

## Wellness at SISD

Sundown ISD will promote the general wellness of students, staff and families through nutrition education, physical activity opportunities, and school-based activities.

\*Nutrition education takes place on every campus through such things as direct instruction by teachers and coaches and nutrition newsletters made available for students to share with their families.

\*Physical activity opportunities include PE classes and/or athletics for all grade levels. Families and community members are invited to participate in a Fun Run in the fall, and a 100 mile walk/run challenge in the summer. The track around the football field is open to the community for anyone that wants to walk/run laps. SISD has updated the security lights outside the practice facility to provide more lighting for anyone desiring to walk after dark. The Sundown ISD pool is open to residents for workout and rehab from 4:30 pm to 7:30 pm Monday and Thursday. In addition, any adult community member can request a key to the practice facility for access to basketball courts, weights, and walking areas.

\*SISD also promotes wellness through school-based activities. Students are offered healthy food choices for breakfast and lunch each day in the cafeteria. A flu shot clinic is available for students, staff, families, and residents each fall. All SISD employees are given the opportunity to participate in wellness screening that is offered each spring.

**Note:** Sundown ISD 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. 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. If interested, please contact the high school principal to find out the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.