

LOCAL WELLNESS POLICY

On August 2015, the formerly adopted Local Wellness Policy was revised by a committee whose members are listed below and approved at the August 2015 quarterly regular Board Meeting.

Board Member: Ayanna Williams

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: Roxana Cuello

Student representative: Daniela Castro Ezequiel Cruz

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

- 1- Texas Department of Agriculture, Local Wellness Policy Checklist
- 2- Breakfast, Lunch, and Snacks menus for school years 2014-2015 and 2015-2016
- 3- DRAW Academy Physical Education program activities.
- 4- Extra curricular activities
- 5- Fitness Gram data for school years 2013-2014 and 2014-2015
- 6- 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 starting school year 2015-2016

Upon revising the menus it was decided to request Draw's provider to exclude the following items for the school years starting on 2015-2016 menus:

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

Conversely the following foods will be 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.

Responsible Party: Michelle Castillo and Romina Sanchez

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 will 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.

Since this is the first year for this initiative, at the time this policy was approved, the responsible party is preparing curriculum, lesson plans, and recipes to be approved by this committee.

Responsible Party: Patricia Bagazette

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

The program continues to be 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 will provide nutrition tips, recipes, and other opportunities to enhance nutrition at home.

Responsible Party: Natalia Rivas and Patricia Bagazette

6- Extra curricular activity: Health Fair

As every year the DRAW Academy annual health fair will take place in our school. Doctors, dentists, and a mobile health unit will be invited.

Responsible Party: PTO Liaisons Paula Armstrong and Rosario Goto

7- Fitness Gram data for school years up to 2014-2015

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

8- Health Curriculum:

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

The curriculum will consider many of the activities and data listed above. The plan will be presented to the CEO/Superintendent and will be further analyzed to improve this policy before the end of the 2015-2016 school year.

Responsible Party: Diego Restrepo, Natalia Rivas, Tony Solis

In summary:

According to the CDC report, in 2009, 14% students were equal or above the 95% percentile for body mass index. This healthy risky trend in our youngsters is 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.

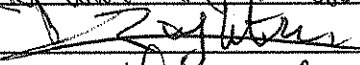
We believe that the implementation of the solution is far more complicated and that schools have the biggest share of responsibility. We must educate students to embrace healthier choices and to show them the consequences of not doing so, not by intimidation or fear of consequences, but a sound decision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

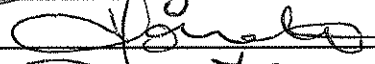
This plan will be revised yearly and responsible parties for each one of the activities will report to the CEO/Superintendent. The policy will be updated and re-approved by the Board of Directors annually.


Minutes approved by School Health Council:

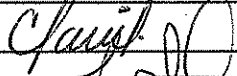
Ayanna Williams
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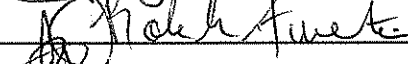








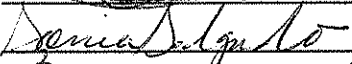





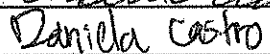


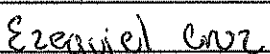












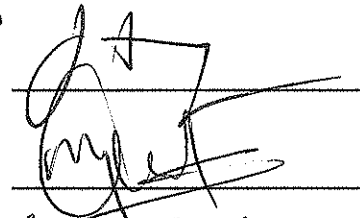
Revised Wellness Policy, school year 2015-2016

Approved by the Board of Directors at the regular meeting of August 10th 2015.

Board: Ayanna Williams – President

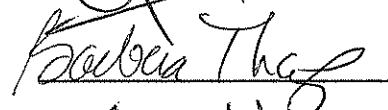


Jimmy Kaplun – Vice-president

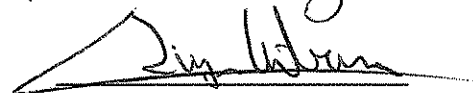


Angeles Moreno – Secretary

Barbara Tharp – Member



Diego Cutrera – Member



Administrator: Fernando Donatti–CEO/Superintendent

