



**School Health Advisory Council  
Edgewood ISD**

**Mission** – Edgewood ISD provides an exceptional learning experience that engages, empowers, and prepares students to compete and reach their highest potential in an ever-changing World.

**SHAC Meeting Agenda**  
 Wednesday, June 28, 2023  
 District Conference Center  
 11:30 a.m. – 1:00 p.m.

**ITEMS FOR DISCUSSION**

Agenda Topic	Time	Notes
A. <b>Wellness Policy FFA (LOCAL)</b>	30 minutes	<p><b>Purpose:</b> Discuss the Triennial Assessment and the proposed Wellness Policy FFA (LOCAL) and Wellness Plan.</p> <p><b>Presenter:</b> Roxanne Ruiz Child Nutrition Director / Yeymy Moore Dietary Manager</p>

**Notes:**

Yellow folder: Agenda, FFA (LEGAL) policy adopted and issued January 17, 2023 and updated January 20, FFA (LOCAL) Policy issued July 18, 2018. TASB sends us legal policies we cannot touch. The Board can only change local policy. Our policy FFA (LOCAL) needed to be updated and TASB sent us a template on how to change the policy. FFA (LOCAL) Draft on page 2, option 1 and 2, means we need to choose one of those options. In this template everything aligns to TEA. Parent: is there an option in Spanish? Mr. Chavez: not at this time, but we will send it to our TASB advisor and attorney and format it correctly and take it to the Board for 2 readings.

**Advisory website** <https://www.eisd.net/about/advisory-councils>

How to look up SHAC information: EISD website -> About EISD -> Advisory Council. Here you find the Districtwide Educational Improvement Council (DEIC) point of contact along with dates of meetings, agendas and presentations. At the bottom you will find the School Health Advisory Council brief description, point of contact, meeting dates, agenda and presentations. Scroll down there is student wellness and health board policies.

**Athletics & Physical Fitness** (<https://www.eisd.net/athletics>)

Benjamin Benavides, Athletic Director: Go to EISD website -> Directory -> Athletics & Education Fitness -> Physical Fitness Assessment. We do the fitness gram for every student in our district, elementary, middle and high school. Elementary will do it and middle school will do a pre- and a post-assessment and high school do a pre- and a post-assessment, they will do a beginning right before Christmas and end of the end of the year to see their progress of the kids. The progress we get from the children is from a company called IHT Technologies. We have the ability now to email all students their fitness gram results. If any parent wants to request physical fitness results for their child, they can email their P.E. teacher and they

can send them a pdf file of their middle or end of year results. Also, we added the links to the Pacers for Push Up, curl up, sit ups, and reach. These are the actual assessments that the physical education teachers are doing in the classrooms, pre-, middle- and post-year. You can click on the Pacer Test Video and the tutorial. The link will take you to the Vimeo pacer test. We usually do the 20-minute pacer test. You can go back and look at all the videos, I am 90% sure they have them in Spanish as well. The guy that is speaking is Micheal Wolffe. Clicking on the [FitnessGram Minimums and MaximumsHFZ Standards](#) it is basically the IHT Spirit, and it gives you by the age, what the risk is and the health zone.

Parent: Are you all keeping data for those kids that are at health risk or unhealthy? Mr. Benavides: The teachers have that information for each of their classes. The little ones do less time than the older ones. They do keep track of all their kids on their own files. Parent: On a district level do you guys have percentage of kids that fall into the assessments? Mr. Benavides: We don't but I bet you we can, I can work on getting something with physical education where we can pull that data off that IHT and put it by school and see where they fit as far as how many percentages are in the healthy zone and how many are not and see what that looks for each campuses. Parent: I think that would be good information to look at. Were you able to find out from the school for the kids that take it online how their assessments are done if they don't have a P.E. teacher? Mr. Chavez: there are children that take it online because they are in early college high school. Mr. Benavides: If they are taking it online, I don't know who is facilitating for them because they cannot do this on their own. I will follow up with that. Thank you.

#### **Child Nutrition Services** - [https://www.eisd.net/directory/operations/Child\\_Nutrition](https://www.eisd.net/directory/operations/Child_Nutrition)

Ms. Yeymy – Dietician, Child Nutrition Services: Go to Directory -> Child Nutrition Services. Smart Snacks are provided after lunch for sale. I ran it through a program under Smart Snacks. You cannot go over salt or sugar and run through this program. On the website you will see the Summer Menu Breakfast with a calendar with what meals will be served on that day. Also, we have Breakfast Nutrition Information. There is a Base Menu Spreadsheet with portion values and portion size. Parent: I don't show juice, do you guys not serve juice anymore? Ms. Moore: We do not, however, we provide them with some fruit. Juice has a lot of sugar. Parent: Do high school kids get the same meals as elementary school students? Ms. Moore: It is mostly the same thing but different portions. Community member: I have a question regarding the fruit, for the little ones do you give them the whole fruit? Ms. Moore: We also cut them up for the little kids.

Mr. Chavez: Thank you for this information. At this time if we can go to the draft of the policy at this point, we don't have enough parents to vote to go forward but we can go over this and look at it and get some input.

Mr. Chavez: FFA (LOCAL) Draft is the template we used for this policy. Wellness describes what it is in the first paragraph. Parents, students, representatives, we must look at participation for students. I was asked during the year, for next year we are going to get students on SHAC. We may have to look at the times we do this. The afternoon might be an option, or we can keep it at this time.

Next thing is the Wellness Plan, a regulation to implement policy FFA (LOCAL).

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.

All of those are in the Wellness Plan that was drafted and the SHAC should review and revise the plan on a regular basis. Now Nutrition Guidelines Food and Beverages is next. We have two options:

**Option #1**

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]

Example of a fundraiser: World's Finest Chocolate Bar

**Option #2**

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. [See CO]

Mr. Chavez: What are reimbursable school meals?

Ms. Moore: We must eat every component for example: For lunch they get their entree, a side and a fruit we must meet the guidelines for an entree at least one-half fruit or half cup of vegetables in a bowl. If the child doesn't have that, we cannot claim that meal. Mr. Chavez: Reimburse by the Federal or the Department of Agriculture.

What option do you recommend? Ms. Morre: I like option 2 Mr. Chavez: If we go with option 2 there will be no fundraising during school. What do you all think?

Parent: I think option 1, there are some parents that are strict and don't let their child participate in fundraisers and some students sell their chocolates during school days. Parent: What are the kids selling currently? Mr. Benavides: Popcorn; Ms. Moucoulis: tacos.

Mr. Chavez: what does child nutrition think?

Ms. Moore on behalf of Ms. Ruiz: I think not selling during school just during lunch.

**Wellness Goals: Nutrition Promotion and Education**

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.
4. Other: \_\_\_\_\_

Mr. Chavez: Ms. Moore, when you're at the lunch line in the school, is there any nutritional information posted as a student walked through the line?

Ms. Moore: Yes, the managers have a poster of the menu and outside of the school, outside of the door of the cafeteria and right now for the summer we have another poster to promote the feeding not only the student learns but also families from the outside as long as they're under the age of 18, they could come and eat in the cafeteria.

Mr. Chavez: The District shall establish and maintain school gardens and farm-to-school programs. We have Gus Garcia planting plants and trees.

### ***Wellness Goals: Physical Activity***

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. Mr. Benavides: Yes, absolutely!
3. The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate. Mr. Benavides: We have a couple of programs. Mr. Chavez: Our Athletics department encourages these programs.
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. Mr. Benavides: We are trying to get that 5K going we had done it before COVID but we are going to start that up again for all the families.
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. Mr. Benavides: If you ever drive by Gus Garcia, they have a track around the field. We are in the process of utilizing our facilities. If an outside organization wants to use our facilities, we will use our platform for that.

### ***School-Based Activities***

1. The District shall promote employee wellness activities and involvement at suitable District and campus activities. Mr. Benavides: Employees have access to our fitness building, and they have to fill out an acknowledge form. We had an uptake of employee participation this summer. I have also asked them while working out if there is any other equipment, they might be interested in.

### ***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 posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.

### ***Records Retention***

The District shall retain all required records associated with the wellness policy, in accordance with law and the District's records management program.

In addition to legal requirements, the District shall:

1. Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations [see CO];
2. Provide teachers with education and guidelines on the use of food as a reward in the classroom;
3. Establish guidelines for school-sponsored fundraising activities that involve serving or selling food; and

Require that healthy food and beverage options be included at concessions at school-related events outside the school day.

**Wellness Goals**

1. Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education shall be a District-wide priority and shall be integrated into other areas of the curriculum, as appropriate.
3. Staff responsible for nutrition education shall be adequately prepared and shall participate in professional development activities to effectively deliver the program as planned.
4. The food service staff, teachers, and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
5. Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members.
6. Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
7. Wellness for students and their families shall be promoted at suitable school activities.
8. Employee wellness education and involvement shall be promoted at suitable school activities.

**Implementation**

The deputy superintendent for curriculum and instruction shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

Parent: The evaluation page 4: The District shall comply with federal requirements for evaluating this policy and the wellness plan. Mr. Chavez: That states we need to comply with federal requirements. Parent: I am looking at another policy and it states an annual report, and our evaluation looks short. Mr. Chavez: What I am hearing it should read annually, we can put it on there as well.

Regulation form – this document we have worked on it and will align to the policy and has hyperlinks. **We will send this document to all the members to see.**

**DELIVERABLE:**

**ADDITIONAL NOTES:**

**Next Meeting:** September 20, 2023