

SALTILLO ISD School Health Advisory Council (SHAC)

The Saltillo ISD School Health Advisory Council meets a minimum of four times a year for the purpose of discussing and making recommendations to administration related to issues of health and wellness for Saltillo ISD. The Council is guided by Board Policy FFA (LEGAL) and FFA (LOCAL).

Members of the 2019-2020 School Health Advisory Council:

- David Stickels
- Joli Maroney
- Tim Lane
- Debby Brewer
- Bill Giles
- Dalton Herndon
- Dustin Ray
- Susan Smith
- Johnna West
- Kelly Olvera
- Laci Wilhite
- Julianna Giles
- Allie Lane

Our Vision:

The SHAC Committee works to:

Support a healthy and safe school environment that fosters learning.

Dedicate efforts to goals that will produce healthier minds and bodies through effective school health education and services.

Achieve academic success by providing leadership to those who teach and empower our students.

Goals for 2019-2020

- Development and implementation of the districts approved wellness policy.
- Fulfill the legal requirements of the Texas Education Code, Title 2, Chapter 28, Section 28.004.

Local School Wellness Policy

Saltillo ISD has a board-approved Local School Wellness Policy. Please see policy [FFA \(LEGAL\)](#) and [FFA \(LOCAL\)](#). SHAC members are charged with reviewing, updating, and evaluating the Local School Wellness Policy. Interested people are encouraged to contact SISD at 903-537-2386.

Physical Fitness Programs

PK-8 Physical Education Classes

Grades Pre-kindergarten through eighth grade participate in physical education daily. Elementary students also have recess during the school day. The Texas Education Agency has selected FITNESSGRAM as the assessment tool to be used by all school districts throughout the state of Texas.

Other Programs

- Faculty flu shots
- JH health
- Relay for Life
- Healthy Teeth Program
- Jump Rope for Heart
- Brookshire's Challenge fun run
- Faculty health screenings
- Nutrition Environment and Services



SHAC AGENDAS

SEPTEMBER

- DISTRIBUTE AND REVIEW POLICY

JANUARY

- STOP THE BLEED

FEBRUARY

- OVERVIEW OF HEALTH/PE PROGRAM
- WELLNESS PLAN EVALUATION

MAY

- 
- FOOD ALLERGIES
- 

SHAC AGENDA

September 26, 2019

- **Introduce members**
- **Discuss purpose of SHAC**
- **Review policy**
- **Set dates**

SHAC MINUTES

September 26, 2019

Members present:

- Joli Maroney
- Tim Lane
- Bill Giles
- Dalton Herndon
- Dustin Ray
- Susan Smith

Ms. Maroney introduced the members of the committee and gave a brief overview of the purpose of the SHAC. She distributed the policy and members went over it together asking questions as needed. The next meeting was discussed and a date will be decided later.

SHAC AGENDA

JANUARY 6, 2020

1. STOP THE BLEED TRAINING

SHAC MINUTES

JANUARY 6, 2020

Members present:

- Joli Maroney
- Tim Lane
- Bill Giles
- Dalton Herndon
- Dustin Ray
- Susan Smith
- David Stickels
- Debby Brewer
- Johnna West

Faculty and staff were trained by a certified STOP THE BLEED EMS.

Stop the Bleed® traces its origins to the aftermath of the Sandy Hook Elementary School shootings in Newtown, CT, on December 2012. A few months later, a concerned local trauma surgeon and Regent of the American College of Surgeons (ACS), Lenworth M. Jacobs, Jr., MD, FACS, requested to review victims' autopsy records. Results showed that the victims died from severe bleeding. Severe bleeding, that if controlled, could have probably kept them from going into shock until emergency help arrived on the scene.

Next meeting will be in March.

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LEGAL)

WELLNESS POLICY

Each district participating in a program authorized by the Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 et seq., or the Child Nutrition Act, 42 U.S.C. 1771 et seq., shall establish a local school wellness policy for schools in the district.

GUIDELINES

The U.S. Secretary of Agriculture shall promulgate regulations that provide the framework and guidelines for districts to establish local school wellness policies, including, at a minimum:

1. Goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness;
2. For all foods available on each school campus during the school day, nutrition guidelines that are consistent with sections 9 and 17 of the National School Lunch Act and sections 4 and 10 of the Child Nutrition Act, and promote student health and reduce childhood obesity;
3. A requirement that a district permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy;
4. A requirement that a district inform and update the public (including parents, students, and others in the community) about the content and implementation of the local school wellness policy.
5. A requirement that a district periodically measure and make available to the public an assessment on the implementation of the local school wellness policy, including:
 - a. The extent to which schools in the district are in compliance with the local school wellness policy;
 - b. The extent to which the district's local school wellness policy compares to model local school wellness policies; and
 - c. A description of the progress made in attaining the goals of the local school wellness policy; and
6. A requirement that a district designate one or more district or school officials, as appropriate, to ensure that each school complies with the local school wellness policy.

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LOCAL DISCRETION A district shall use the guidelines to determine specific policies appropriate for the schools in the district.

Healthy, Hunger-Free Kids Act of 2010, Pub. L. No. 111-296, sec. 204, 124 Stat. 3183 (2010) [42 U.S.C. 1758b]

[See EHAA for state law requirements relating to health education]

CHANGE IN HEALTH
SERVICES

Before a district or a school may expand or change the health-care services available at a school in the district from those that were available on January 1, 1999, the board must:

1. Hold a public hearing at which the board provides an opportunity for public comment and discloses all information on the proposed health-care services, including:
 - a. All health-care services to be provided;
 - b. Whether federal law permits or requires any health-care service provided to be kept confidential from parents;
 - c. Whether a child's medical records will be accessible to the parent;
 - d. Information concerning grant funds to be used;
 - e. The titles of persons who will have access to the medical records of a student; and
 - f. The security measures that will be used to protect the privacy of students' medical records.
2. Approve the expansion or change by a record vote.

Education Code 38.012

The District shall support the general wellness of all students by implementing measureable goals to promote sound nutrition and student health and to reduce childhood obesity.

[See EHAA for information regarding the District's coordinated school health program.]

Development, Implementation, and Review of Guidelines and Goals

The local school health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public.

[See BDF for required membership of the SHAC.]

Wellness Plan

The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals;
4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
5. The manner of communicating to the public applicable information about the District's wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

Nutrition Guidelines

Foods and
Beverages Sold

The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules. [See CO and FJ]

STUDENT WELFARE
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Foods and
Beverages Provided

The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the District's wellness plan.

Wellness Goals

Nutrition Promotion
and Education

The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. [See EHAA] The District's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.

The District establishes the following goals for nutrition promotion:

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.
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.
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.

The District establishes the following goals for nutrition education:

1. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.
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.
4. The District shall establish and maintain school gardens and farm-to-school programs.

Physical Activity

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

The District establishes the following goals for physical activity:

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.
2. The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.
3. The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.
4. 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.
5. The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
6. 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 of the school day. [See GKD]

Other School-Based Activities

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities:

1. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
2. The District shall promote wellness for students and their families at suitable District and campus activities.
3. The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Implementation

The Superintendent shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

Evaluation

The District shall comply with federal requirements for evaluating this policy and the wellness plan.

Public Notification

The District shall annually inform and update the public about the content and implementation of the wellness policy, including post-

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ing on its website copies of the wellness policy, the wellness plan,
and the required implementation assessment.

Records Retention

The District shall retain all the required records associated with the wellness policy, in accordance with law and the District's records management program. [See CPC and FFA(LEGAL)]

THE SUPERINTENDENT IS THE DISTRICT OFFICIAL RESPONSIBLE FOR OVERALL IMPLEMENTATION OF FFA
(LOCAL)---WELLNESS POLICY AND PLAN.

DAVID STICKELS

SUPERINTENDENT

903-537-2386

150 CR 3534

SALTILLO, TX 75478

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:

1. The district will post the SHAC agenda and meeting information on the SISD website.

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 is 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.

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 increase participation in federal child nutrition programs.

Action Steps: Distribute nutrition information regarding school food programs.

Resources Needed: Development of nutritional information and menus.

Measures of Success: Participation rates in the federal child nutrition program.

Objective 2: Consistently post in an easily accessible location the monthly school breakfast and lunch menus.

Action Steps: Work with the child nutrition director to develop menus that are in compliance with this objective and are at least one month in advance. Announce the menu daily. Post menu in the main office. Publish menu in the local newspaper. Send home menu with elementary students.

Resources Needed: Staff to create and distribute menus.

Measures of Success: Number of students and staff that eat.

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 provide information to the students and families about nutrition.

Action Steps: Nutrition information will be taught to students as well as be available to parents via flyers, etc.

Resources Needed: Resource materials for nutrition education. Personnel to teach and distribute information.

Measures of Success: Student participation in meal programs and parental involvement.

Objective 2: Detailed nutritional information on each meal will be provided upon request from the nutrition director.

Action Steps: Work with child nutrition director to develop menus that are in compliance with this objective and are designed in advance.

Resources Needed: Nutritional information from food distribution companies.

Measures of Success: Request in writing.

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: Communicate healthy eating habits and regular physical activity to maintain a healthy lifestyle.

Action Steps: Proper nutrition and physical fitness will be taught and encouraged using a coordinated school health program.

Resources Needed: Coordinated school health program. Personnel to provide instruction and guidance.

Measures of Success: Student participation in physical activities offered.

GOAL 2: 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: The superintendent will determine appropriate professional development for staff responsible for nutrition education.

Action Steps: Administration will determine the staff involved in the nutrition education program.

Resources Needed: Approved training times for staff.

Measures of Success: Sign in sheets and/or certificates.

Objective 2: Nutrition director will determine appropriate professional development for those staff working in the nutrition department.

Action Steps: Nutrition director will determine which professional development is appropriate.

Resources Needed: Approved training time and trainings.

Measures of Success: Sign in sheets and/or certificates.

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:

Elementary- 135 minutes of physical activity per week all grade levels (structured)

Middle School- 135 minutes of physical activity per week all grade levels (structured)

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: Consistently plan and evaluate P.E. classes to ensure all students have access to safe and enjoyable fitness activities.

Action Steps: Ensure the P.E. department plans safe and enjoyable fitness activities for all students.

Resources Needed: Adequate P.E. supplies

Measures of Success: Student participation

GOAL 2: The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

Objective 1: Offer an event each year that encourages physical activity.

Action Steps: Encourage administrators to support family events.

Resources Needed: Information about the event.

Measures of Success: Participation

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: All campuses will build into their master schedules to allow 30 minutes for lunchtime, 20 of which should be after the student is seated with their lunch tray.

Action Steps: Encourage administrators to continue to allow for appropriate meal time allowances.

Resources Needed: Master schedule

Measures of Success: Master schedule

GOAL 2: The District shall promote wellness for students and their families at suitable District and campus activities.

Objective 1: Concession Vendors at school sponsored events are encouraged to offer at least one food/beverage that is considered healthy.

Action Steps: Vendors are encouraged to offer healthy options for food and beverages.

Resources Needed: A suggestion list of possible healthy options.

Measures of Success: Menus from vendors.

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.

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)]

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)]:

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:

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

Disclaimer: This information is provided for educational purposes only to facilitate a general understanding of the law or other regulatory matter. This information is neither an exhaustive treatment on the subject nor intended to substitute for the advice of an attorney or other professional adviser. Consult with your attorney or professional adviser to apply these principles to specific situations.

Name: SHAC Evaluation Date: 1/17/17

SECTION B	1 IMPLEMENTATION	
	1. CE has submitted documentation to support a local wellness policy that indicates implementation was effective within 12 months of approval of program application.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	2 DEVELOPMENT OF POLICY	
	1. Involves parents	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	2. Involves students	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	3. Involves representatives of the CE	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	4. Involves school board/administrators	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	5. Involves school/site	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	6. Involves the public	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	A box marked "No" or "N/A" requires an explanation in the Notes section. The "N/A" box can only be marked if the question is not applicable to program regulations.	
	Notes	
	3 GOALS AND GUIDELINES	
	1. Includes goals for nutrition education designed to promote student wellness	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	2. Includes goals for physical activity designed to promote student wellness	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	3. Includes goals for other school-based activities designed to promote student wellness	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
4. Includes nutrition guidelines for all foods and beverages available at each site during the school day	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	
5. Provides assurance that guidelines for reimbursable meals shall not be less restrictive than the regulations and guidance of the Child Nutrition Act and then National School Lunch Act	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	
A box marked "No" or "N/A" requires an explanation in the Notes section. The "N/A" box can only be marked if the question is not applicable to program regulations.		
Notes		