



San Felipe Del Rio Consolidated Independent School District Wellness 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; 7 C.F.R. Part 210]

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.

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 provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. Posting on the District’s website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.
2. Listing in the student handbook the name and position of the person(s) responsible for oversight of the District’s wellness policy and plan along with an invitation to contact these persons if the reader is interested in participating in the development, implementation, and evaluation of the wellness policy and plan.

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 Administrative Director 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.

Goals for Nutrition Promotion

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.

Implementing Goals for Nutrition Promotion

GOAL 1: *The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.*

OBJECTIVE 1: Display various educational healthy nutrition flyers in cafeterias and in appropriate settings campus-wide.

1. **Action Steps:** District/Food Service personnel will purchase educational flyers for each campus cafeteria.
2. **School and Community Stakeholders:** SFE, Val Verde Regional Medical Center
3. **Resources Needed:** health & nutrition flyers and posters
4. **Measures of Success:** Improved promotion of healthy food choices district-wide.

OBJECTIVE 2: Promote healthy nutrition through the District’s website and social media each semester.

1. **Action Steps:** Post various educational messages that promote healthy food choices.
2. **School and Community Stakeholders:** SFE, Val Verde Regional Medical Center
3. **Resources Needed:** health & nutrition messages, activities
4. **Measures of Success:** Improved promotion of healthy food choices district-wide.

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: Promote and share the SFE’s Nutri-Slice App.

1. **Action Steps:** Create and post an informational video promoting the Nutri-Slice App.
2. **School and Community Stakeholders:** SFDR Communications Dept. and SFE
3. **Resources Needed:** Script with information explaining the Nutri-Slice App, Pre and Post Survey
4. **Measures of Success:** 2% increase in the usage of the app as measured by pre/post surveys.

OBJECTIVE 2: Promote the Nutri-Slice App during community events.

1. **Action Steps:** Attend and conduct presentations during community events.
2. **School and Community Stakeholders:** SFE, State & Federal Programs, Campus Principals, Parental Liaisons, Val Verde Regional Medical Center, other
3. **Resources Needed:** Wi-Fi connectivity, laptop, screen
5. **Measures of Success:** 2% increase in the usage of the app as measured by pre/post surveys. Nutri Slice App usage report.

Goals for 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 component addressing nutrition services and health education at the elementary and middle school levels. [See EHAA]

Implementing Goals for Nutrition Education

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

OBJECTIVE 1: Encourage students to make healthier food choices by increasing their fruit and vegetable intake.

1. **Action Steps:** Utilize SFE's Roving Chef program to promote healthier eating habits.
2. **School and Community Stakeholders:** SFE Chefs and Dieticians
3. **Resources Needed:** variety of seasonal fresh fruits and vegetables
4. **Measures of Success:** 2%-5% increase in students increase in fruit and vegetable intake as measured by pre and post survey.

OBJECTIVE 2: Expand student's experiences and knowledge by introducing them to a variety of new fruits and vegetables.

1. **Action Steps:** Expand student participation in a variety of school and community programs which promote healthy eating and introduce them to a variety of new choices such as the "Eat Your Alphabet" activity through SFE and the "Teen Fit" program by Val Verde Regional Medical Center.
2. **School and Community Stakeholders:** SFE, VVRMC, Texas A&M Agrilife
3. **Resources Needed:** expanded variety of seasonal fresh fruits and vegetables
4. **Measures of Success:** 2%-5% increase in students increase in fruit and vegetable intake as measured by pre and post survey.

GOAL 2: *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: Integrate nutrition education into CTE Culinary Arts Program.

1. **Action Steps:** Chef Cortez will introduce and integrate farm-to-table menus to Culinary Arts students.
2. **School and Community Stakeholders:** SFE, VVRMC, Texas A&M Agrilife
3. **Resources Needed:** variety of locally-grown fresh fruits and vegetables
4. **Measures of Success:** Application of at least 2 lessons per semester.

OBJECTIVE 2: Implement one 20-minute weekly lesson on nutrition education in K-7th grade.

1. **Action Steps:** K-7th grade P.E. staff will develop a nutrition-education curriculum targeting an awareness of healthy and unhealthy dietary practices.
2. **School and Community Stakeholders:** P.E. Coordinator, SFE Nutritionists, VVRMC Nutritionists, Texas A&M Agrilife

3. **Resources Needed:** Texas Essential Knowledge and Skills (TEKS), <https://www.choosemyplate.gov/>;
4. **Measures of Success:** 100% of students in grades K-7th grade participate in at least one 20-minute weekly lesson on nutrition education.

GOAL 3: *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.*

OBJECTIVE 1: Elementary and middle school P.E. staff will receive training specific to the development and implementation of a nutrition-education curriculum for K-7th grade students as part of their health class.

Action Steps: P.E. Coordinator will organize staff development training intended for the development and implementation of a nutrition-education curriculum for K-7th grade students.

1. **School and Community Stakeholders:** P.E. Staff, VVRMC Nutritionist, Texas A&M Agri-Life
2. **Resources Needed:** Training Materials, curriculum
3. **Measures of Success:** 100% of K-7th grade P.E. staff receive nutrition education curriculum training by the start of the 2019-2020 school year.

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:

SHAC Sub-Committee

In accordance with policy at BDF, the SHAC shall establish a physical activity and fitness planning subcommittee to consider issues relating to student physical activity and fitness and make policy recommendations to increase physical activity and improve fitness among students. Education Code 28.004(I-1)

Physical Activity - Elementary Schools

In accordance with policies at EHAB, EHAC, EHBG, and FFA, 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.

Physical Activity - Middle Schools

In accordance with policies at EHAB, EHAC, EHBG, and FFA, the district will ensure that students in middle school will engage in 30 minutes of moderate or vigorous physical activity for at least four semesters OR at least 225 minutes of moderate or vigorous physical activity within each two-week period for at least four semesters.

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: SFDRICISD will ensure that all students in Pre-K through 5th grade are engaged in moderate or vigorous physical activity for at least 30 minutes per day or 135 minutes per week.

1. **Action Steps:** Campus principals and the P.E. Coordinator will consistently monitor the master schedule and lesson plans to ensure all students are actively participating in developmentally appropriate fitness activities in P.E. classes for a minimum of 135 minutes per week.
2. **School and Community Stakeholders:** Campus principals; P.E. Coordinator
3. **Resources Needed:** Master Schedule; lesson plans
4. **Measures of Success:** All elementary students are scheduled and participating in at least 30 minutes of physical activity 4 days per week.

OBJECTIVE 2: SFDRICISD will ensure that all students in 6th through 8th grade are engaged in moderate or vigorous physical activity such as P.E., Athletics, Band, Cheerleading, Dance or AFJROTC, for at least 225 minutes within each two-week period for at least four semesters.

1. **Action Steps:** Campus principals and the P.E. Coordinator will monitor the master schedule to ensure all students are actively participating in fitness activities for a minimum of 135 minutes per week.
2. **School and Community Stakeholders:** Campus principals; P.E. Coordinator
3. **Resources Needed:** Master Schedule; lesson plans
4. **Measures of Success:** All elementary students are scheduled and participating in at least 225 minutes of moderate or vigorous physical activity for at least four semesters.

GOAL 2: *The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.*

OBJECTIVE 1: SFDRICISD will encourage students by promoting appropriate before and after-school physical activity programs offered by the schools and community through P.E., Fine Arts, and/or AFJROTC departments.

1. **Action Steps:** SFDRICISD will share promotional material to encourage students to participate in school or community-sponsored events promoting wellness and physical activities.
2. **School and Community Stakeholders:** Campus administration, extracurricular organizations, community organizations

3. **Resources Needed:** Flyers, Social media postings
4. **Measures of Success:** Parent survey indicating a trend toward increased participation in before/after school physical activities.

GOAL 3: *The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.*

OBJECTIVE 1: SFDRICISD will coordinate and promote quarterly trainings and other events for employees to promote health and wellness.

Action Steps: Coordinate monthly educational trainings that promote lifelong physical activity.

1. **School and Community Stakeholders:** SFDRICISD Employee Benefits Coordinator, District and campus administrators, SFDRICISD employees, SFE, VVRMC, Texas A&M Agrilife and other health/wellness providers.
2. **Resources Needed:** Calendar of Events, Flyers
3. **Measures of Success:** 5% increase in the participation of health/wellness trainings as measured by attendance.

OBJECTIVE 2: SFDRICISD will coordinate and promote the annual “Love Your Teacher” 5K event to promote enjoyable, lifelong physical activity for District employees and students.

1. **Action Steps:** Schedule and promote the 5K event.
2. **School and Community Stakeholders:** SFDRICISD Employee Benefits Coordinator; SFDRICISD employees, parents, students, community members.
3. **Resources Needed:** Event timeline, sponsorship, flyers
4. **Measures of Success:** 2% increase in the number of participants in the annual 5K event.

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: *The District shall promote wellness, including mental health awareness training for students and their families at suitable District and campus activities.*

OBJECTIVE 1: SFDRICISD will annually provide digital citizenship and cyber-safety awareness training for students and their families to practice social and professional etiquette relating to electronic devices in schools.

1. **Action Steps:** Using state and federal resources, select a digital citizenship training course for parents and students to be implemented in grades 6-12 at the beginning of the 2019-2020 school year.
2. **School and Community Stakeholders:** SHAC Committee, guidance counselors and campus administrators.
3. **Resources Needed:** SFDRICISD Student/Parent Handbook, digital citizenship training guide, TEA, Texas Attorney General's Office
4. **Measures of Success:** Each campus will provide digital citizenship training during Open House or other parent training during the 2019-2020 school year.

OBJECTIVE 2: SFDRICISD will provide annual educational training for students and parents on bullying and the use of the SFDRICISD Anonymous Reporting App.

1. **Action Steps:** Each campus will conduct at least 2 educational trainings per semester on the awareness of bullying and the use of the SFDRICISD Anonymous Reporting App during the 2019-2020 school year.
2. **School and Community Stakeholders:** Guidance counselors, campus administrators, SFDRICISD Police
3. **Resources Needed:** SFDRICISD Student/Parent Handbook, SFDRICISD Anonymous Reporting App.
4. **Measures of Success:** Parent survey indicating their participation in a training session and awareness of the anonymous reporting tool.

OBJECTIVE 3: SFDRICISD will provide annual educational training for staff and parents on the District's Suicide Awareness and Prevention policy.

1. **Action Steps:** Each campus will conduct at least 2 educational trainings per semester on the District's Suicide Awareness and Prevention Policy during the 2019-2020 school year.
2. **School and Community Stakeholders:** Guidance counselors, campus administrators
3. **Resources Needed:** SFDRICISD Student/Parent Handbook, List of Community Mental Health Resources.
4. **Measures of Success:** Parent survey indicating their participation in a training session and awareness of the SFDRICISD Suicide Awareness and Prevention Policy.

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

The District has also incorporated the following stricter standards that are not prohibited by federal or state law:

The District will not allow exempted fundraisers. All fundraisers will include nonfood items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

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 standards for other foods and beverages made available to students:

Elementary school: *(Insert District’s local standards or guidelines.)*

Middle/junior high school: *(Insert District’s local standards or guidelines.)*

High school: *(Insert District’s local standards or guidelines.)*

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.

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:

3. A copy of the wellness policy [see FFA(LOCAL)];
4. A copy of this wellness plan, with dated revisions;
5. Notice of any Board-adopted revisions to FFA(LOCAL);
6. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
7. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
8. The SHAC's triennial assessment; and
9. 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 the **Administrative Director**, 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.