

Sabine Pass ISD 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:

Goals: To partner with the district and community to support health and academic achievement. This will be implemented by:

- Showing compassion towards and enhancing sensitivity to the needs of each child
- Establishing and maintaining appropriate partnerships
- Providing health education for the mind and body to facilitate healthy lifestyle choices and activities
- Communication through innovative means and multilingual strategies
- Embracing the values of our community
- Promoting healthy school nutrition

Vision: We envision a future where healthy lifestyle, knowledge, and practices are integrated throughout the Sabine Pass ISD community for students and their families to achieve their highest potential (success).

Mission: To promote a climate of lifelong health and wellness for all staff, children and families of the Sabine Pass ISD community by promoting the components of Coordinated School Health.

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 superintendent, SHAC committee, and campus principals are 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.

The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

The SHAC will monitor this by:

The Campus Principals, SHAC Coordinator and School Nurse, SHAC Committee, District Superintendent, cafeteria staff and the food service manager.

Although SPISD is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SHAC will make recommendations when replacements or new contracts are considered.

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: The district will participate in free after-school snacks for students who have after school activities.

Action Steps: Offering free after-school snacks

School and Community Stakeholders: Food Service manager, cafeteria staff, students and parents

Resources Needed: Food provided by the Community Eligibility Provision, Education materials for students, staff, and parents

Measures of Success: Children will eat nutritious meals while at school by removing the financial barriers. Consumption of healthy meals are associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.

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 continue the Community Eligibility Provision for the 2022-2023 school year.

Action Steps: Free breakfast and lunch will be offered to all students regardless of socioeconomic status.

School and Community Stakeholders: Food Service Manager and cafeteria staff, students, and parents.

Resources Needed: Food provided by the Community Eligibility Provision, Education materials for students, staff and parents.

Measures of Success: Children will eat nutritious meals while at school by removing the financial barriers. Consumption of healthy meals are associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.

GOAL 3: The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.

Objective 1: The district will comply with the federal requirements for competitive foods.

Action Steps: Only “SMART SNACKS” approved items will be sold in vending machines on each campus during the day.

School and Community Stakeholders: Food Service manager and cafeteria staff, students, and parents.

Resources Needed: “SMART SNACKS” guidelines and requirements

Measures of Success: Current available “SMART SNACKS” will be compared to the standards, guidelines and requirements to ensure district compliance.

Objective 2: Competitive foods and beverages are not part of the regular meal plan and occur through sales such as a la carte options and vending machines

Action Steps: Only “SMART SNACKS” approved items will be sold in vending machines and a la carte on each campus during the school day.

School and Community Stakeholders: Food Service manager and cafeteria staff, students, and parents.

Resources Needed: “SMART SNACKS” guidelines and requirements

Measures of Success: Current available “SMART SNACKS” will be compared to the standards, guidelines, and requirements to ensure district compliance.

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: Encouragement and education will be provided to the students on the importance of eating well-balanced meals.

Action Steps: Offering free meals per the Community Eligibility Provision

School and Community Stakeholders: Food Service Manager and cafeteria staff, students, and parents

Resources Needed: Food provided by the Community Eligibility Provision, Education materials for students, staff, and parents.

Measures of Success: Children will eat nutritious meals while at school and will be able to identify well-balanced meals.

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: The District shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall ensure that the health course curriculum (TEKS) related to nutrition is taught.

Action Steps: Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors. Staff responsible for nutrition education shall be adequately prepared and shall participate in professional development activities to effectively deliver the program as planned. The food service staff and other personnel shall coordinate the promotion of nutrition messages in the cafeteria, classroom, and other appropriate settings.

- The District child nutrition program will accommodate students with special dietary needs with a signed note from their physician
- Participation in Federal Child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school. The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:
 - Is designed to provide students with the knowledge and skills necessary to promote and protect their health
 - Is part of not only healthy education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social studies, and elective subjects
 - Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods

School and Community Stakeholders: Students, Staff, Teacher, Food Service Manager, Cafeteria staff, and parents

Resources Needed: Nutrition and health education curriculum and materials

Measures of Success: Students will be able to identify healthy behaviors and identify nutritious foods

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:

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: To teach each student the essentials skills and knowledge that all students need to maintain physically active, healthy lifestyles.

Action Steps: Daily exercises. Instruction on how to correctly do the exercises, and what muscle group we are working. Explanation of the benefits of doing each exercise.

School and Community Stakeholders: Physical education teacher, athletic director, coaches, students, staff, and parents

Resources Needed: gym equipment, weights, etc. education material about physical education.

Measures of Success: Students will understand the effects of daily exercise. Students will consciously want to exercise and try to eat healthy. Class participation will be at 100%.

Objective 2: Each student to demonstrate the competency in a variety of motor skills and movement patterns

Action Steps: Teacher assessment

School and Community Stakeholders: Physical education teacher, athletic director, coaches, students, staff, and parents

Resources Needed: gym equipment, weights, etc. education material about physical education.

Measures of Success: Students will feel confident in their play. There will be 100% participation.

GOAL 2: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective 1: Students will be given access recess/physical activity every day integrated into school curriculum.

Action Steps: Education teachers on the benefits of physical activity

School and Community Stakeholders: Physical education teacher, athletic director, coaches, students, staff and parents.

Resources Needed: education material about physical education, playground equipment.

Measures of Success: Students will have improved academic achievement and stronger connections between brain regions, as well as with more efficient activation of regions involved in cognitive tasks. Physical activity can improve cognitive abilities, health and academic abilities.

GOAL 3: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Objective 1: Encourage students to participate in extracurricular activities and youth sports programs in the local community.

Action Steps: Educating students and parents on benefits of physical activity and benefits and of participating team sports.

School and Community Stakeholders: Physical education teacher, athletic director, coaches, students, staff and parents

Resources Needed: education materials about the academic benefits of physical education

Measures of Success: Students will be able to participate effectively in a group setting, will have improved physical health and will be able to demonstrate skills such as accountability, problem solving skills, effective communication, self-confidence, time management, goal setting and team building skills in the classroom setting.

Team sports foster leadership abilities, promote responsibilities, improve social skills, develop teamwork, improve communication, and problem solving skills.

Objective 2: Build confidence and self-esteem through acquired skills. To have fun and safe environment where students can participate in all activities, while developing good sportsmanship and becoming a coachable athlete.

Action Steps: Fitness-gram testing

School and Community Stakeholders: Physical education teacher, athletic director coaches, students, staff and parents

Resources Needed: gym equipment, weights, etc. education material about physical education.

Measures of Success: 100% participation. Fitness-gram results will be average to above average. Students will work together to achieve goals in class. Students will ask for help if they are having a problem, or if they do not understand how to do something.

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

Objective 1:

Action Steps: Employees are encouraged to participate in the insurance sponsored wellness program.

School and Community Stakeholders: All district employees

Resources Needed: Education materials about the TRS active care wellness program, Education for employees on how to access to the online wellness program platform.

Measures of Success: Employees will participate in school sponsored wellness program and will have improved mental and physical health outcomes

Objective 2: Employees will be encouraged to participate in school sponsored wellness initiatives, such as step/walking challenges, group fitness activities, weight loss competitions, and educating employees on health screening tools.

Action Steps: Promote new and innovative ways to increase physical activity and improve overall health.

School and Community Stakeholders: All District employees

Resources Needed: Education materials about health screening tools, health, and wellness.

Measures of Success: Employees participate in school sponsored wellness initiatives and will have improved mental and physical health outcomes.

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:

Exceptions for Fundraisers

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

The District will allow the following exempted fundraisers for the 2022–23 school year:

Campus or organization: High School Project Graduation

Food or beverage: Concession stand food and snacks – Waiver Day

Number of days: 5

Campus or organization: High School Jr/Sr Prom

Food or beverage: Candy Gram Fundraiser – Candy Bars

Number of days: 1

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: “SMART SNACKS” guidelines and requirements

Middle/junior high school: “SMART SNACKS” guidelines and requirements

High school: “SMART SNACKS” guidelines and requirements

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:

1. A copy of the wellness policy [see FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board-adopted revisions to FFA(LOCAL);
4. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
5. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
6. The SHAC's triennial assessment; and
7. 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 Superintendent, SHAC committee and campus principals, and the District's designated records management officer. [See CPC(LOCAL)]