



# Raul Yzaguirre Schools for Success

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## District Wellness Policy



**RAUL YZAGUIRRE SCHOOLS FOR SUCCESS**  
*District Wellness Policy*

**Table of Contents**

**Preamble .....2**

**School Wellness Committee .....3**

**Wellness Policy Implementation, Monitoring,  
Accountability, and Community Engagement .....4**

**Nutrition .....6**

**Physical Activity .....12**

**Other Activities that Promote Student Wellness .....16**

**Glossary .....18**

# RAUL YZAGUIRRE SCHOOLS FOR SUCCESS

## *District Wellness Policy*

### **Preamble**

Raul Yzaguirre Schools is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines the District approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- Schools staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District. Specific measureable goals and outcomes are identified within each section below.

# RAUL YZAGUIRRE SCHOOLS FOR SUCCESS

## *District Wellness Policy*

### **I. School Wellness Committee (SWC)**

#### ***Committee Role and Membership***

The District will convene a representative district wellness committee that will meet four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

The DWC membership will represent all school levels (elementary and secondary schools) and include parents, students, representatives of the school nutrition program director), physical education teachers, health education teachers school health professionals, and mental health and social services staff, school administrators, school board members, health professionals, and the general public.

#### ***Leadership***

The Superintendent or designee will convene the District Wellness Committee (DWC) and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy. The names, titles, and contact information of this/these individuals are:

<b>Name</b>	<b>Title / Relationship to School or District</b>	<b>Email address</b>	<b>Role on Committee</b>
Teresa Mendoza	Child Nutrition Director	mendozat@tejanocenter.org	Assists in the evaluation of the wellness policy implementation at each campus.
Melissa Zapata	Child Nutrition Manager	zapatam@tejanocenter.org	Assists in the evaluation of the wellness policy implementation at each campus.
Rosa Cruz	Houston 6-12 Principal	rosa.cruz@tejanocenter.org	Assists in the evaluation of the wellness policy implementation at each campus.
Maria Knosel	Brownsville K-8 Principal	KnoselM@tejanocenter.org	Assists in the evaluation of the wellness policy implementation at each campus.
Luisa Guerra	Houston K-5 Principal	guerral@tejanocenter.org	Assists in the evaluation of the wellness policy implementation at each campus.
Blanca Nelly Saldaña	Family and Community Engagement Director	saldanab@tejanocenter.org	Assists in the evaluation of the wellness policy implementation at each campus.

# RAUL YZAGUIRRE SCHOOLS FOR SUCCESS

## *District Wellness Policy*

## **II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### ***Implementation Plan***

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the Healthy Schools Program online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at: [www.tejanocenter.org](http://www.tejanocenter.org)

### ***Recordkeeping***

The District will retain records to document compliance with the requirements of the wellness policy at RYSS/District Administrative Office, and Child Nutrition Director Office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

### ***Annual Notification of Policy***

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the schools events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

# RAUL YZAGUIRRE SCHOOLS FOR SUCCESS

## *District Wellness Policy*

### ***Triennial Progress Assessments***

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the Child Nutrition Director, 713-640-3700.

The DWC, in collaboration with individual schools, will monitor schools compliance with this wellness policy.

### ***Revisions and Updating the Policy***

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

### ***Community Involvement, Outreach and Communications***

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents. The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

# RAUL YZAGUIRRE SCHOOLS FOR SUCCESS

## *District Wellness Policy*

### III. Nutrition

#### *School Meals*

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), *Fresh Fruit & Vegetable Program (FFVP)*, *Community Eligibility Provision (CEP)*, *Seamless Summer Option (SSO)*, and *Supper program (BAC)*. The District also operates additional nutrition-related programs and activities including, *Mobile Breakfast carts*, and *Grab 'n' Go Breakfast*. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
  - Whole fruit options are displayed in attractive bowls or baskets daily (instead of chaffing dishes or hotel pans).
  - Daily fruit options are displayed in a location in the line of sight and reach of students.
  - All available vegetable options have been given creative or descriptive names.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other beverages in all coolers.
  - Alternative entrée options are highlighted on the menus.
  - A reimbursable meal can be created in any service area available to students.
  - Student artwork is displayed in the service and/or dining areas.
  - Daily announcements are used to promote and market menu options.
  - Menus will be posted on the District website or individual school websites, and will include nutrient content and ingredients.
  - Menus will be created/reviewed by a certified nutrition professional.
  - School meals are administered by a team of child nutrition professionals.
  - The District child nutrition program will accommodate students with special dietary needs.
  - Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).

# RAUL YZAGUIRRE SCHOOLS FOR SUCCESS

## *District Wellness Policy*

- Students are served lunch at a reasonable and appropriate time of day.
- Lunch will follow the recess period to better support learning and healthy eating.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

### ***Staff Qualifications and Professional Development***

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day \*and throughout every school campus\* ("school campus" and "school day" are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes.

- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.
- Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

### ***Competitive Foods and Beverages***

The District is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org).

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day\* and the extended school day\* will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias.

# RAUL YZAGUIRRE SCHOOLS FOR SUCCESS

## *District Wellness Policy*

### ***Celebrations and Rewards***

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

1. Classrooms Parties. District will only permit two classroom parties during the school year (winter break, and last day of the school) during these two days; nothing is allowed to be sold (fundraising) to the students. Parties are to be schedule after their lunch period so that this celebration will not replace a nutritious lunch.
2. Classroom snacks brought by parents. The District will provide to parents a list of foods and beverages that meet Smart Snacks. For more information, visit [www.smartsnack.org](http://www.smartsnack.org).
3. Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. For more information, visit [www.squaremeal.org](http://www.squaremeal.org). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
4. Birthdays Parties. Food otherwise restricted by the policy is permitted only at the last 30 minutes of the school day. (Cake, pizza, candies, etc.). Parents must notify teacher and principal prior to the date of. All items must be dropped off in the front office. These types of celebrations are not permitted in the cafeteria area.
5. Outside Food. The District is no longer allowing homemade or home-baked food items to be served to students or staff members at any school event. All foods and snacks provided to students as a shared snack during school hours must be store bought and display an ingredient label for food allergen verification. If parents bring their own child lunch, students may NOT SHARE this type of food with other students. This policy does not apply to field trips.

### ***Fundraising***

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus\* during the school day\*. The District will make available to parents and teachers a list of healthy fundraising ideas.

The school policy allows six days per campus per school year (approved by the school principal) to sell foods or beverages on campus that do not have to meet federal nutrition standards. The six approved dates for fundraising activities are in the school nutrition policy.

- Fundraising must take place on district approved dates ONLY. (6 days approved)
- All foods that meet the regulatory standards may be sold at fundraisers on the school campus during school hours. The standards would not apply to items sold during non-school hours (after 4:15pm), weekends, or off-campus fundraising events. No exempt fundraiser foods or beverages may be sold in competition with school meals in the food service area (cafeteria) during the meal service (10:30 am to 1:30pm).
- Schools will use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, Zumba ton, etc.).

# RAUL YZAGUIRRE SCHOOLS FOR SUCCESS

## *District Wellness Policy*

- Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include but are not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc. (Meets Healthy Schools Program Gold-level criteria)

### ***Nutrition Promotion***

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- The Raul Yzaguirre Schools Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

### ***Nutrition Education***

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

# RAUL YZAGUIRRE SCHOOLS FOR SUCCESS

## *District Wellness Policy*

- In elementary schools, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards (meets Healthy Schools Program Silver/Gold-level criteria).
- All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula (meets Healthy Schools Program Silver/Gold-level criteria).

### ***Essential Healthy Eating Topics in Health Education***

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from My Plate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

# RAUL YZAGUIRRE SCHOOLS FOR SUCCESS

## *District Wellness Policy*

### ***Food and Beverage in Schools***

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards. Such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

### ***Nutrition Standards for Foods***

Any food sold in schools must be either a fruit, a vegetable, a dairy product, a protein food, a "whole-grain rich" grain product, or a combination food that contains at least ¼ cup of fruit or vegetable **or** contain 10% of the Daily Value (DV) of a nutrient cited as a public health concern in the 2012 Dietary Guidelines for Americans (DGA). (Calcium, potassium, vitamin D, or dietary fiber). Additionally, foods sold must meet a range of nutrient requirements: Calorie limits include Snack items: ≤ 200 calories Entrée items: ≤ 350 calories. Sodium limits include: Snack items: ≤ 200 mg per portion as packaged Entrée items: ≤ 480 mg per portion as packaged. Fat limits include: Total fat: ≤35% of calories, Saturated fat: < 10% of calories. Tran's fat: zero grams. Sugar limits include either: ≤35% of calories from total sugars in foods or ≤ 35% of weight from total sugars in foods.

### ***Nutrition Standards for Beverages***

Schools may sell: plain water, plain low fat milk, plain or flavored fat-free milk and milk alternatives, 100% fruit or vegetable juice. Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of these beverages. School offers additional beverage options outside of the meal service period for high school students. These are no more than 20-ounce servings of calorie-free, flavored and/or unflavored carbonated water **and** other "calorie-free" beverages that comply with the FDA standard of less than 5 calories per serving. Also for high schools, the rule proposes that no more than 12-ounce servings of other lower calorie beverages may be served outside of the meal service. Two alternatives for these beverages are proposed: ≤ 40 calories per 8-ounce serving (≤ 60 calories/12-ounce serving).

***Food and/or beverages Purchased with Classroom Funds:*** When the parents of students in a classroom agree to donate funds toward the purchase of treats to be shared by all children in the classroom for special occasions, food and beverage items served are not subject to the Competitive Food and Beverage Nutrition Standards.

# RAUL YZAGUIRRE SCHOOLS FOR SUCCESS

## *District Wellness Policy*

### ***Other Healthy Food Options***

The DWC will develop and recommend to the administration and staff guidelines on nutrition standards for food and beverages offered through parties, celebrations and social and community school functions.

No foods or beverages other than those provided through the school food service department may be made available to the students at any time. All classrooms may serve one nutritious snack per day in the morning or afternoon, but not during lunch time and this must be done under the teacher's supervision. This policy does not restrict the types of food that parents provide for their **own child's consumption** at school.

All students selling foods, beverages, and wrapped candies will be asked to surrender such items to school staff members, who in turn will follow campus procedures and will be returned after school.

The school district will provide nutritional information to the parents that will encourage parents to provide safe and nutritious foods for their children.

School organizations shall only use non-food items or foods designed for delivery and consumption after school hours as fundraisers. For example, barbecue plates, wrapped candies, etc. after school hours would be acceptable.

As the District/school nutrition services/Athletics and PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District Wellness Policy.

### **IV. Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the district will be encouraged to participate in *Let's Move!* Active Schools ([www.letsmoveschools.org](http://www.letsmoveschools.org)) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. The district will provide teachers and other school staff with alternative ways to discipline students.

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus\* during the school day\*. The District will make available to parents and teachers a list of healthy fundraising ideas.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

- Through a formal joint- or shared-use agreement, indoor and outdoor physical activity facilities and spaces will be open to students, their families, and the community outside of school hours (meets Healthy Schools Program Gold-level criteria). Change Lab Solutions provides guidance regarding joint- or shared-use agreements.

# RAUL YZAGUIRRE SCHOOLS FOR SUCCESS

## *District Wellness Policy*

- The District will work with schools to ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.

### ***Physical Education***

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “*Essential Physical Activity Topics in Health Education*” subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

All District **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions (meets Healthy Schools Program Silver-level criteria).
- All physical education teachers in Raul Yzaguirre Schools will be required to participate in at least a once a year professional development in education (meets Healthy Schools Program Silver-level criteria).
- All physical education classes in Raul Yzaguirre Schools are taught by licensed teachers who are certified or endorsed to teach physical education (meets Healthy Schools Program Gold-level criteria).
- Waivers, exemptions, or substitutions for physical education classes are not granted.

# RAUL YZAGUIRRE SCHOOLS FOR SUCCESS

## *District Wellness Policy*

### ***Essential Physical Activity Topics in Health Education***

Health education will be required in all grades, and the district will require middle and high school students to take and pass at least one health education course. The District will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

### ***Recess (Elementary)***

All elementary schools will offer at least **30 minutes of recess** on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

**Outdoor recess** will be offered when weather is feasible for outdoor play. Students will be allowed outside for recess except when outdoor temperature is above/below District-set temperature, inclusive of wind chill factors, during “code orange” or “code red” days, during storms with lightening or thunder, or at the discretion of the building administrator based on his/her best judgment of safety conditions.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Each school will maintain and enforce its own indoor recess guidelines.

# RAUL YZAGUIRRE SCHOOLS FOR SUCCESS

## *District Wellness Policy*

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

### ***Classroom Physical Activity Breaks (Elementary and Secondary)***

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom times at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

### ***Active Academics***

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

### ***Before and After School Activities***

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by providing reasonable options such as physical activity clubs, intramurals or interscholastic sports.

### ***Active Transport***

The District will support active transport to and from school, such as walking or biking. The District will encourage this behavior by engaging in the activities below; including but not limited to:

- Designate safe or preferred routes to school
- Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Instruction on walking/bicycling safety provided to students
- Use crossing guards

# RAUL YZAGUIRRE SCHOOLS FOR SUCCESS

## *District Wellness Policy*

- Use crosswalks on streets leading to schools
- Document the number of children walking and or biking to and from school

### **V. Other Activities that Promote Student Wellness**

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in the District will coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

#### ***Community Partnerships***

The District *develops, enhances, or continues* relationships with community partners (e.g., hospitals, non-profits, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

#### ***Community Health Promotion and Family Engagement***

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored and/or community-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, the District will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

# RAUL YZAGUIRRE SCHOOLS FOR SUCCESS

## *District Wellness Policy*

### ***Staff Wellness and Health Promotion***

The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader's name is Ms. Melissa Zapata, Child Nutrition Manager.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include: 1. School wide SWD awareness week. 2. Join participation in Health Fair. 3. Promote SWC during parents meetings. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

- The District will use a healthy meeting policy for all events with available food options, created by the SWC/DWC or one that currently exists that optimizes healthy food options with a variety of choices and selections of healthy foods for a variety of dietary needs.

### ***Professional Learning***

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

### **School Board Members**

David Corpus, TEJANO CENTER Board Chair and RYSS Board Vice-Chair  
Anthony Magdaleno, RYSS Board Chair and TEJANO CENTER Board Vice-Chair  
Margaret Dunlap, TEJANO CENTER and RYSS Secretary  
Daniel Bustamante, Member  
Salvador Gill, Member  
Domingo Gonzalez, Member  
Maria P. Gonzalez, Member  
Robert Hasson, Member

**RAUL YZAGUIRRE SCHOOLS FOR SUCCESS**  
*District Wellness Policy*

*\*Glossary*

**Extended School Day:**

The time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

**School Campus:**

Areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day:**

The time between midnight the night before to 30 minutes after the end of the instructional day.

**Triennial:**

Recurring every three years.

**Competitive Food:**

Foods sold during the school day that are not part of the reimbursable meal and must meet required nutrition standards.