

LOCAL SCHOOL WELLNESS PLAN

WELLNESS PLAN

Each principal of the Raul Yzaguirre Schools for Success (RYSS) will be responsible to establish and lead the local school health advisory council (SHAC). The SHAC will implement a local school wellness policy for their school which participates in the National School Lunch Program and/or School Breakfast program under the jurisdiction of the RYSS charter district.

The local school wellness policy is a written plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum federal standards. *7 C.F.R. 210.30(a)*

STRATEGIES TO SOLICIT INVOLVEMENT

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the local school wellness plan. RYSS 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 of each campus will permit the following persons to work with the SHAC on the local school wellness plan: parents, students, the District's Food and Nutrition staff, physical education teachers, school nurses, Board members, school administrators, health and nutrition based partners of TCCC and RYSS, and members of the community. The SHAC will solicit involvement and input from interested persons by:

- Posting on the TCCC and RYSS website the dates and time of SHAC meetings at which the local school wellness plan is scheduled to be discussed.
- Listing in the RYSS Parent/Student Handbook the name and position of the person responsible for oversight of the schools' local wellness plan along with an invitation to contact that person if the reader is interested in participating in the development, implementation, and evaluation of the wellness policy and plan.

IMPLEMENTATION

RYSS District shall:

1. Designate each campus principal, a SHAC member and a staff member from the Food and Nutrition Department to ensure that each participating school complies with the local school wellness policy.
2. At least once every three years, assess schools' compliance with the local school wellness policy, and make assessment

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results available to the public. The assessment shall measure the implementation of the local school wellness policy, and include:

- a. The extent to which schools under the jurisdiction of the RYSS District are in compliance with the local school wellness policy;
 - b. The extent to which the RYSS District local school wellness policies compares to model local school wellness policies; and
 - c. A description of the progress made in attaining the goals of the local school wellness policy.
3. Make appropriate updates or modifications to the local school wellness policy, based on the triennial assessment.

Each campus principal is responsible for the implementation of this local school wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.

The principal of each campus is responsible for the overall implementation of this policy including the development of this wellness plan and any other appropriate administrative procedures, and to ensure that each campus complies with the policy and plan.

EVALUATION

In accordance with law, each campus at RYSS will periodically measure and make available to the RYSS District and the community an assessment of the implementation of the local school wellness policy, the extent to which each campus is compliant with the local school 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.

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

The SHAC will consider evidence-based strategies when setting and evaluating goals and measureable outcomes. The SHAC may use any of the following tools for this analysis:

- Smarter Lunchrooms' website
(<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>)

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PUBLIC NOTIFICATION

- Relevant portions of the CDC's School Health Index (http://www.cdc.gov/healthy_schools/shi/index.htm)

RYSS District will:

1. Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy.
2. Inform the public about the content and implementation of the local school wellness policy, and make the policy and any updates available to the public annually.
3. Inform the public about progress toward meeting the goals of the local school wellness policy and compliance with the local school wellness policy by making the triennial assessment, as required, available to the public in an accessible and easily understood manner.

RECORDS RETENTION

Records regarding the District's and local school wellness policy will be retained in accordance with law and the RYSS District's and campus records management program. Questions may be directed to the Food and Nutrition Director.

Each campus will provide the following to the RYSS District Food and Nutrition Director and shall also retain their records to document compliance with the requirements of this policy. These records include, but are not limited to:

1. The written District and local school wellness policies;
2. Each campus principal shall provide a yearly schedule of meeting dates, location and topics to be discussed to the Food and Nutrition Director no later than September 1st of each school year.

Meeting agendas and sign in sheets will be sent to the Food and Nutrition Director no later than 5 days after each meeting for record keeping.

3. Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as required; and
4. Documentation of the triennial assessment of the local school wellness policy for each school under its jurisdiction.

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Healthy, Hunger-Free Kids Act of 2010, Pub. L. No. 111-296, sec. 204, 124 Stat. 3183 (2010) [42 U.S.C. 1758b]; 7 C.F.R. 210.30(c)–(f)

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.

NUTRITION GUIDELINES

All RYSS 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).

The RYSS District's campuses will follow the nutrition guidelines of all foods and beverages sold or marketed to students during the school day and adhere to all federal regulations and guidance designed to promote student health and reduce childhood obesity.

FOODS AND BEVERAGES SOLD

The RYSS District's campuses will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the RYSS District's campuses 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.

For purposes of this plan, these requirements are 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>

Nutrition Standards for Foods

- Any food sold in schools must be either a fruit, a vegetable, a dairy product, a protein food, a "whole-grain rich" grain product, or a combination food that contains at least ¼ cup of fruit or vegetable or contain 10% of the Daily Value (DV) of a nutrient cited as a public health concern in the 2012 Dietary Guidelines for Americans (DGA). (Calcium, potassium, vitamin D, or dietary fiber). Additionally, foods sold must meet a range of nutrient requirements: Calorie limits include Snack items: ≤ 200 calories Entrée items: ≤ 350 calories. Sodium limits include: Snack items: ≤ 200 mg per portion as packaged Entrée items:

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≤ 480 mg per portion as packaged. Fat limits include: Total fat: ≤35% of calories, Saturated fat: < 10% of calories. Tran’s fat: zero grams. Sugar limits include either: ≤35% of calories from total sugars in foods or ≤ 35% of weight from total sugars in foods.

Nutrition Standards for Beverages

- Schools may sell plain water, plain low fat milk, plain or flavored fat-free milk and milk alternatives, 100% fruit or vegetable juice. Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of these beverages. School offers additional beverage options outside of the meal service period for high school students. These are no more than 20-ounce servings of calorie-free, flavored and/or unflavored carbonated water and other “calorie-free” beverages that comply with the FDA standard of less than 5 calories per serving. Also for high schools, the rule proposes that no more than 12-ounce servings of other lower calorie beverages may be served outside of the meal service. Two alternatives for these beverages are proposed: ≤ 40 calories per 8-ounce serving (≤ 60 calories/12-ounce serving).

**EXEMPTION
FUNDRAISERS**

RYSS District will 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 RYSS District fundraiser.

The six days allowed to as fundraisers listed in the School Nutrition Policy.

The district will allow the following exempted fundraisers for the 2024–2025 school year:

Campus	Food / Beverage	Number of Days
All	Campus choice	6

**MEASURING
COMPLIANCE**

The RYSS 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.

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NUTRITION PROMOTION

RYSS District will establish goals for nutrition promotion in its wellness policy as required by Federal Law. The RYSS 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 RYSS 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. Consistently promote healthy nutrition messages and food choices in cafeterias, classrooms, and other appropriate settings
2. Educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students. Promotion of Nutrition Education will be done in English/Spanish through flyers, posters, bulletin boards and any other available media.
3. Ensure that food and beverage advertisements accessible to students during school hours on District property contain only products that meet the federal guidelines for meals and competitive foods.

Although the RYSS District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SHAC will periodically monitor these and make recommendations when replacements or new contracts are considered.

RYSS District has established the following goal(s) for nutrition promotion.

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.

The following addresses how RYSS District's campuses meet the required amount of physical activity:

- *The District will ensure a safe, enjoyable, and developmentally appropriate environment for fitness activities for all students, including those not enrolled in physical education classes*

Leonel Castillo Early Childhood STEM Academy will:

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- Meet the required amount of physical activity:
- Allow students to have 30 minutes recess daily (2.5 hrs/wk minimum.).
- Parents and students will participate in nutrition and physical activity seminars to promote healthy habits (Tejano Center). Sign-in sheets and topic that was covered will be sent to SHAC.
- Encourage students, parents, staff, and community members to utilize the District’s recreational facilities, such as tracks and playgrounds, outside of school hours.

GOAL: Castillo ECH STEM Academy shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students.

Objective 1: Students will participate in a safe, enjoyable and developmentally appropriate fitness activity that will improve their fitness levels.

Action Steps	Methods for Measuring Implementation
<p>Will use current PK Guidelines and the RYSS PE curriculum to support appropriate fitness activities daily for all students.</p> <p>Review current resources, supplies and equipment at campuses to support fitness activities and encourage use of varied components to encourage student participation.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • RYSS curriculum writing and review team reviews curriculum annually and makes changes, if needed, to improve current fitness levels. <p>Resources needed:</p> <ul style="list-style-type: none"> • PE Curriculum/PK Guidelines for Physical Development. • PE Equipment and supplies

Objective 2: The RYSS District’s elementary campuses will provide 30 minutes of recess before lunch time.

Action Steps	Methods for Measuring Implementation
<p>Recess will be unstructured activity unrelated to required physical education requirements.</p> <p>Recess may not be used as a form of discipline or punishment for any grade level.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • 30 Minute recess is in the class daily schedule. <p>Resources needed:</p> <ul style="list-style-type: none"> • none <p>Obstacles:</p> <ul style="list-style-type: none"> • none

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<p>GOAL: Promote a clean, healthy, safe environment conducive to maximizing instructional focus. A healthy, clean and safe environment will promote a positive effect on students and the school staff.</p>	
<p>Objective 1:</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> Nutrition Services will insure that school meals are served in a clean and pleasant setting. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Walkthroughs <p>Resources needed:</p> <ul style="list-style-type: none"> Café and School Staff Menus <p>Obstacles:</p> <ul style="list-style-type: none"> Non- traditional Cafeteria set up- Children eat in their classrooms.
<p>Objective 2: Provide students attractive seating area and enough time to eat lunch, from the time a student receives his or her meal and is seated.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> Cafeteria will be attractive, clean and orderly with sufficient spacing for sitting. School staff will monitor and supervise students during lunch schedule. Students will be allowed at least 30 minutes for meals. Students will follow rules and procedures in the cafeteria. Rules and procedures will be clearly posted in the cafeteria. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Walkthroughs Lunch Schedules Lunch time Expectations/Procedures Staff Monitoring Schedules <p>Resources needed:</p> <ul style="list-style-type: none"> School Staff to deliver and distribute food Clock Lunch Expectation/Procedures Posters in each classroom <p>Obstacles:</p> <ul style="list-style-type: none"> Different classroom set up in each room. Not a central café room

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GOAL: Provide tools to help develop a better bedtime routine.	
Objective 1: Inform students and parents on the importance of healthy sleeping habits and the correlation with success in school and class.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Teachers will promote Healthy Sleeping Habits during weekly check-ins with their classes. “Coffee with the Principal”-Principal will discuss healthy habits conducive to learning during her monthly meetings. Post healthy sleeping habits in the school communication tool “Class Dojo” 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Teachers will record student attention during class. Teachers will address specific students. <p>Resources needed:</p> <ul style="list-style-type: none"> Posters/ Flyers School webpage Power-points
Objective 2: Importance of healthy sleeping habits will have a positive effect on attendance and tardiness.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Weekly reminders of healthy sleeping habits during morning announcements. “Coffee with the Principal”-Principal will discuss healthy habits conducive to learning during monthly meetings. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Attendance Rate Tardy Rate <p>Resources needed:</p> <ul style="list-style-type: none"> Flyers Power-point ZOOM/ TEAMS <p>Obstacles:</p> <ul style="list-style-type: none"> None

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Objective 1: Promote hygiene habits to prevent students getting sick.	
Action Steps	Methods for Measuring Implementation
<p>GOAL: Develop personal hygiene habits that help students stay healthy and prevent getting sick. Good personal hygiene will help boost their self-esteem and confidence.</p>	
<ul style="list-style-type: none"> • Monthly “Good Hygiene Habits” posted on the school’s communication tool “Class Dojo” • Quarterly Brain Pop Hygiene videos posted Staff weekly Newsletter shared to staff to share with students. • Weekly review of “Hygiene Habits” during morning routines. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Attendance Rate <p>Resources needed:</p> <ul style="list-style-type: none"> • Flyers • Brain Pop <p>Obstacles:</p> <ul style="list-style-type: none"> • None