

Seguin ISD- Wellness Plan

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 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:

1. 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

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. The superintendent or designee 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 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 3.0 (www.wellsat.org)

Relevant portions of the Center for Disease Control's School Health Index

https://www.cdc.gov/healthyschools/professional_development/e-learning/shi/index.html

A District developed a 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.

The triennial progress report will be posted on the district website. The report will include an assessment of compliance and the extent to which our wellness policy compares to model wellness policies.

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.

The district will ensure compliance with existing policies to ensure student privacy and dignity related to eligibility or access to school meals.

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).

NUTRITION GUIDELINES

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. To prevent stigmatization, students with negative balances will not be denied lunch.

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. Efforts should be made to purchase locally grown food for school meals whenever possible and these foods will be promoted in the cafeteria.

FOODS 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 will adhere to TDA's Competitive Food Nutrition Standards for flavored beverages, such as sports drinks, flavored water, coffee, and other caffeinated beverages, meaning these beverages are 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, and are only available for the 9-12 grade levels. Although the caffeine limit varies for adolescents depending on body weight, The American Academy of Pediatrics recommends caffeine consumption amongst adolescents not exceed 100mg per day.¹ Therefore, caffeinated beverages sold to

9th-12th students will not exceed this threshold. Furthermore, energy drinks such as Rebull[®], AlaiNi Nu[®], Monster[®], Celsius[®], etc, will not be sold due to the excessive amount of caffeine content. The registered dietitian within the Seguin ISD Child Nutrition Department will stay up to date on emerging trends and research to ensure that the most appropriate caffeine restrictions are being abided by.

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>

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 District will allow the following exempted fundraisers for each school year:

Elementary

Campus

Organization

Food/Beverage

Number of Days

PTC

TBD

6

Jr./Sr. High School Campus

<u>Organization</u>	Food/Beverage	Number of Days
PTC	TBD	6
Booster Club	Concession Items	6

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 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.

NUTRITION PROMOTION AND EDUCATION

Federal law requires that the District establish goals for nutrition promotion and education 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. 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]

The District will implement the nutrition services and health education component through instruction of the essential knowledge and skills related to nutrition and health and the CATCH program in the District's physical education, health education, and science courses. In accordance with FFA(LOCAL), the District has established the following goals for nutrition promotion and education:

- The use of food to reward/reinforce desirable behavior and academic performance, etc. is NOT allowed. Withholding food as a punishment is strictly prohibited;

- Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media;

- Teachers will integrate nutrition education into core curricula;

- Nutrition promotion will include participatory activities such as contents, promotions, farm visits, and experience working in school gardens;

- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy

products, healthy food preparation methods, and accurate portion sizes;

Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar;

Nutrition education will be provided to families via handouts, newsletters, postings on the District website, presentations, and workshops;

Monthly school breakfast and lunch menus will be posted to the District website;

District staff will be strongly encouraged to model healthful eating habits, and discouraged from eating in front of students/sharing food with students during regular class time, outside of activities related to the nutrition education curriculum.

Families will be encouraged, when providing packed lunches and snacks, to meet the district nutrition standards and will be provided with written guidance on how to accomplish this;

Nutrition curriculum will promote adequate nutrient intake and healthy eating practices; Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information;

Nutrition themes including, but not limited to, USDA's My Plate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, fats), body image and food safety;

All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;

All cafeteria staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety; USDA-approved menu software will be used for menu development and nutrient analysis.

Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated;

Meals will be served in a clean and pleasant setting and under appropriate supervision.
Rules for safe behavior will be consistently enforced;

Students will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria staff will remind students to make use of them;

Information on the nutritional content and ingredients of meals will be available upon request. Parents and students will be informed that information is available and information shall be kept up to date.

Participation in school meal programs will be promoted. Parents will be notified of the availability of the breakfast and lunch programs and will be encouraged to determine eligibility for reduced or free meals;

Foods served as part of the Before and Aftercare (childcare) programs run by the school must meet USDA standards if they are reimbursable under a school meals program.

Otherwise they must meet the district's nutrition standards for competitive foods. Foods served as part of the Before and Aftercare (child care) programs run by an outside organization (City of Seguin) must meet the district's nutrition standards for competitive foods;

- Students will be allowed to bring drinking water from home into the classroom;
- Water will be promoted as a substitute for sugar-sweetened beverages (SSBs);
- School staff will be encouraged to model drinking water consumption;
- Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water are maintained.

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 District will meet the required physical activity in elementary school grades by providing 30 minutes /day or 135 minutes/week of regularly scheduled physical education instruction.

Additionally, Seguin ISD shall require a student enrolled in elementary school to participate in unstructured, outdoor recess twice daily for 15 minute sessions each throughout the school year.

The period for play required by this policy should adhere to these guidelines:

- Seguin ISD will require adherence to the existing recess policy and will encourage the use of recess as a positive intervention to support healthy child development.
- Recess sessions should be a separate time from physical education. Recess is unstructured playtime where children have choices; develop rules for play and release energy and stress.
- Recess should not be viewed as a reward but a necessary educational support and health component for all children.
- Recess should not be withheld from children as a form of punishment.

At the middle school level, the District will require students, unless exempted because of illness or disability, to be enrolled in physical education or athletics courses for at least four out of the six semesters in grades six through eight.

At the high school level, the District will require students, unless exempted because of illness or disability, to be enrolled in one credit before graduation of physical education or a qualifying substitution.

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 goals for physical activity:

- Physical education classes will count toward graduation and GPA;
- The school will provide adequate space/equipment and conform to all safety standards;
- The school prohibits the use of physical activity and withholding of physical education class and other forms of physical activity as punishment;
- All Physical Education classes will be taught by a qualified physical education teacher and at least 50% of class time will be spent in moderate to vigorous activity;
- Physical education staff will receive professional development on a yearly basis;
- All students will have opportunities for physical activity beyond physical education class on a daily basis;
- Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle;
- Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around;
- Teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students; district members will also be able to use the sport complex facilities for personal workouts and health betterment.
- Outdoor recess will only be withheld in the event of extreme weather, as defined by the District.
- Elementary, middle, and high school campuses are encouraged to offer extracurricular physical activity programs, such as physical activity clubs and intramural programs;
- High school and middle school will offer interscholastic sports programs to all students. Schools should promote walking and biking to school when safely

accessible. Schools should discourage assigning physical activity as punishment. Schools should promote physical activity as a reward in place of food based rewards.

SCHOOL-BASED ACTIVITIES

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

Schools will be encouraged to promote and engage “wellness committees” to help promote staff and student wellness initiatives.

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:

Fitness Awareness days including but not limited to:

Campus Health Fairs

Field Days

School Open House event

References

1. Caffeine and Children. American Academy of Child & Adolescent Psychiatry. Aacap.org. Published July 2020. Accessed April 1, 2025.
https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Caffeine_and_Children-131.aspx.¹

¹ Revised May 2025