



STUDENT WELLNESS  
&  
NUTRITION PLAN

SAN AUGUSTINE ISD  
2018-2020

*Updated 3/6/2018*

*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.*

# SAISD WELLNESS PLAN

---

Schools have a responsibility to help students and staff establish and maintain lifelong and healthy eating habits. Well-planned and implemented school nutrition programs have been shown to positively influence students' eating patterns. San Augustine ISD shall prepare, adopt and implement a comprehensive plan to provide nutrition education and to encourage healthy eating habits and regular physical activity.

The School Health Advisory Council (SHAC) shall develop a Wellness Plan to implement the District's nutrition guidelines and wellness goals. The SHAC will review and revise the Plan on a regular basis and recommend revisions to the Wellness Policy when necessary.

Policy #1	Strategies for Implementation
<p>Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The 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.</p> <p>The SHAC will permit the following persons to work with the SHAC on the District's wellness policy and plan: parents, students, the District's food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input of these other interested persons by:</p>	<ol style="list-style-type: none"> <li>1. Schedule meetings during school year to discuss strategies/ Post Agenda.</li> <li>2. Encourage participation of all group members.</li> <li>3. Open communication and encouragement of TEAM approach.</li> <li>4. Encourage different perspectives and viewpoints.</li> <li>5. Maintain a warm and welcoming environment of cooperation and building relationships.</li> <li>6. Invite TEAM members from a broad area of expertise.</li> <li>7. School Calendar &amp; Website</li> </ol>
Policy #2	Strategies for Implementation
<p>The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. The SHAC may use any of the following tools for this analysis.</p>	<ol style="list-style-type: none"> <li>1. Smarter Lunchrooms' Websites (<a href="https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms">https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms</a>)</li> <li>2. Health Websites</li> <li>3. Dept. of Agriculture Website</li> </ol>

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

---

Policy	Strategies for Implementation
<p>The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules.</p>	<ol style="list-style-type: none"> <li>1. SAISD will participate in the National School Lunch Program, offering breakfast and lunch each school day for the 2017-2018 calendar.</li> <li>2. Menus will be created on a monthly basis and will meet the nutrition standards established by USDA and TDA, while featuring a variety of healthy choices and following the Healthy Hunger Free Kids Act standards.</li> <li>3. SAISD Food Service will complete monthly nutritional analyses to ensure compliance with established standards.</li> <li>4. Food temperature logs will be maintained on a daily basis to comply with the Hazard Analysis and Critical Control Points (HACCP) guidelines.</li> <li>5. Visit websites regarding "Smart Snacks" requirements. For example, <a href="http://www.fns.usda.gov/school-meals">www.fns.usda.gov/school-meals</a> <a href="http://www.fns.usda.gov/healthierschoolday">www.fns.usda.gov/healthierschoolday</a></li> <li>6. Posting on SAISD Webiste photos of healthy snacks and parent information.</li> </ol>

The District will allow these exempted fundraisers for the 2018-2020 school year.

<b>Campus</b>	<b>Food/Beverage</b>	<b>Number of Days</b>
San Augustine Elementary	Popcorn, Snow Cones, Cotton Candy, Nachos, Beef Jerky, Sodas, Sweets, Chocolate Candy Sales, Cookies	6
San Augustine High School	Popcorn, Snow Cones, Cotton Candy, Nachos, Beef Jerky, Sodas, Sweets, Chocolate Candy Sales, Cookies	6

## Nutrition Guidelines: Foods and Beverages Provided

---

<b>Policy</b>	<b>Local Standards</b>	<b>Compliance</b>
The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day.	<p>Elementary school:</p> <p>PK- Fruit &amp; Vegetable (Everyday)</p> <p><i>K - All snacks are incorporated With Smart Snack Guidelines (2 days a week)</i></p> <p>High School:</p> <p>Smart Snacks Calculation</p> <p>All snacks approved w/ Board Policy exceptions - Class Parties-Christmas &amp; Birthday or Group Organization Party</p>	<ol style="list-style-type: none"> <li>1. Review meal reimbursement submissions from the child nutrition department to the TDA.</li> <li>2. Review foods and beverages that are sold in competition with the regular school meals.</li> <li>3. Review items sold as part of approved District fundraisers.</li> <li>4. Monitor the types of foods and beverages made available to students during the school day.</li> </ol>

# Wellness Goals: Nutrition Promotion

---

The District establishes the following goals for nutrition promotion.

Goals	Action Steps	Assessment
<p>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.</p>	<p>1. Healthy nutritional messages will be promoted using posters and other means in the school cafeterias throughout the entire school year.</p> <p>2. SAISD will promote healthy nutrition for the students, staff, and community through health related programs and materials.</p> <p>3. "No One Eats Alone" Program</p>	<p>Kid Friendly Surveys Health Class Survey</p> <p>Monitor Food Selection</p> <p>"Learn Grow Eat Go" Curriculum w/ Pre- &amp; Post Survey</p> <p>Student Commitment w/ Signage of banner Documentation in Lesson Plans</p>
<p>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.</p>	<p>1. Nutrition education will be promoted by printing informative ideas and suggestions on the back of lunch menus on a monthly basis.</p> <p>2. The district will share nutritional information during the school year via the SAISD website and parent contact.</p>	<p>Positive nutritional messages displayed in each cafeteria on posters or TV screen.</p> <p>Culinary class participates in sample taste test to determine student preference for the coming school year</p> <p>Cafeteria Website Page</p> <p>Social Media Feedback</p> <p>Report Card w/ Statement Directing Parents to Nutrition Questions</p>

# Wellness Goals: Nutrition Education

---

The District establishes the following goals for nutrition education.

Goals	Action Steps	Assessment
1. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	1. SAISD Food Service will provide families and general public with links to nutritional information on the district website annually.  2. The district will promote healthy nutrition for the students, staff, and community on our website.	"Learn Grow Eat Go" Curriculum  Lesson Plans  Outside Activities
2. The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	1. Nutrition education will be implemented/promoted at various times of the year in the classroom setting of specific course units as arranged.  2. SAISD Food Service will provide families and general public with links to nutritional information on the district website annually.	"Learn Grow Eat Go" Curriculum  Lesson Plans  Outside Activities



# Wellness Goals: Physical Activity

---

The District establishes the following goals for physical activity.

Goals	Action Steps	Assessment
<p>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</p>	<p>1. SAISD students will participate in the physical education program as required by the Texas Education Code, which includes a variety of enjoyable and appropriate activities for the allotted time described by the curriculum standards.</p> <p>2. Students at the elementary campuses will participate in recess daily (weather permitting) that fosters an environment of safe physical activities</p> <p>3. The District does offer student athletic and extracurricular programs for students in MS and HS. Fun runs and other special events are periodically held for students of younger ages.</p> <p>4. Field Day</p>	<p>Master Schedule &amp; Lesson Plans</p> <p>Jump Rope for Heart</p> <p>District Calendar</p> <p>Walk Across Texas Summary Sheet</p> <p>District in Compliance with all State Mandates.</p> <p>FitnessGram - assess the five components of health related fitness which is performed yearly by the PE coaches.</p> <p>Skills testing is performed throughout the year by PE coaches.</p> <p>Students in PK-5 have recess daily. In inclement weather, students participate in activities within the building.</p>

# Wellness Goals: School-based Activities

The District establishes the following goals for school-based activities.

Goals	Action Steps	Assessment
<p>1. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable</p>	<p>1. Students at all grades levels receive 30 minutes for lunch daily.</p> <p>2. SAISD staff maintain clean, safe, and comfortable facilities. Cafeteria tables are cleaned after each lunch period.</p> <p>3. Each cafeteria will receive 2 Health Department inspections per year to insure a clean &amp; safe eating environment.</p> <p>4. " No One Eats Alone" day on date TBA. Links posted on SAISD website:  <a href="http://www.nooneeatsalone.org/welcome/">http://www.nooneeatsalone.org/welcome/</a>  <a href="http://www.beyonddifferences.org/">http://www.beyonddifferences.org/</a></p>	<p>Master Schedule: Lunch Schedules which are posted in the Student Handbook allow 30 min per period.</p> <p>1st Health Inspection Report</p> <p>Visual Monitoring by Director</p> <p>Names on posters</p> <p>Participation in NOEA program</p>
<p>2. The District shall promote wellness for students and their families at suitable district and campus activities</p>	<p>The District will host activities to promote wellness for students, families, and the entire community with various options.</p>	<p>Shot Clinics</p> <p>Blood Drives (2)</p> <p>Wellness Assessment PK</p> <p>Vision Screening</p>
<p>3. The District shall promote employee wellness activities and involvement at suitable district and campus activities.</p>	<p>1. The District will promote employee wellness by providing annual screenings for all employees.</p> <p>2. The District will offer annual flu shots and other vaccinations at low costs to district employees.</p> <p>3. Some staff is eligible to access TeleDoc, which provides some medical services without having to make appointments and require a doctor's fee.</p>	<p>Texas Mobile Imaging to perform screenings on the cardiac, pancreatic, kidney, &amp; other organs.</p> <p>Flu shots &amp; other immunizations administered</p> <p>Insurance Coverage</p>



# Steps to insure effective communication with our community:

---

- Posting the Wellness Policy and Plan on the District website.
- Sending messages to families notifying them of how they may obtain a copy of or otherwise access the policy.
- Posting a copy of the policy at each school site, such as in the front office or main entrance.
- Presenting the information during a meeting with Booster Clubs, Civic Organizations, the Board, and other interested stakeholders.
- Notifying the community through local newspapers or other media.

The **Principal** shall oversee the development and implementation of this Wellness Plan and appropriate procedures.

*The **District** shall comply with federal requirements for evaluating this Wellness Plan.*

