



Santa Fe ISD

Local Wellness Goals & Guidelines

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

Mission Statement:

The mission of the Santa Fe School Health Advisory Council (SHAC) in coordination with the Coordinated School Health Program is to promote a healthy lifestyle for students, parents and staff, which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our district wellness policy, which will incorporate nutrition education and standards, physical activity and any other school related activities.

Nutrition Education Goals:

Goal #1 Schools will educate, encourage, and support healthy eating by all students.

Goal #2 Nutrition education is age appropriate and reflects the diversity within the school environment.

Nutrition Standard Goals:

Goal #1 School cafeterias will comply with the current USDA Dietary Guidelines for Americans and the Texas Public School Nutrition Policy.

Physical Activity/Education Goals:

Goal #1 Santa Fe ISD will follow health education curriculum standards and guidelines as stated by the Texas Education Agency.

Goal #2 Physical activity is not used as a reward or punishment.

Goal #3 Schools will adopt and implement state standards for physical activity.

Goal #4 Schools will help students understand the short- and long-term benefits of a physically active and healthy lifestyle.

Other School Related Activity Goals:

Goal #1 All school based activities are consistent with local wellness policy goals.

Goal #2 Schools will create a total school environment that is conducive to a healthy lifestyle.

Goal #3 The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

Nutrition Education Guidelines

Goal #1 Schools will educate, encourage, and support healthy eating by all students.

Guidelines:

- 1) The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.
- 2) The school cafeteria will display posters to promote healthy eating.
- 3) Nutrition education promotes fruits, vegetables, whole grain products, low fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices as well as physical activity.

Goal #2 Nutrition education is age appropriate and reflects the diversity within the school environment.

Guidelines:

- 1) Students will be educated on the importance of starting each day with a healthy breakfast and encouraged to do so every day.
- 2) Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

Physical Activity/Education Guidelines

Goal #1 Santa Fe ISD will follow health education curriculum standards and guidelines as stated by the Texas Education Agency.

Policies ensure that state physical education classes have a student/teacher ratio similar to others.

- 1) Schools will encourage classroom teachers to provide short activity breaks between lessons or classes.

Goal #2 Physical activity is not used as a reward or punishment.

Guidelines:

- 1) Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students in grades PK-5, and the integration of physical activity into the core curriculum.
- 2) Provide a daily recess period for grades PK-5, which is not used as a punishment or reward. Consider planning recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake.

Goal #3 Schools will adopt and implement state standards for physical activity.

Guidelines:

- 1) Time allotted for physical activity will be consistent with research and state standards. Students will participate in thirty minutes of structured and daily physical activity or 150 minutes a week in grades PK-5.
- 2) Policies ensure that state-certified physical education instructors teach all physical education courses and are supported and encouraged to participate in professional development opportunities.
- 3) Schools will implement physical activities from the adopted health curriculum, generated from TEKS as required by TEA.
- 4) SFISD will implement Fitness Gram, which is the state physical assessment mechanism, and carry out procedures as directed by TEA in grades 3-12.

Goal #4 Schools will help students understand the short- and long-term benefits of a physically active and healthy lifestyle.

Guidelines:

- 1) District will support and promote local health fairs and encourage community partnership.
- 2) Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies, language arts and fine arts.

Other School Based Activities Guidelines

Goal #1 All school based activities are consistent with local wellness policy goals.

Guidelines:

- 1) The school district will encourage all students to participate in the school meals program and in physical activity throughout the school day.
- 2) The school district will provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.

Goal #2 Schools will create a total school environment that is conducive to healthy eating.

Guidelines

- 1) The Child Nutrition Department will create a monthly e-newsletter for disseminating healthy eating information and recipes.
- 2) The school district will encourage that the majority of schools' fundraising efforts are supportive of healthy eating.

Goal #3The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

Guidelines:

- 1) District will support & promote local health fairs to educate the school and community.
- 2) Schools will partner with community organizations to sponsor physical activities.
- 3) The SFISD SHAC will serve as the local wellness committee and will be comprised of parents, teachers, administrators, and students to represent all campuses.

Implementation and Measurement:

Implementers will be campus principals, lead nurse, child nutrition director, athletic director, school nurses, health teachers and physical education instructors.

The School Health Advisory Council (SHAC) will:

- 1) Review health class curriculums to ensure wellness policy guidelines are followed.
- 2) Review campus schedules to ensure the minimum requirement for physical activity is met.
- 3) Review school menus to ensure they meet USDA Dietary Guidelines and Texas Public School Nutrition Policy.
- 4) Review fundraising activities of campuses to ensure the majority of them promote a healthy lifestyle.

The SHAC will develop a summary report annually in May on compliance with this established wellness policy. At a minimum, the report shall include the four goal areas expressed in the

policy. The report will be made available to the School Board and be available to the public on the SFISD website under Health Services.

Policy Amended: May 9, 2013

Date Adopted by SHAC: January 24, 2006

Date Adopted by SFISD Board: March 23, 2006

Policy: FFA (Local)

Signatures:

Date:
