



LOCAL WELLNESS POLICY

On May 2017, the formerly adopted Local Wellness Policy was revised by a committee whose members are listed below and approved at the May 2017 quarterly regular Board Meeting.

Board Member: Roxana Cuello

Board Member: Diego Cutrera

Administration: Fernando Donatti – CEO/Superintendent

Administration: Patricia Beistegui – Federal Lunch Program Hearing Official

Food Coordinator: Michelle Castillo

Physical Education Teacher: Tony Solis and Rosina de la Fuente

Teacher representative: Diego Restrepo, Sonia Salgado, and Fatemeh Nazerian

Parent representative: Paula Armstrong

Student representative: Sarah Amour - Ezequiel Cruz

This policy is designed with the participation of all school stakeholders.

The revision utilized the following documentation as guidance to design the changes:

- 1- Texas Department of Agriculture, Local Wellness Policy Checklist
- 2- Summary of final rule under Healthy, Hunger-Free Kids Act of 2010
- 3- Breakfast, Lunch, and Snacks menus for school years 2015-2016 and 2016-2017
- 4- DRAW Academy Physical Education program activities.
- 5- Extra curricular activities
- 6- Fitness Gram data for school years 2015-2016 and 2016-2017
- 7- Health Curriculum

Based on the documentation revised and the input from all members this document updates the DRAW Academy Local Wellness Policy including responsible parties for each activity to report to the Mr. Fernando Donatti, CEO/Superintendent.

Responsible Party: Patricia Beistegui

Wellness Policy initiatives:

1- Breakfast, Lunch, and Snacks menus improvement

On 2015-2016 upon revising the menus it was decided to request Draw's provider to exclude certain items for the school years starting on that same year menus. The items are listed below.

- a- Chili Carne over Rice
- b- Chili Burrito/ cheese

Conversely some items, as polled with the students, were required to be added or to be included more frequently to the menus on the frequency described:

- a- Baked chicken (six times per month)
- b- Whole grains servings are offered daily in breakfast, lunch and snacks.
- c- Spaghetti and meatballs (three times per month)
- d- Chicken fajitas (twice a month)

These changes, while complying with TDA required components, also received specific input from the students regarding their favorite foods. The changes were implemented and draw great support from the students.

This committee decide to implement a new survey among the students to collect more information about their preferences during the 2017-2018 school year.

The menu follows USDA guidelines regarding components, approved recipes, and the approved portions as mandated.

2- DRAW Academy Physical Education program activities.

The school has formal education and physical activities for grades first to eighth as an ancillary class.

The lower elementary grades, Prekindergarten and Kindergarten physical activities are a component of the regular classroom teacher's responsibilities as a mandatory minimum of half-hour recess time in the afternoon.

This activity provides an opportunity for physical activity for the younger students; even though do not follow any formal format, as they are simply free play.

This will help instill in the students the need and desire to practice sports and to embrace some sort and long-life practice of physical activity.

There is an exception on Fridays in which third to eighth graders participate on a school sponsored Running Team as explained below, for approximately 75 minutes.

This policy complies with the minimum required time of 150 minutes of Physical Education for the lower elementary students, remarking that first to third graders receive 225 minutes, which is above the mandatory requirement.

Conversely, while the policy is required to provide a minimum Physical Education time for middle school students of 225 weekly minutes, the school offers not only the required 225 minutes during the regular school day, plus 75 extra minutes to those students, third to eighth graders who participate in the Friday's Running Team.

Responsible Party: Rosina de la Fuente and Tony Solis

3- Extra curricular activity: Running Club:

For the past years the school has sponsored a running club, offered to students third to eight grade, which meets every Friday after school for running practice and instruction. The purpose of the club is to promote and instruct long-distance running with the goal of promoting the sport as long-life activity.

The club also sponsors a formal running event once a month on a Saturday morning. Among the events the school has always participated on the "Conoco Rodeo Run", the event for schools prior to the Houston Marathon in January, and other eight events during the school year.

The committee has promoted the running club to increment participation, not only from students but also from adults, either parents and /or teachers.

Once again, the committee is proposing to double the number of participants, which at the ends of last year was around fifty students.

Responsible Party: Tony Solis

4- Extra curricular activity: Cooking class.

Students on Upper Elementary and Middle school grades participate on a cooking class as one of the Ancillary options during the regular school day. The instruction will focus in nutrition and preparation of healthy food.

Food ingredients and recipes follow the school meal nutrition standards consistent with Federal Regulations.

This program is currently a component of the school's curriculum, lesson plans, and recipes that were approved by this committee.

Responsible Party: Abby Santos

5- Extra curricular activity: H.E.L.P. (Healthy Eating Learning Program)

The program developed by teachers as a component of the teacher incentive program consisting on daily activities involving the use of our TV station, Telemundito, classes for parents regarding healthy nutrition, related information to be sent home, and daily activities as detailed in separate binder.

The responsible parties provides nutrition tips, recipes, and other opportunities to enhance nutrition at home.

The school never sells beverages or any other food item or has any vending machines installed in campuses.

Responsible Party: Michelle Castillo and Abby Santos

6- Extra curricular activity: Health Fair

Every year the DRAW Academy hosts a health fair. Doctors, dentists, and a mobile health unit participate.

Parents have an opportunity to receive free shots, Flu vaccination, test cholesterol, hepatitis, and a general blood test including sugar levels allowing for early diabetes detection.

Responsible Party: PTO Liaisons Paula Armstrong and Rosario Goto

8- Fitness Gram data for school years up to 2017-2018

This data has been collected for several school years and shows an improved trend in the general physical fitness of DRAW's student population. The invaluable data is the direct reflection of the effectiveness of our health program. It will be utilized to compare our health and PE program with the average data from many other sources. This has been delegated to the parties responsible who will design a plan for such comparison.

Responsible Party: Tony Solis and Rosina de la Fuente

9- Health Curriculum:

Teacher members of the DRAW Academy faculty yearly revise the Health Curriculum for grades Kinder to Eight. This group includes a member of the Physical Ed. Teachers.

The curriculum considers many of the activities and data listed above. The plan is presented to the CEO/Superintendent and is further analyzed to improve this policy before the end of the 2017-2018 school year.

Responsible Party: Diego Restrepo, Rosina de la Fuente, Tony Solis

Summary:

According to the CDC reports, a high percentage of students are equal or above the 95% percentile for body mass index. This is a health risky trend in our youngsters due to two main factors, unhealthy dietary behavior and physical inactivity.

As the report simply states, the solutions are simple:

- a- Better Health Education
- b- More PE and physical activity programs.
- c- Healthier school environments.

This policy was created in order to promote the wellness of all students. It also assures that guidelines for reimbursable meals are not less restrictive than the regulations and guidance of the Child Nutrition Act.

We believe that the implementation of the solution is far more complicated and that schools have the biggest share of responsibility. We must educate students to embrace healthier choices and to show them the consequences of not doing so, not by intimidation or fear of consequences, but a sound decision based on education.

Evaluation Plan

This plan will be revised yearly and responsible parties for each one of the activities will report to the CEO/Superintendent. The policy will be updated and re-approved by the Board of Directors annually.

Minutes approved by School Health Council:
