

1. WELLNESS

The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, recess, and other school-based activities.

**2. DEVELOPMENT OF
GUIDELINES AND GOALS**

The District shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school nutrition services, school administration, the Board, parents and the public.

3. NUTRITION GUIDELINES

The district shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidelines and that all foods available on each campus are in accordance with the Healthy Hunger-Free Kids Act, USDA Smart Snacks standards, and district established standards. Students should be allowed to make their own selections in accordance with federal and state child nutrition program policies and school cafeteria operations and availability.

3a. COMPETITIVE FOODS

All food sold or made available to students during the school day must meet Smart Snack and Beverage rules to include:

- Vending machines, school stores, and fund-raisers during the school day.
- Food used for instructional purposes except for foods labs and cultural events.

No elementary schools may serve competitive foods (or provide access to them through direct or indirect sales) during regular or extended school days. This does not pertain to food items made available by the Child Nutrition Services. No food items may be purchased from Child Nutrition Services and then redistributed to students. No competitive foods may be distributed to students in the afterschool program until after the district provided snack or meal has been served. No middle schools may serve competitive foods until 30 minutes after the last lunch period. No high schools may serve competitive foods during meals. These restrictions on the sale of competitive foods during the school day include all school property where students have access. The school day is defined as midnight before to 30 minutes after the end of the school day.

3b. FUND-RAISING ACTIVITIES

Fund-raising involving the sale of prepared foods must be consistent with district standards for portion size and approved items. Only Smart Snacks compliant food items may be sold in school from midnight to 30 minutes after the end of the school day. Less than half of school fund-raisers may be

food related. No candy will be allowed. Prepackaged gift items with candy are allowed provided they are part of a fund-raising project that includes a majority of other gift items (nuts, jewelry, etc.) or in a catalog sale. No food sales can occur at the same time as the school meal programs. In all elementary schools, Smart Snacks may be sold only after school when there is not a School Meal Program in operation. In all middle schools, Smart Snacks may be sold 30 minutes after the end of the last lunch period. No snacks may be sold during the After-School Meals Program. In all high schools, Smart Snacks may not be sold during meal service periods.

3c. CONCESSIONS

Water must be available at all school concessions.

3d. BEVERAGE STANDARDS

No elementary, middle, and high schools may serve soft drinks or beverages with artificial sweeteners. High schools may serve the following beverages:

- Other flavored beverages (20 fluid ounce maximum) that are labeled to contain 5 calories or less per 8 fluid ounces or 10 calories or less per 20 fluid ounces.
- Other flavored beverages (12 fluid ounce or less) that are labeled to contain 40 calories or less per 8 fluid ounces or 60 calories or less per 12 fluid ounces.
- No high schools may serve competitive foods during meals.

3e. CLASSROOM BIRTHDAY PARTIES

Birthdays are encouraged to be celebrated with non-food items or special school recognitions. Campuses are encouraged to celebrate birthdays on a monthly basis. If food is used as part of the event these guidelines should be followed:

- The activity must first be coordinated with the student's teacher.
- Birthday parties must be celebrated during the last 10-15 minutes of the school day.
- All foods made available in schools must meet the USDA Smart Snacks and Beverages Rules.
- Foods must be either commercially prepackaged or prepared in a licensed facility. No items may be cooked or prepared at home. Food items offered should be healthy, low-fat items. Food items offered are to be in individual portions such as snack-size bags or granola bars. Items that are temperature sensitive are not allowed.
- Teachers should confirm with the school nurse what, if any, students have allergies in the classroom prior to providing food items.

3f. SPECIAL EVENT DAYS

Schools may have no more than **three special event days** per year. These school events are to be determined by the school principal at the beginning of the school year. Breakfast and lunch must still be available to all students.

3g. FOOD GIVEN TO STUDENTS

No food will be used as a reward or punishment. The distribution of a food item or “tickets/cash” to reward such performance as attendance, testing success, and behavior is considered a reward.

3h. FOOD SAFETY AND SECURITY

All food distributed or sold to students must be prepared in a licensed facility. In special circumstances when food is prepared in the classroom, teachers are responsible to insure the food safety of products prepared in the classroom. Teachers are responsible for the enforcement of food sanitation principles to include: adequate hand-washing facilities, temperature control for the heating, reheating, and cooling of foods.

3i. RECORD KEEPING

The Local Education Authority and School Fund Authority are required to keep records of all foods made available for students to purchase at school. It is required to keep all food item receipts, food product nutrition labels, product specifications for all competitive foods, and the Smart Snacks Product Calculator Report showing that the food items sold are compliant. These records should be kept on file for 5 years and the schools need to designate a person to keep these records. The monitoring and compliance of the standards will be completed by the state agency of which the Department of Education has informed all school districts.

Smart Snacks Product Calculator

The Smart Snacks Product Calculator must be used to determine if the product meets the USDA Smart Snacks in School nutrition standards. The Smart Snacks Product Calculator can be accessed using the following link:

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/

An approved list of Smart Snacks foods that meet the national nutrition standards can be accessed using the following link:

https://www.healthiergeneration.org/live_healthier/eat_healthier/alliance_product_navigator/

4. NUTRITION EDUCATION

The district shall implement, in accordance with law, a Coordinated School Health Program (CSHP). The following CSHP (Bienestar, SPARK, and The Great Body Shop have been approved by the San Antonio Independent School District and the SAISD School Health Advisory Council) which includes a nutrition education component and emphasizes the importance of proper nutrition.

4a. NUTRITION EDUCATION THAT FOSTERS THE ADOPTION AND MAINTENANCE OF HEALTHY EATING BEHAVIORS

Students in grades Kindergarten through grade 12 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles.

Kindergarten through 12th grade students are taught the Texas Essential Knowledge and Skills in physical education and health, using a Coordinated School Health Program. (Bienestar, SPARK, and The Great Body Shop).

4b. The District will provide opportunities for all physical education teachers to attend staff development activities on nutrition and health education.

4c. Physical Education teachers will coordinate the promotion of nutrition messages in the cafeteria using the Coordinated School Health Programs. (Bienestar, SPARK, and The Great Body Shop)

4d. EDUCATIONAL NUTRITION INFORMATION WILL BE SHARED WITH FAMILIES AND THE PUBLIC TO POSITIVELY INFLUENCE THE HEALTH OF STUDENTS AND COMMUNITY MEMBERS

School district will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

Campuses will be encouraged to host a health fair to educate and promote the benefits of healthy nutrition choices.

5. PHYSICAL ACTIVITY

The district shall implement, in accordance with law, a Coordinated School Health Program in physical education.

5a. THE DISTRICT WILL PROVIDE AN ENVIRONMENT THAT FOSTERS SAFE AND ENJOYABLE FITNESS ACTIVITIES FOR ALL STUDENTS, INCLUDING THOSE WHO ARE NOT PARTICIPATING IN COMPETITIVE SPORTS.

Time allotted for moderate to vigorous physical activity will be consistent with state standards and District Board Policy and Regulations, to include at a minimum:

Elementary (K-5): A minimum of 30 minutes daily or 135 minutes weekly

Middle School (6-8): A minimum of 30 minutes daily for four semesters
High School (9-12): (1 credit total) of physical education

All medical exemptions and substitutions for middle and high school will be in accordance with District Board policy and State mandates.

All physical education courses will be taught by state-certified physical education instructors who will participate in professional staff development opportunities that are aligned with district requirements.

Physical education classes will have student/teacher ratio of 45 to 1

Elementary maximum: 1 teacher to **45** students **(SB 891)**

Middle School maximum: 1 teacher to **45** students **(SB 891)**

High School maximum: 1 teacher to **45** students **(SB 891)**

Provide a regularly scheduled daily recess at the elementary level that is a minimum of 15 minutes of recess, of which at least 15 minutes is unstructured. The recess cannot be used for punishment, study hall or tutoring.

District Physical Education Schedule Guidelines will be implemented to ensure that students enrolled in physical education classes receive regular, age-appropriate physical education.

5b. PHYSICAL EDUCATION CLASSES WILL REGULARLY EMPHASIZE MODERATE TO VIGOROUS ACTIVITY

Physical education courses will follow state guidelines and program recommendations for coordinated health programs.

Physical education courses will be an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.

All students enrolled in physical education and physical education substitution courses in grades 3 – 12 will participate in fitness testing using the state approved assessment tool. Fitness test results will be shared with the parents.

Physical education courses will provide instruction that meets the Texas Essential Knowledge and Skills and national standards. (SB 891 50% Of MVPA during PE Class)

Equipment is available for all students and safe, appropriate facilities are provided for physical education classes.

5c. THE DISTRICT WILL ENCOURAGE TEACHERS TO INTEGRATE MOVEMENT AND/OR PHYSICAL ACTIVITY INTO THE ACADEMIC CURRICULUM WHEN APPROPRIATE.

Teachers are encouraged to use “Brain Breaks” to build student’s capacity for learning through movement and physical activity.

5d. BEFORE-SCHOOL. AND/OR AFTER-SCHOOL PHYSICAL ACTIVITY PROGRAMS WILL BE OFFERED AND STUDENTS WILL BE ENCOURAGED TO PARTICIPATE

5e. AFTER-SCHOOL PROGRAMS WILL ENCOURAGE PHYSICAL ACTIVITY AND HEALTHY HABIT INFORMATION.

5f. CAMPUS STAFF WILL BE ENCOURAGE TO PARTICIPATE IN LIFE-LONG PHYSICAL ACTIVITY.

Each campus will be encouraged to participate in campus or district wellness activities.

5g. THE DISTRICT WILL ENCOURAGE PARENTS TO SUPPORT THEIR CHILDREN'S PARTICIPATION, TO BE ACTIVE ROLE MODELS, AND TO INCLUDE PHYSICAL ACTIVITY IN FAMILY EVENTS

Schools are encouraged to have family events that promote the benefits of physical activity and healthy lifestyle choices.

5h. THE DISTRICT WILL ENCOURAGE STUDENTS, PARENTS, STAFF, AND COMMUNITY MEMEBERS TO USE THE DISTRICT'S RECREATIONAL FACILITIES AS AVAILABLE

6. SCHOOL-BASED ACTIVITIES:

The District established the following goals to create and an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities.

6a. SUFFICIENT TIME WILL BE ALLOWED FOR STUDENTS TO EAT MEALS IN LUNCHROOM FACILITIES THAT ARE CLEAN, SAFE AND COMFORTABLE

Schools will set schedules that allow a minimum of 10 minutes to eat breakfast and 20 minutes to eat lunch. This time will not include the time a student waits in line.

All cafeterias, drinking fountains, and concession areas will be clean and well maintained.

6b. WELLNESS FOR STUDENTS AND THEIR FAMILIES WILL BE PROMOTED AT SUITABLE SCHOOL ACTIVITIES

After school programs will encourage physical activity and healthy habit formation.

School based communications and advertising will be consistent with a message of health and wellness.

Health and wellness goals will be considered in planning all school based activities such as school events, field trips, dances and assemblies.

Support for the health of all students will be demonstrated by hosting health fairs and health screenings.

6c. EMPLOYEE WELLNESS EDUCATION AND INVOLVEMENT WILL BE PROMOTED AT SUITABLE SCHOOL ACTIVITIES.

7. IMPLEMENTATION

The Superintendent or his designee shall oversee the implementation of this Wellness Plan and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

The responsible party at the district will be the superintendent with input from the School Health Advisory Council to include as a minimum School Health Services, School Nutrition Services and PE/Health/Athletics.

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