



SAN ANGELO ISD

Wellness Plan

San Angelo Independent School District

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WELLNESS PLAN PURPOSE

This document, referred to as the “wellness plan” (the plan), is in-tended to implement policy FFA(LOCAL), which has been adopted by the Board, to comply with the requirements for a school well-ness 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 SHAC will solicit involvement and input from parents, students, the District’s Child Nutrition Department, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. Posting notice of each meeting on the district website as well as at the central administrative office of each campus in the district including the date, hour, place, and subject of the meeting at least 72 hours before the meeting; and
2. Listing in the student handbook the name and position of the person responsible for oversight of the District’s wellness pol-icy and 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.

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.

IMPLEMENTATION

The Health Services Coordinator 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

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.

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 activities 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 SHAC meeting;
4. Meeting minutes and audio or video recording of the meeting;
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.

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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 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).

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 will also follow requirements set by the USDA stating that restriction of food or choices of food will not be used as a disciplinary tool. This includes regular meal service and A La Carte sales.

MENTAL WELLNESS

The District will establish a separate committee to address the mental wellbeing of students and staff separate from this Wellness Plan. Information on the School Counseling Advisory Committee can be found on the District website.

FOODS SOLD DURING SCHOOL DAY

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, food trucks on campus, etc. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements. The following website has information regarding Smart Snacks requirements:

<https://www.fns.usda.gov/school-meals/nutrition-standards/smartsnacks>

EXEMPT FUNDRAISERS

Per USDA regulations, districts may have exempt fundraisers that allow competitive food sales for a restricted number of days per school year. District policy allows an exemption to the Smart Snacks requirements and competitive food regulations for up to two days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

FOODS MADE AVAILABLE DURING SCHOOL DAY (NOT SOLD)

There are currently no federal requirements for foods or beverages made available (not sold) 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)]

In addition, the District has established the following local guidelines on foods and beverages

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made available to students: These celebrations must occur after lunch and must be monitored/approved by the principal.

MEASURING COMPLIANCE

Compliance with the Wellness Plan will be measured by evaluating responses from assessments performed by Campus Administration and submitted to the SHAC. The Health Services and Child Nutrition Directors will investigate any unmet requirement.

NUTRITION PROMOTION

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to the Texas Department of Agriculture and reviewing foods and beverages that are sold in competition with the regular school meals.

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 foods and beverages marketed or sold to students during the school day meet the Smart Snacks standards.

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

Goals and Objectives

GOAL 1

The District's Child Nutrition staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

OBJECTIVE 1

The District will provide messaging promoting health to be posted in appropriate areas. Nutrition specific messages should be placed in cafeterias and other "healthy" messages can be placed in common areas as well as classrooms.

Action Steps	Strategies	Metrics
1. Post healthy messages from reputable sources.	Use meal component resources available from USDA and TDA to post in serving areas	Campus administration will complete evaluation once per semester.
2. Campuses will post messages promoting health in applicable areas and at appropriate campus-based events	Post healthy messages/contents such as posters/flyers in gyms, cafeterias, and practice areas	Campus Administration will use the District Wellness Checklist provided to them to evaluate this goal.

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GOAL 2

The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

OBJECTIVE 1

The District will research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding any program offered by the District.

Action Steps	Strategies	Metrics
1. Inform the public of programs such as the Summer Food Service Program that provide nutritious meals to students during the summer.	Share information via social media, district communications, public releases, campus postings, and websites as appropriate	SHAC administrators will verify information and resources shared on any program applicable, as well as, what channels were utilized as a part of annual plan evaluation checklist
2. Research food access programs available in the community with which the District could partner for student wellness	Communicate with programs such as Tom Green County Hunger Coalition, Food Banks, and other local resources to collaborate and/or share information as appropriate.	

OBJECTIVE 2

Consistently post the monthly school breakfast and lunch menus in an easily accessible location on the District's website. Upon request, provide nutritional information of each meal.

Action Steps	Strategies	Metrics
1. The Child Nutrition Department will develop menus that are in compliance with this objective.	The Child Nutrition website will have accessible menus.	SHAC administrators and campus principal or designee will verify that menus were made publicly available.
2. The Child Nutrition Department will provide nutritional information on meals per requests.	Share monthly menus online in a timely manner for easy view and download.	
	Communicate nutritional reports with health services staff and cafeteria managers, including Carbohydrate counts based on planned production, via email or production software.	

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GOAL 3

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

OBJECTIVE 1

Physical education courses will deliver healthy eating behavior education and information throughout the year as planned in lessons. At least 90 percent of students enrolled in physical education courses throughout the District will achieve at least a semester grade average of 90 on a scale of 100.

Action Steps	Strategies	Metrics
1. Run a report of grade averages at the end of each semester to assess progress.	Encourage participation in physical education courses and ensure that several times throughout the year various nutrition messages are being delivered to students in these courses that will add to the adoption and maintenance of healthy eating behaviors.	Principal/Campus designee will evaluate for semi-annual wellness plan check

GOAL 4

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

District staff will promote and integrate nutrition education facts during District-sponsored events.

Action Steps	Strategies	Metrics
1. Identify appropriate events at which nutrition education could be promoted. 2. The Child Nutrition Department will provide educational material or have a presence at District-sponsored events.	Provide information at events such as open houses, National School Lunch and Breakfast Celebration weeks, and other events such as Kids Marathon.	SHAC administrators and campus principal/designee will verify that education facts were made available at identified events.

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GOAL 4 (Continued)

OBJECTIVE 2

One hundred percent of students will have access to drinking water at all times during the school day.

Action Steps	Strategies	Metrics
1. Ensure students are aware of availability of drinking fountains 2. Cafeterias will provide water if a drinking fountain is not available in the cafeteria	Include in enrollment and registration materials that students are permitted to carry personally owned water bottles at all times. Provide water during meal services via pitcher and cups in absence of fountains. Also provide cups to students in meal service if they do not have a bottle for water.	Campus principal/designee will verify that information regarding students being allowed a water bottle for water is shared with families. Campus principal/designee will ensure campus water fountains are working as a part of campus evaluation and accessible. Cafeteria staff will ensure to provide water/cups during meal service in the absence of a working fountain or if student is in need.

GOAL 5

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

The District will offer regular wellness information and health opportunities to employees.

Action Steps	Strategies	Metrics
1. Utilize District's Insurance provider to provide the service. 2. Disseminate information effectively to all employees. 3. District will partner with local health organizations to provide events and clinics free of charge	Wellness Wednesday emails sent to all staff from district providing health and wellness information and tips. Wellness/Health Fair opportunities with district and community partners Health screening opportunities with partners shared as applicable	SHAC Administrators will check to ensure that information was shared to employees throughout the evaluation period. Identify number of employees receiving the outreach of information.

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GOAL 6

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

Each campus will offer at least one event annually either during or outside of normal school hours that involves physical activity and includes both parents and students in the event.

Action Steps	Strategies	Metrics
1. Develop a list of ideas to submit to campus administrators to meet this objective 2. Assign a campus administrator to organize the event.	Field Days, Relays, and other events as planned by the campus.	Campus principal/designee will verify the events that met this Goal/Objective in the evaluation period. The report will include estimated participation rate.

GOAL 7

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

Inform the community of the facilities that are available for rent outside of the school day by including a statement in at least one District or campus publication, by posting information on the District or campus website, or through the use of appropriate signs.

Action Steps	Strategies	Metrics
1. Create sample wording to be used in a publication or on a website. Create wording for a sign that could be posted at certain facilities. 2. Evaluate appropriate lighting for evening use of facilities. 3. Create press release informing public of available spaces.	Post information and rental request forms on district athletic website	SHAC Administrators will check to ensure that information was shared to the website as planned. SHAC Administrators will check with athletics director to obtain a report of how many requests were received for evaluation period.

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GOAL 8

The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

OBJECTIVE 1

All campuses will build their master schedule to allow for at least ten minutes to eat breakfast and 20 minutes to eat lunch.

Action Steps	Strategies	Metrics
1. Build campus schedules to ensure every student has at least 20 minutes to eat lunch without restricting meal access or options, including compliance with Offer vs. Serve. 2. Campus administration will not restrict access to food offerings provided by the district including both reimbursable and A La Carte options.	Post information and rental request forms on district athletic website	SHAC Administrators will check to ensure that students had enough time to eat at each campus and that no restrictions were in place during evaluation period. SHAC Administrators and Child Nutrition staff will verify that campuses operated meal service using Offer vs. Serve or meal service option approved in TDA application without issue.

GOAL 9

The District shall promote wellness for students and employees and their families at suitable District and campus activities.

OBJECTIVE 1

At each athletic event sponsored by the District at which food and beverages are sold, each concession vendor will offer at least one food or beverage that meets the Smart Snacks standards.

Action Steps	Strategies	Metrics
1. Develop a Smart Snacks communication flyer for all vendors, department, or clubs that will sell at athletic events	Share information with Athletics Director and any other individuals who schedule food and beverage sales at Athletic Events	SHAC Administrators will check to ensure information was shared to individuals selling beverages and food items during evaluation period.

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STUDENT GOALS

The District shall implement a social-emotional learning curriculum with fidelity for students in grades K-8 to improve students' social, emotional, and academic skills and strengthen relationships among students and between students and teachers.

OBJECTIVE 1

The District will provide a research-based social-emotional curriculum for students in grades K-8

Action Steps	Strategies	Metrics
1. Provide curriculum to support research-based social-emotional curriculum	Create an action plan to obtain data regarding the implementation of social-emotional learning curriculum, and the number and percentage of students participating at each campus.	SHAC Administrators will check with curriculum and instruction to identify the curriculum met this goal as a part of evaluation

TEACHER GOALS

The District shall increase mental, social, emotional, and behavioral health training for educators and other school professionals to aid in early identification, prevention, and intervention.

OBJECTIVE 1

The District will offer training for employees as required by the state and as identified via needs assessments/other means.

Action Steps	Strategies	Metrics
1. Provide training to district staff as required and identified	Compliance Training annually, as well as other professional development opportunities created throughout the school year.	SHAC Administrators will verify that trainings were provided to staff to meet this goal.

FAMILY GOALS

The District shall increase opportunities to educate friends and family regarding mental, social, emotional, and behavioral health in order to increase their ability to provide support to students.

OBJECTIVE 1

The District will research opportunities to offer educational programs and will regularly inform families and the community regarding any program offered by the District.

Action Steps	Strategies	Metrics
1. The District will communicate these opportunities to families via District communication channels.	Share through communications departments, district and campus websites, social media, and other channels	SHAC Administrators will verify that any opportunities were shared

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Review/Change Log

2024/2025 SY - Wellness Plan Reviewed

Changes Made | Updates made by: Tiffani Hebert, Benjamin Rojo Settle, Monica Porras

SHAC Committee Approved/Rejected on:

Board Approved/Reviewed on: 6/25/25