

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]
STRATEGIES TO SOLICIT INVOLVEMENT	<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. 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 data-bbox="552 945 1442 1050">1. <i>Advertised on SFISD webpage. Posting on the district website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.</i></li><li data-bbox="552 1071 1442 1239">2. <i>Listing in the student handbook the name and position of the person responsible for oversight of the District’s wellness 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 plan.</i></li></ol>
IMPLEMENTATION	<p>Each campus principal is responsible for the implementation of FFA (LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.</p> <p>The <u>Assistant Superintendent for Curriculum and Instruction</u> 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.</p>
EVALUATION	<p>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, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. This will be referred to as the “triennial assessment.”</p>

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Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

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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:

- *Smarter Lunchrooms' website*  
(<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>)
- *Fitness Gram*  
([http://tea.texas.gov/Texas\\_Schools/Safe\\_and\\_Healthy\\_Schools/Physical\\_Fitness\\_Assessment\\_Initiative/Fitness\\_Data/](http://tea.texas.gov/Texas_Schools/Safe_and_Healthy_Schools/Physical_Fitness_Assessment_Initiative/Fitness_Data/))
- *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 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 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 triennial assessment; 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. Questions may be directed to the **SHAC Chairman and/or designee**.

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GUIDELINES AND  
GOALS

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).

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NUTRITION  
GUIDELINES

**District campuses for grades PK – 8<sup>th</sup> grade 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).**

**Santa Fe High School does not participate in Federal Meal Programs.**

Federal law requires that the District establish nutrition guidelines for foods and beverages sold to students during the school day on each campus that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold 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.

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>  
(see the Complete *Administrator Reference Manual* [ARM], Section 20, Competitive Foods)

The District has also incorporated the following stricter standards that are not prohibited by federal or state law:

- *Fryers are not allowed as a cooking method for grades PK – 8.*
- *District bans the consumption of all high caffeine energy drinks on all school campuses. (Ex: Red Bull, Monster, Rock Star, etc.)*

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)]

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The District will not allow exempted fundraisers; all fundraisers will include nonfood items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

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FOODS AND  
BEVERAGES  
PROVIDED

There are no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. However, each school district must set its own standards. 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)]

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 foods and beverages that are sold in competition with the 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.

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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.

Although the District 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 periodically monitor these and make recommendations when replacements or new contracts are considered.

In accordance with FFA (LOCAL), the District has established the following goal(s) for nutrition promotion.

<b>GOAL:</b> The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	
<b>Objective 1: The district will increase participation in federal nutrition programs by two percent by the end of each school year.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Distribute flyer regarding school food programs within the first two weeks of the school year.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Participation rates in federal meal program at beginning, middle and end of school year</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Development of flyer</li> <li>Participation data collection</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Fliers and letters sometimes do not reach parents</li> <li>Parents choosing not to disclose information related to income or family information to determine eligibility for free or reduced price meals</li> <li>Negative perception of school meals</li> </ul>

<p><b>Objective 2: By May of each school year, score at least at the bronze level on the Smarter Lunchroom scorecard (<a href="http://www.smarterlunchrooms.org/resource/lunchroom-self-assessment-score-card">www.smarterlunchrooms.org/resource/lunchroom-self-assessment-score-card</a>) at each campus.</b></p>	
Action Steps	Methods for Measuring Implementation
<p>Distribute scorecard to campus principals for completion in October and May.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Score on the assessment for each campus in October and May</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Staff access to the scorecard</li> <li>• Available staff to answer questions about the assessment</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Training on smarter lunchroom strategies for campus staff</li> <li>• Time and Staff to devote to implementing Smarter Lunch room strategies</li> </ul>

<p><b>GOAL:</b> 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><b>Objective 1: The district shall provide a monthly nutrition newsletter to parents with students in grades PK-5 informing them about making healthy food choices, recipes and healthy lifestyle changes.</b></p>	
Action Steps	Methods for Measuring Implementation
<p>Nutrition Services provides a monthly Nutrition Nuggets newsletter to grades PK-5 in a printed and web format.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Printed newsletter distributed monthly</li> <li>• Web version posted monthly</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Nutrition Nuggets annual subscription</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Newsletters sometimes do not reach parents</li> <li>• Newsletter is not read by household</li> </ul>

**Objective 2: Consistently post in an easily accessible location on the Nutrition Services website monthly school breakfast and lunch menus, along with the nutritional information for each meal.**

Action Steps	Methods for Measuring Implementation
<p>Nutrition Services will develop menus annually that will be in compliance with this objective</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Elementary and JH menus are currently printed and distributed to households along with being posted to the district webpage.</li> <li>• All menus are posted to district webpage</li> <li>• Menus and nutritional info are available in School Café app</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Website counter to tabulate menu views</li> <li>• Staff to create menu</li> <li>• School Café license</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• All nutritional information may not be readily available</li> <li>• Not all families have internet access</li> <li>• Not all families use School Café app</li> </ul>

**GOAL:** 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: Ensure advertising to students during the school day is Smart Snack compliant.**

Action Steps	Methods for Measuring Implementation
<p>Meet with director of SF Texas Education Foundation to ensure advertisers meet federal guidelines to prevent advertising non-smart snack items to students during the school day.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• SHAC will review advertisements posted for student viewing during the school day</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Alternative displays</li> </ul>

	<p>Obstacles:</p> <ul style="list-style-type: none"> <li>Existing contractual provisions in vendor contracts</li> </ul>
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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 nutrition services and health education component at the elementary and middle school levels. [See EHAA]

In accordance with FFA (LOCAL), the District has established the following goal(s) for nutrition education.

<p><b>GOAL:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p>	
<p><b>Objective 1: High School students will complete one-half credit of health education as a requirement.</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>High school students will complete one semester of health education.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Student enrollment/completion rate</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Certified staff to teach the course</li> <li>Four year plans to accommodate one semester of health education</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li></li> </ul>
<p><b>Objective 2: At least 90 percent of students enrolled in physical education courses throughout the District will achieve at least a semester grade average of 80 on a scale of 100.</b></p>	
<p><b>Action Steps</b></p>	<p><b>Methods for Measuring Implementation</b></p>
<p>Create a formula and action plan to obtain the semester grade averages of students enrolled in physical education.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Average semester grades at the end of the first and second semesters for all District students enrolled in physical education</li> </ul> <p>Resources needed:</p>

	<ul style="list-style-type: none"> <li>• Support from central administration to obtain grade averages</li> <li>• Person appointed to perform calculations</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Nutrition education is only a part of the essential knowledge and skills for physical education courses.</li> </ul>
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<b>GOAL:</b> The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
<b>Objective 1: District staff will promote and integrate nutrition education facts during at least three events in a school year.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Participate in 2 children health fairs per year and one employee health fair.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• The number of events during the year where nutrition education is communicated or distributed</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• A flier needed to distribute to advertise event</li> <li>• Mini-lessons for staff to teach at an event</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Encouraging parents and students to attend</li> </ul>
<b>Objective 2: All students will have access to drinking water during the school day.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Encourage a culture of drinking water, making water available to students throughout the school day.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Documentation from Nutrition services that water was available during meal periods, as required by federal standards</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Easily accessible water fountains</li> </ul>

	<ul style="list-style-type: none"> <li>Guidance/signs on any locations where water bottles may not be permitted</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Bathroom breaks/interruptions</li> </ul>
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**GOAL:** 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: Campus principals will determine appropriate annual professional development for staff responsible for nutrition education.**

Action Steps	Methods for Measuring Implementation
Campus principals will determine the staff involved in nutrition education programs and the appropriate professional development opportunities for those staff to attend.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Documentation/certificate from professional development attended</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Approved time for staff to attend required prof dev</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Nutrition education is one piece of a full array of required prof dev</li> </ul>

**Objective 2: Nutrition Services job descriptions will require at least the minimum professional development hours required by federal law.**

Action Steps	Methods for Measuring Implementation
Nutrition services will require all staff to receive the required annual professional development hours including nutrition education.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Nutrition Services professional development tracking in Primero</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Region IV training schedule</li> <li>Online trainings/webinars</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Some trainings may be completed during employee's personal time</li> </ul>

<b>GOAL:</b> The District shall establish and maintain school gardens and farm-to-school programs.	
<b>Objective 1: The district will encourage school gardens.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The district will encourage school gardens to help students understand where food comes from and how to grow healthy foods.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Visible gardens</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Gardening tools and supplies</li> <li>Staff time and knowledge</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Time allowed by instructional schedule</li> <li>Space and storage for gardening items</li> </ul>
<b>Objective 2: The districts Nutrition Services department will participate in the Texas Department of Agriculture’s annual Farm to School program.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Nutrition Services will source as many Texas grown and/or produced local products as possible to serve to students.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>October is Farm to School month</li> <li>Menus will reflect Texas grown or produced products</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>List from Produce provider on Texas grown items that are available.</li> <li>Manufacturer statements on items produced in Texas</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Seasonal availability of produce</li> </ul>

PHYSICAL ACTIVITY

The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC.]

The following addresses how the District meets the required amount of physical activity:

- KG –5 students will participate in 30 minutes of daily physical activity or 135 minutes per week. EHAB (LEGAL)

- 6–8 students will participate in moderate or vigorous daily physical activity for at least 30 minutes for at least four semesters during those grade levels as part of the district's physical education curriculum. EHAC (LEGAL)
- A well-rounded program of interscholastic athletics shall be maintained in the District secondary schools. FMF (LOCAL)
- A district may allow an exemption for a student on a middle or junior high school campus participating in a school-related activity or an activity sponsored by a private league or club only if that activity meets each of the following requirements:
  1. The activity must be structured;
  2. The board must certify the activity; and
  3. The student must provide proof of participation in the activity.

A “structured activity” is an activity that meets, at a minimum, each of the following requirements:

1. The activity is based on the grade appropriate movement, physical activity and health, and social development strands of the essential knowledge and skills for physical education specified in 19 Administrative Code Chapter 116; and
2. The activity is organized and monitored by school personnel or by appropriately trained instructors who are part of a program that has been certified by the board.

*Education Code 28.002(l)–(l-1); 19 TAC 103.1003*

Federal law requires that the District establish goals for physical activity in its wellness policy.

In accordance with FFA (LOCAL), the District has established the following goal(s) for physical activity.

**GOAL:** 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:** Each campus will offer at least one event annually either during or outside of normal school hours that involves physical activity and includes both parents and students in the event.

Action Steps	Methods for Measuring Implementation
<p>Campuses will offer a field day, water day, kickboxing tournament or other school wide event promoting physical activity for all students.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Self-reports of campus administrators about the events</li> <li>• Participation rates from year to year</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Timeline and mechanism for the self-report about the events</li> <li>• Informational materials about the event to distribute to students and parents</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Staff time</li> </ul>

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

**Objective 1: After receiving appropriate staff development, at least 60 percent of District teachers who respond to a survey will report that physical activity breaks were regularly incorporated into their lessons.**

Action Steps	Methods for Measuring Implementation
<p>Determine appropriate in-service days in which teacher will receive staff development related to the importance of physical activity breaks.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Percentage of teachers who report integrating physical activity breaks on a regular basis compared to the previous school year</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Creation and dissemination of a survey to District teachers</li> <li>• Time for training during in-service days</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Validity of self-reporting</li> </ul>

<b>GOAL:</b> The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
<b>Objective 1: District will encourage participation in before-school and after-school physical activity in Athletics programs and Creative Explorers.</b>	
Action Steps	Methods for Measuring Implementation
Encourage students to participate in athletic programs offered before or after school with a sign posted in a designated area or on the district webpage.	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Documentation of publications, website postings, and signs verifying that the information was communicated</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Flyer for dissemination</li> <li>Sign for posting</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li></li> </ul>

<b>GOAL:</b> The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.	
<b>Objective 1: District Employees shall have the opportunity to participate in an annual employee health fair.</b>	
Action Steps	Methods for Measuring Implementation
<p>The district benefits coordinator will host an annual employee health fair.</p> <p>Staff will have other opportunities throughout the school year to participate in Move-band challenges and the Aetna Health Challenge.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>The number of employees who participate compared to the previous school year</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>District publications and web page posting to advertise the event</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Lack of participation</li> </ul>

<b>GOAL:</b> The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.	
<b>Objective 1: Provide family activity ideas in the Nutrition Services monthly newsletter, Nutrition Nuggets.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The Nutrition Nuggets Newsletter shall have a section each month dedicated to promoting family activities for health and wellness. Newsletter is posted on Nutrition Services webpage monthly.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Copies of distributed newsletter</li> <li>Webpage presence</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Subscription to Nutrition Nuggets</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Not all households receive the newsletter</li> </ul>
<b>Objective 2: Host a fun run event for families.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
The Santa Fe ISD Education Foundation shall host a fun run event.	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>Flyer/Website promoting the run</li> <li>Registered participants</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>Suitable location</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>Weather</li> </ul>

<b>GOAL:</b> The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as tracks, playgrounds, and the like, that are available outside the school day.	
<b>Objective 1: Inform the community of the facilities that are available for use outside of the school day by including a statement in at least one District or campus publication, by posting the information on the District or campus website, or through the use of appropriate signs.</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Encourage community usage of district facilities through contact with city recreational organizations	Baseline or benchmark data points:

	<ul style="list-style-type: none"> <li>Documentation of publications, website, postings, and signs verifying that the information was communicated</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>A list of the types and locations of facilities that are available in the District</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Wear and tear on District facilities</li> </ul>
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SCHOOL-BASED  
ACTIVITIES

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness.

In accordance with FFA (LOCAL), the District has established the following goal(s) as part of its student wellness policy to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.

<p><b>GOAL:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p> <p><i>[Two studies regarding recommended seat time for children to eat meals are available at <a href="http://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/bergman2.asp">http://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/bergman2.asp</a> and <a href="http://www.andjrn.org/article/S2212-2672(15)01248-4/fulltext.">http://www.andjrn.org/article/S2212-2672(15)01248-4/fulltext.</a>]</i></p>	
<p><b>Objective 1: All campuses will build their master schedules to allow for at least ten minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.</b></p>	
Action Steps	Methods for Measuring Implementation
<p>Evaluate current meal time allowances by campus.</p> <p>Work with administrators to adjust master schedules as necessary.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Multiple lunch times for each campus</li> <li>Multiple lines per campus</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Average time it takes for a student to receive a meal and be seated</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Master schedules take into account several issues, only one of which will be meal times</li> </ul>

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

**Objective 1: District shall participate in two student health fairs each year where wellness for students and families is promoted.**

Action Steps	Methods for Measuring Implementation
<p>Galveston County Children’s Health and Safety Fair - October each year Santa Fe ISD Student Health Fair in conjunction with RJW carnival.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Flyers promoting the event</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Gift Card/Bag of Groceries to participate in Galveston County Health and Safety Fair</li> <li>• Bilingual staff for staffing the booth</li> <li>• Give-away items must be purchased</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Encouraging students and parents to attend</li> </ul>