



# San Isidro ISD- Wellness Plan



This document, referred to as the “wellness 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].

## STRATEGIES TO SOLICIT INVOLVEMENT

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. 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:

Posting on the District’s website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed and the name and position of the person responsible for oversight of the District’s wellness policy and plan along with an invitation to contact that person if the reader is interested in participating in the development, implementation, and evaluation of the wellness policy and plan.

## IMPLEMENTATION

The district principal is responsible for the implementation of FFA(LOCAL) and this wellness plan on campus, including the submission of necessary information to the SHAC for evaluation. The district nurse is the District official responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.

## EVALUATION

In accordance with law, the District will periodically measure and make available to the public an assessment on the implementation of the District’s wellness policy, the extent to which each campus is compliant with the wellness policy, a description of the process made in attaining the goals of the wellness policy, and the extent to which the wellness



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policy compares with any State or federally designated model wellness policies. Absent federal regulations to the contrary, the District commits to the evaluation activities described below.

At least annually, the SHAC will prepare a report on the wellness policy and this plan by gathering information from each principal and appropriate District administrators. The SHAC will assess the District's and each campus's progress toward meeting the goals of the policy and plan by reviewing District---and campus---level activities and events tied to the wellness program.

The SHAC may use any of the following tools for that analysis:

Relevant portions of the WellSAT 2.0 ([www.wellsat.org](http://www.wellsat.org))

Relevant portions of the Center for Disease Control's School Health Index (<http://www.cdc.gov/healthyschools/shi/index.htm>)

A District--developed self-assessment

## PUBLIC NOTIFICATION

To comply with the legal requirement to 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 [FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's annual report on the District's wellness policy and plan; and
6. Any other relevant information.

The District will also publish the above information in appropriate District or campus publications.



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## RECORDS RETENTION

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. You may contact the District's designated records management officer, with questions.

## GUIDELINES AND GOALS

The following provisions describe the District's nutrition guidelines and activities chosen by the SHAC to implement the Board---adopted wellness goals in policy FFA(LOCAL).

### **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:**

Integrate nutrition education into daily classroom instruction across grade levels.

- **Action Steps:**

- The district will recognize National School Lunch Week, National School Breakfast Week, and Farm Fresh Challenge during the month of October.
- Teachers and other district personnel will distribute age-appropriate nutrition lesson plans.
- Provide professional development for teachers on incorporating nutrition into core subjects.

- **School and Community Stakeholders:**

- Teachers, curriculum coordinators, food service staff, school administrators, local dietitians.



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- **Resources Needed:**

- Nutrition curriculum materials, training modules, guest speaker partnerships.

- **Measures of Success:**

- Number of classrooms implementing nutrition lessons.
- Teacher feedback and student surveys.
- Increased student knowledge on healthy eating (pre/post assessments).

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## 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:

Develop a consistent communication strategy to deliver nutrition tips and resources to families.

- **Action Steps**

- Post monthly tips on school websites and social media.
- Partner with local health agencies for culturally appropriate resources.

- **School and Community Stakeholders:**

- School communication officer, parent-teacher association (PTA), school nurse, local public health departments.



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- **Resources Needed:**

- Email distribution software, translation services, collaboration with community organizations.

- **Measures of Success:**

- Email open and click-through rates.
- Survey responses from families on the usefulness of information.
- Increased family participation in nutrition-focused events.

## **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:**

Audit and remove existing non-compliant food and beverage advertisements on District property.

- **Action Steps:**

- Conduct a visual audit of all food/beverage ads in and around school facilities.
- Remove or replace advertisements that do not meet Smart Snacks in School standards.

- **School and Community Stakeholders:**

- Facilities management, student wellness committee, school board policy team.



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- **Resources Needed:**

- Smart Snacks guidelines, signage removal tools, replacement banners.

- **Measures of Success:**

- Completion of audit.
- 100% of visible ads in compliance.
- Periodic reviews to ensure ongoing compliance.

## Nutrition Education

### GOAL 1:

*The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.*

#### Objective 1:

Incorporate interactive nutrition education lessons that engage students in healthy food choices.

- **Action Steps:**

- Implement hands-on activities such as food label reading, MyPlate exercises, and taste tests.
- Partner with local health professionals for guest presentations.
- Include culturally responsive materials to reflect diverse dietary traditions.

- **School and Community Stakeholders:**

- Classroom teachers, school nurses, local dietitians, health educators.



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- **Resources Needed:**

- Nutrition curriculum materials, lesson kits, sampling supplies, partnerships with local health organizations.

- **Measures of Success:**

- Student participation rates.
  - Pre/post assessments on nutrition knowledge.
  - Teacher feedback on lesson effectiveness.
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## **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:**

Embed nutrition concepts into core subjects (math, science, language arts, and social studies).

- **Action Steps:**

- Develop cross-curricular lesson plans that tie nutrition to academic content.
- Train teachers on interdisciplinary approaches to nutrition education.

- **School and Community Stakeholders:**

- Curriculum directors, grade-level team leaders, classroom teachers.



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- **Resources Needed:**

- Integrated lesson plans, training workshops, teacher planning time.

- **Measures of Success:**

- Number of integrated lessons delivered.
  - Teacher self-assessments of confidence and preparedness.
  - Student learning outcomes on cross-subject assessments.
  - Contest submissions.
  - Visibility and engagement through school social media or newsletters.
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## **GOAL 3:**

*The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.*

### **Objective 1:**

Provide annual training to all staff involved in delivering nutrition education.

- **Action Steps:**

- Schedule regular PD sessions on current nutrition science and pedagogy.
- Invite nutritionists or certified health educators for training workshops.





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- **School and Community Stakeholders:**

- Professional development coordinators, nutrition experts, school administrators.

- **Resources Needed:**

- Budget for guest speakers, training materials, PD time allotment.

- **Measures of Success:**

- Number of staff trained.
  - Post-training evaluations.
  - Staff confidence/self-assessment surveys.
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## **GOAL 4:**

*The District shall establish and maintain school gardens and farm-to-school programs.*

### **Objective 1:**

Develop and sustain school gardens as learning environments.

- **Action Steps:**

- Identify available space and design school garden layout.
- Involve students in planting, maintaining, and harvesting.
- Integrate garden activities into science and health classes.



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- **School and Community Stakeholders:**
  - Science teachers, student clubs, parent volunteers, local agricultural extension offices.
- **Resources Needed:**
  - Gardening tools, seeds/plants, irrigation, curriculum connections.
- **Measures of Success:**
  - Garden completion and harvest outcomes.
  - Student involvement numbers.
  - Academic projects or lessons connected to garden use.

## Physical Activity

### Physical Activity Requirements per Education Code 28.002(l)–(l-1):

The District will meet state-mandated physical activity requirements by ensuring:

- **Elementary Students (Grades K–5):** Participate in moderate to vigorous physical activity (MVPA) for at least **30 minutes daily** or **135 minutes weekly** through structured PE or equivalent programs.
- **Middle School Students (Grades 6–8):** Receive a minimum of **225 minutes of PE every two weeks** for at least four semesters.
- **High School Students (Grades 9–12):** Complete **1 credit of PE** as a graduation requirement.

All physical activity will be developmentally appropriate, inclusive, and aligned with TEKS (Texas Essential Knowledge and Skills).

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## GOAL 1:

*Provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those not enrolled in PE or sports.*

### Objective 1:

Ensure daily opportunities for physical activity during recess and non-PE times.

- **Action Steps:**

- Design and maintain age-appropriate activity zones.
- Provide activity kits (jump ropes, balls, cones) for classroom use.
- Implement “Active Hallway” breaks for transitions between classes.

- **School and Community Stakeholders:**

Campus principals, PE teachers, recess monitors, facilities staff.

- **Resources Needed:**

Playground equipment, activity kits, safety training.

- **Measures of Success:**

Recess participation logs, student surveys, staff observations.

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## GOAL 2:

*Provide staff development and encourage integration of physical activity into the academic curriculum.*

### Objective 1:

Train teachers to use movement-based learning strategies.



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- **Action Steps:**

- Offer PD sessions on kinesthetic teaching methods.
- Provide a toolkit of brain break resources.
- Recognize teachers integrating movement into lessons.

- **School and Community Stakeholders:**

Curriculum coordinators, instructional coaches, classroom teachers.

- **Resources Needed:**

PD time, activity guides, sample lesson plans.

- **Measures of Success:**

Number of teachers trained, classroom implementation logs, student engagement scores.

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## GOAL 3:

*Offer before- and after-school physical activity programs and encourage student participation.*

### Objective 1:

Launch or expand physical activity clubs.

- **Action Steps:**

- Start morning walking/running clubs.
- Offer diverse after-school activities (dance, yoga, martial arts).
- Promote programs through school announcements and flyers.



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- **School and Community Stakeholders:**  
Club sponsors, PE staff, PTA, community volunteers.
  - **Resources Needed:**  
Equipment, space, permission forms.
  - **Measures of Success:**  
Enrollment numbers, attendance records, student satisfaction surveys.
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## GOAL 4:

*Offer training and promote lifelong physical activity for employees and students.*

### Objective 1:

Implement a staff wellness program.

- **Action Steps:**
  - Provide weekly fitness or mindfulness classes.
  - Host monthly physical challenges (e.g., step count, water intake).
  - Share wellness tips in staff emails.
- **School and Community Stakeholders:**  
HR, wellness coordinators, local fitness centers.
- **Resources Needed:**  
Instructor stipends, wellness platform/apps, incentives.
- **Measures of Success:**  
Participation logs, employee feedback, improved staff morale.



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## Objective 2:

Include physical activity in district staff development days.

- **Action Steps:**
    - Integrate stretch breaks or yoga into PD schedules.
    - Highlight research on movement and productivity.
    - Promote team-building active games during PD.
  - **School and Community Stakeholders:**

PD coordinators, administrators, wellness leaders.
  - **Resources Needed:**

Facilitators, agenda space, activity ideas.
  - **Measures of Success:**

PD evaluations, staff wellness self-assessments, continued adoption post-training.
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## GOAL 5:

*Encourage parents to support children's physical activity and act as role models.*

## Objective 1:

Host parent-child activity nights or family fitness events.

- **Action Steps:**
  - Organize "Family Fitness Fun Night" or "Walk-to-School Day."
  - Partner with local gyms or health clubs.



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- Include low-cost/no-cost options for all families.
  - **School and Community Stakeholders:**  
PTA, family engagement coordinators, community organizations.
  - **Resources Needed:**  
Event space, flyers, volunteers, equipment.
  - **Measures of Success:**  
Attendance counts, post-event surveys, increased interest in follow-up events.
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## GOAL 6:

*Encourage use of District recreational facilities by students, parents, staff, and community members outside school hours.*

### Objective 1:

Establish open-access hours and usage policies.

- **Action Steps:**
  - Develop a schedule for when tracks, fields, and courts are open.
  - Post clear signage with rules and open times.
  - Ensure facilities are well-lit and maintained.
- **School and Community Stakeholders:**  
Facilities department, district leadership, city recreation partners.
- **Resources Needed:**  
Signs, maintenance schedule, communication materials.



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- **Measures of Success:**

Facility use logs, maintenance reports, community surveys.

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:**

Ensure all students have at least **20 minutes of seated time** to eat after receiving their meal.

- **Action Steps:**

- Review and adjust lunch schedules to minimize time spent in line.
- Implement staggered lunch periods if needed to reduce overcrowding.
- Monitor lunch line efficiency and meal distribution times.

- **School and Community Stakeholders:**

Principals, food service managers, cafeteria staff, district scheduling coordinator.

- **Resources Needed:**

Bell schedule adjustments, staffing for meal service, student traffic flow assessments.

- **Measures of Success:**

Time-on-task observations, student satisfaction surveys, fewer student complaints or uneaten meals.





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## GOAL 2:

*The District shall promote wellness for students and their families at suitable District and campus activities.*

### Objective 1:

Host **biannual family wellness events** that include physical activity, nutrition education, and health screenings.

- **Action Steps:**

- Organize Family Wellness Nights with fitness demos, cooking classes, and health booths.
- Partner with local health providers for screenings and workshops.
- Schedule events during high-attendance periods (e.g., after PTA meetings or open houses).

- **School and Community Stakeholders:**

Nurses, PE teachers, school counselors, community health organizations, PTA.

- **Resources Needed:**

Event space, materials for demonstrations, volunteers, partnerships with local health agencies.

- **Measures of Success:**

Attendance records, family feedback surveys, follow-up health behavior reports.

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## GOAL 3:

*The District shall promote employee wellness activities and involvement at suitable District and campus activities.*



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## Objective 1:

Develop and implement an **employee wellness program** on each campus.

- **Action Steps:**

- Offer walking clubs, water challenges, or fitness classes during or after work hours.
- Provide a wellness calendar with monthly activities and challenges.
- Include mindfulness or stretching breaks in staff meetings.

- **School and Community Stakeholders:**

Campus administrators, HR staff, wellness champions, local fitness instructors.

- **Resources Needed:**

Wellness program toolkit, incentives (gift cards, recognition), optional gym partnerships.

- **Measures of Success:**

Staff participation logs, wellness program feedback surveys, staff retention or morale indicators.

## NUTRITION GUIDELINES & MARKETING

All District campuses participate in the United States Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that the District establish nutrition guidelines for foods made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.



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## 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 following websites have information regarding meal and Smart Snacks requirements:

<http://www.fns.usda.gov/school--meals/nutrition--standards--school--meals>

<http://www.fns.usda.gov/healthierschoolday/tools--schools--focusing--smart--snacks>

<http://www.squaremeals.org/Publications/Handbooks.aspx>

Competitive Food Nutrition Standards Chart			
(Competitive food or beverage items sold during the school day must meet the standards as described in this chart.)			
Beverage Standards			
Type of Beverage	School Level		
	Elementary	Middle	High
Water (With No Added Ingredients)			
• Plain water	Any Size	Any Size	Any Size
• Plain Carbonated Water	Any Size	Any Size	Any Size
Milk			
• Plain, unflavored low-fat (1%) milk	≤8 fl oz	≤12 fl oz	≤12 fl oz
• Plain or flavored fat-free milk and approved milk alternatives	≤8 fl oz	≤12 fl oz	≤12 fl oz
Fruit or Vegetable Juice			
• 100% Fruit or vegetable juice	≤8 fl oz	≤12 fl oz	≤12 fl oz
• 100% fruit or vegetable juice diluted with water— <u>with or without carbonation</u> —with no added sweeteners	≤8 fl oz	≤12 fl oz	≤12 fl oz
Other Beverages for High School Students			
• Other lower calorie flavored and/or carbonated beverages that are labeled to contain ≤40 calories per 8 fl oz, or ≤60 calories per 12 fl oz.	–	–	≤12 fl oz
• Other very low calorie flavored and/or carbonated beverages that are labeled to contain ≤5 calories per 8 fl oz, or ≤10 calories per 20 fl oz	–	–	≤20 fl oz
General Food Nutrition Standards			
Meet all of the Competitive Food Nutrition Standards			
<b>and</b>			
Be a grain product that contains 50% or more of whole grains by weight or have whole grains as the first ingredient. <sup>7</sup>	<b>or</b>	Have one of the non-grain major food groups as a first ingredient* (fruit, vegetable, dairy, or protein food).	<b>or</b>
Be a combination food that contains at least ¼ cup fruit and/or vegetable.			
Nutrient Standards			
Calorie limits:	<b>and</b>	Sodium limits:	<b>and</b>
• <u>Snack Items:</u> ≤ 200 calories		• <u>Snack Items:</u> ≤ 200 mg per portion as packaged <sup>8</sup>	<b>and</b>
• <u>Entrée or Main Dish Items:</u> ≤ 350 calories		• <u>Entrée or Main Dish Items:</u> ≤ 480 mg per portion as packaged	<b>and</b>
		Fat limits:	<b>and</b>
		• <u>Total Fat:</u> ≤ 35% of calories	<b>and</b>
		• <u>Saturated Fat:</u> < 10% of calories	<b>and</b>
		Sugar limits:	
		• ≤ 35% of weight from total sugars in foods	



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## EXCEPTION – 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 following holidays will be observed as exempt days for the school year: Halloween, Thanksgiving, Christmas, Valentines, Spring and End of Year. (Specific dates will be specified annually when the district calendar is finalized.)

## FOODS MADE AVAILABLE

There are currently no federal requirements for foods or beverages made available to students during the school day. 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)]

Acting on Behalf of a Parent. It is not uncommon for a parent to designate another adult to act for the child in the place of the parent. This authority is granted for the best interest of the child and the parent. However, there are instances when it may be difficult for school staff to determine when a parent has given official authority to another adult to act on his/her behalf. [Competitive Food Nutrition Standards Section 20.15 of the NSLP Handbook: Administrator's Reference Manual] The parent may provide written consent to allow the authority of food exchange to take place between parent and grandparent.

In addition, the District has established the following local guidelines on foods and beverages made available to students during the school day: No foods and beverages may be given away or otherwise made available to students, with the exception of celebrations that may occur on campuses up to four days each school year. These celebrations must occur after lunch and must be approved by the principal.

## MEASURING COMPLIANCE

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to the TDA, reviewing



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foods and beverages items sold as part of approved District fundraisers, and monitoring the types of foods and beverages made available to students during the school day.