

MEMORANDUM

To: PRINCIPALS

From: MARIO REYNA, COORDINATOR HEALTH/PHYSICAL EDUCATION

Thru: DR. SILVIA IBARRA, ASST. SUPT. FOR INSTRUCTIONAL SERVICES

Date: AUGUST 30, 2018

Subject: WELLNESS PLAN COMPLIANCE

Purpose of this memorandum is to remind schools of Wellness Plan compliance; reports will be included in Fall and Spring updates to our Board of Trustees. 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]

Each campus principal, with assistance from the C-SHAC contact person or C-SHAC, is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.

The Health and Physical Education Coordinator is the District official responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.

Wellness Plan Compliance reports are due on the first Wednesday after the end of a six weeks. Please submit reports “electronically” to Mario Reyna at mario.reyna@mcallenisd.net

Attached, you will find documents: FFA LOCAL Wellness Plan and McAllen ISD Wellness Plan Compliance Report

cc: Elementary Physical Education Teachers
Middle School Health/PE Department Chairs
High School Health/PE Department Heads
Campus-School Health Advisory Committee

McAllen ISD ~ Wellness Plan Compliance Report

[DUE – Wednesday after the end of the six weeks]

School: _____ Six Weeks # _____ Date _____

CSHAC Rep (print) _____ CHSAC Rep Signature _____ Date _____

Principal (print) _____ Principal Signature _____ Date _____

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] *NOTE: This document also addresses House Bill 5 wellness stipulations and ensures compliance with our **Memorandum of Understanding with the Alliance for a Healthier Generation***

Each campus principal (with the assistance from the C-SHAC contact person or C-SHAC) is responsible for the implementation of FFA (LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation. The Health and Physical Education Coordinator is the District official responsible for the overall implementation of FFA (LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.

GOAL: 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 their master schedules to allow for at least 10 minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.

Implementation and School Evidence (check appropriate statements below):

_____ Our students have 10 minutes to eat breakfast _____ Our students DO NOT have 10 minutes to eat breakfast

_____ Our students have 20 minutes to eat lunch _____ Our students DO NOT have 20 minutes to eat lunch

GOAL: The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

Objective 1: Students participate in safe, enjoyable and developmentally appropriate fitness activities that improve their fitness levels

Implementation: Fitness assessments for all students should be daily and ongoing throughout the school year (not only during the fitness assessment testing periods)

School Evidence: In our curriculum during this six weeks, we improved the fitness levels of our students by ???

Objective 2: District is in compliance with requirements for “minutes” in physical education and allowances for student removal from physical activity/physical education. Student removal from scheduled physical education classes shall not exceed 10 percent of school days on which class is offered. Removal of students must be equally distributed throughout the school year. Recess cannot be used to replace instructional minutes removed from physical education.

Implementation and School Evidence (check appropriate statements below):

_____ **We DID NOT** remove any student(s) from physical education classes during this six-week period

_____ **We ARE** in compliance with not removing students (more than 10% of school-day PE is offered) for this six weeks and the school year. We understand student removal must be equally distributed throughout the school year

_____ We removed student(s) from physical education classes during this six weeks (please complete form *Student Removal from PHYSICAL EDUCATION ~ Form A*).

Objective 3 (elementary only): District elementary campuses provide 20 minutes of recess before lunch. Recess or other forms of unstructured physical activity is highly encouraged at middle schools and high school levels.

Implementation and School Evidence (check appropriate statements below):

We provide 20 minutes of recess before lunch We DO NOT provide 20 minutes of recess before lunch

We DID NOT remove any students (as a form of discipline or punishment) from recess during this six weeks

We ARE in compliance with NOT removing students from recess (as a form of discipline or punishment) for this six weeks and the school year. We understand student removal can only happen "if person on recess duty" deems necessary for the safety of student and others

We removed students from recess during this six weeks (please complete form *Student Removal from RECESS ~ Form B*)

Objective 4: Teachers will integrate physical activities into the academic curriculum where appropriate.

Implementation and School Evidence (check appropriate statements below):

We provide brain-energizer activities throughout the school. Resources include – Go Noodle, HOPSports, and Alliance for a Healthier Generation

We DO NOT provide brain-energizer activities throughout the school day

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

Objective 1: Teachers will receive training at the beginning of the academic year and throughout the year as necessary to ensure compliance with physical education requirements, implementation of unstructured play, and integration of physical activities into curriculum and instruction.

Implementation and School Evidence (check appropriate statements below):

We provided training on physical education requirements, implementation of unstructured play, and integration of physical activities into curriculum and instruction

We DID NOT provide training on physical education requirements, implementation of unstructured play, and integration of physical activities into curriculum and instruction.

GOAL: The District shall make appropriate before-school and after-school physical activity programs, such as recess, available and shall encourage students to participate.

Objective 1: Before and after physical activity programs are available for students to participate in.

Implementation and School Evidence (check appropriate statements below):

Before and after physical activity programs ARE available for students to participate in

Before and after physical activity programs ARE NOT available for students to participate in

GOAL: The District shall encourage students, parents, staff and community members to use the District's recreation facilities, such as tracks, playgrounds, and the like, that are available outside of the school day ([See GKD])

Objective 1: Students, parents, staff and community will increase participation in the use of District's recreational facilities that are available outside of the school day

Implementation and School Evidence (check appropriate statements below):

Students, parents, staff and community members ARE encouraged to use the District's recreation facilities, such as tracks, playgrounds, and the like, that are available outside of the school day

Students, parents, staff and community members ARE NOT encouraged to use the District's recreation facilities, such as tracks, playgrounds, and the like, that are available outside of the school day

NOTE: This document is due on the first Wednesday following the end of the six weeks. Please forward "electronically" to Mario Reyna at mario.reyna@mcallenisd.net

McAllen ISD ~ Wellness Plan Compliance
Student Removal from RECESS ~ Form B
 [DUE – Wednesday after the end of the six weeks]

School: _____ Six Weeks # _____ Date _____

Principal (print) _____ Principal Signature _____ Date _____

CSHAC Rep (print) _____ CHSAC Rep Signature _____ Date _____

**If this form is used, your school is automatically non-compliant...*

Instructions: List the names of students (last name, first name) removed from recess. Please use your own method that will allow you to “track your students” throughout the year. NOTE: A student that is excused from participation in physical education due to a doctor’s excuse is exempt from this form...

NAME (last name, first name)	Grade Level	Reason for Withholding RECESS Time	# of Days withheld (SIX WKS)	# of Days Withheld (YEAR)