community partners

Measures of Success: Establishing content in the Campus Annual Assessments to address that wellness activities are offered to parent/student and community.

Objective 3: High - Parent/community participation in campus wellness activities such as Zumba, Family Fitness Challenge, Nutrition classes or community partnerships, such as SHAC, UTHSCSA Making Proud Choices Recommendation, UT Teen Health poster/medal competitions.

Action Steps: Promote and Providing information in Blackboard, social media, PE classes about activities
School and Community Stakeholders: Campus Staff, students, parents and community

Resources Needed: Vendors, community partners

Measures of Success: Establishing content in the Campus Annual Assessments to address that wellness activities are offered to parent/student and community.

Policy and Plan Evaluation

At least every three years, as required by law, the District will measure and make available to the public the results of an assessment of the implementation of the District’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, the District 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, 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.

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

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 Chief Financial Office or designee, the District's designated records management officer. [See CPC(LOCAL)]

Disclaimer: This information is provided for educational purposes only to facilitate a general understanding of the law or other regulatory matter. This information is neither an exhaustive treatment on the subject nor intended to substitute for the advice of an attorney or other professional adviser. Consult with your attorney or professional adviser to apply these principles to specific situations.