

DRAW ACADEMY LOCAL WELLNESS POLICY

On November 2020, the formerly adopted Local Wellness Policy (2015 / 2017) was revised by a committee whose members are listed below and was presented for approval at the November 2020 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: Valery Espinales, Lucas Garcia

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 2018-2019 and 2019-2020

- 4- DRAW Academy Physical Education program activities.
- 5- Extra curricular activities
- 6- Fitness Gram data for school years 2018-2019 and 2019-2020
- 7- Health Curriculum

Based on the documentation revised and the input from all members this document updates the formerly adopted DRAW Academy Local Wellness Policy including responsible parties for each activity.

The school principal conducts the meetings and report to Mr. Fernando Donatti, CEO/Superintendent.

The CEO/Superintendent also participates in the some of the committee discussions, mainly those involving funding, calendar issues and general use of resources, and the final presentation for approval to the Board at large.

Responsible Party: Patricia Beistegui
Principal

WELLNESS POLICY INITIATIVES

1- Breakfast, Lunch, and Snacks menus improvement

Back 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.

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:

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 has decided to implement a new survey among the students to collect more information about their preferences during the 2021-2022 school year.

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

Responsible Party: Michelle Castillo and Yesenia Rivas
Program Coordinator and NSLP cashier

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.

On Fridays, third to eighth graders can 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
P.E. Teachers

3- Extra curricular activity: Running Club:

For the past fifteen years the school has sponsored a running club, offered to students third to eight grades, 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” and the event for schools prior to the Houston Marathon in January, and other eight opened to the public 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, teachers, and community members.

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

Responsible Party: Tony Solis
P.E. Teacher

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: Estela Castro
Teacher Aide**

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, DRAW T.V., classes for parents regarding healthy nutrition, related information to be sent home, and daily activities as detailed in separate binder.

The responsible parties provide 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 Estela Castro
Program Coordinator and Teacher Aide**

6- Extra curricular activity: Health Fair

Every year the DRAW Academy hosts a health fair. Doctors, dentists, and a mobile health unit participate helping DRAW to promote healthy habits and free testing for cholesterol and other indicators.

Is event is opened to the public including community members.

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
Classroom Teachers**

8- Fitness Gram data for school years up to 2019-2020

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 designed a plan for such comparison.

**Responsible Party: Tony Solis and Rosina de la Fuente
P.E. Teachers**

9- Health Curriculum:

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

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 2019-2020 school year.

**Responsible Party: Diego Restrepo, Rosina de la Fuente, Tony Solis
Classroom Teacher and P.E. Teachers**

10- Other (Outreaching the community)

For many years DRAW had the opportunity to offer programs sponsored by University of Houston and University of Texas.

Starting on 2020-2021 school year DRAW offers a program named S.E.M.M., Spanish acronym for “Salud en Mis Manos” (Health in my Hands).

This program instructs women how to early detect breast and/or cervical cancer, not only educating but also supporting the identification of clinics in their communities, with low cost or free, that can perform the necessary preventive tests such as Pap, VPH, Mammograms.

It is an on-going program offered by the University.

**Responsible Party: Patricia Beistegui
Principal**

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

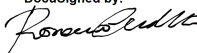
This plan is revised formally every two to three years, but improvements and new activities can be added if they don't collide, replace, or modify the approved activities.

Responsible parties for each one of the activities report to the CEO/Superintendent.


After revision the policy is updated and re-approved by the Board of Directors on a regular meeting.

Approved by School Health Committee:

Roxana Cuello

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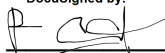
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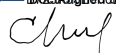
Fernando Donatti


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Patricia Beistegui


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Michelle Castillo


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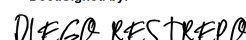
Tony Solis


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Rosina de la Fuente


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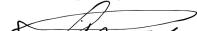
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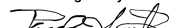
Sonia Salgado


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Fatemeh Nazerian


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Paula Armstrong


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DRAW ACADEMY

Local Wellness Policy (LWP) Checklist

NOVEMBER 2020

Contracting Entity (CE) Information

CE Name: DRAW ACADEMY

CE Identification Number (CE ID): 00506

Schools Operating Under the Local Wellness Policy (LWP): **DRAW ACADEMY**

I. Structure

Requirement: The CE must develop a LWP that applies to all NSLP and/or SBP schools. The LWP must be approved by the board of trustees or governing board.

Check the boxes below to indicate that the CE has met each requirement.

- A. All schools operating NSLP and/or SBP
- B. Approval

If the CE has not implemented a LWP in all schools operating NSLP and/or SBP and does not have board approval for its LWP, explain why in the space below. N/A

II. Nutrition Education and Promotion

Requirement: The CE must address nutrition education and promotion in its LWP:

- *Activities that foster student health, wellbeing, and ability to learn*
- *Nutritional guidelines for all food and beverages available to be sold or given to students on the school campus during the school day*

Check each element that is addressed in the CE's local wellness plan.

- A. Activities to promote health, wellbeing, and students' ability to learn
 - A.1 Physical activities

<input checked="" type="checkbox"/> For students	<input checked="" type="checkbox"/> For parents
<input checked="" type="checkbox"/> For staff	<input checked="" type="checkbox"/> For community members
 - A.2 School-based activities

<input checked="" type="checkbox"/> For students	<input checked="" type="checkbox"/> For parents
<input checked="" type="checkbox"/> For staff	<input checked="" type="checkbox"/> For community members
 - A.3 Community-based activities

<input checked="" type="checkbox"/> For students	<input checked="" type="checkbox"/> For parents
<input checked="" type="checkbox"/> For staff	<input checked="" type="checkbox"/> For community members

- B. Nutrition guidelines for all food and beverages available on school campuses during the school day
- B.1 Sold in schools
 - To students (DRAW does not sell food to students)
 - To adults
- B.2 Given away in schools
 - To students
 - To adults (DRAW does not give away food to adults in school on a daily basis, other than in celebrations, e.g. end of the year, Thanksgiving, training lunch, etc.)
- C. Special Situations: (DRAW promotes healthy habits and guides parents in their decisions when they provide food items for their own children)

(Including, but not limited to, food or beverages given or provided to a student by an adult acting on behalf of a student's parent or guardian or food or beverages delivered by businesses to students on the school campus)

If the CE's LWP does not include nutrition education and promotion and nutrition guidelines in its LWP, provide an explanation for why the CE did not in the space below.

n/a

III. Stakeholder Engagement

Requirement: The CE must engage stakeholders in developing and implementing its LWP. Stakeholders must include, but are not limited to, the following groups:

- *Administrators, district and/or school*
- *Community members*
- *Parents*
- *Representatives of the CE or school(s)*
- *Representatives of the board of trustees or governing body*
- *School health professionals*
- *School nutrition staff*
- *Students*

Check each stakeholder group that will be or is involved in the development and implementation of the LWP.

- A. Administrators, district and/or school
- B. Community members (local service organizations or other appropriate representatives) Health Fair, Outreach Health Programs UoH, UT
- C. Parents
- D. Representatives of the CE or school(s)
- E. Representatives of the board of trustees or governing body
- F. School health professionals (Health Fair, Outreach Health Programs UoH, UT)
- G. School nutrition staff

- H. Students
- I. Other

If the CE did not involve stakeholders in developing and implementing its LWP (including those groups that are required to be involved), provide an explanation for why the CE did not in the space below.

n/a

IV. Triennial Assessment and Publication of Assessment Results

Requirement: Every three years, the CE (1) must measure the effectiveness of its LWP implementation and (2) must distribute the results of the assessment to the public.

The assessment must assist the CE in determining if the implementation of the LWP has achieved the following:

- *If the CE and the schools are in compliance with the LWP*
- *If the CE's LWP aligns to model evidence-based strategies for LWP*
- *If the CE has made progress in attaining the goals described in its LWP*

Check each element that is addressed in the CE's LWP.

- A. Triennial (every three years) assessment

Record the frequency of assessment in the space below: Last revisions of the policy were performed in school year 2015-2016, school year 2017-2018, and current school year 2020-2021

- A.1 Compliance with the CE's Written LWP
- A.2 Alignment to model evidence-based strategies for LWP
- A.3 Progress made toward attaining the goals described in LWP – The policy's recommendations, nutritional - educational goals, and support plans are 100% in effect

- B. Publication of assessment results

Record the date the CE last published the results of its assessment the LWP in the space below:

First PTO Meeting school year 2019-2020 and is published in the school's web page since 2015

If the CE does not include methods to assess its LWP and share the results of assessments with the public, provide an explanation for why the CE did not in the space below.

n/a

V. Marketing at School Operating NSLP and /or SBP

Requirement: The CE must describe (1) the current types and methods of marketing that will be allowed for foods and beverages sold on the school campus during the school day and (2) the process or strategies the CE will use to ensure that, as of July 1, 2017, all future marketing for food and beverages marketed and sold on the school campus during the school day meet the Competitive Food Nutrition Standards.

Check each element that is addressed in the CE's LWP.

- A. Current marketing
- B. Future marketing

If the CE has not addressed current and future marketing guidelines for foods and beverages sold to students in its LWP, provide an explanation for why the CE did not in the space below.

n/a - DRAW ACADEMY DOES NOT SELL SNACKS OR ANY OTHER FOOD TO STUDENTS NEITHER HAS VENDING MACHINES AVAILABLE IN CAMPUS.

VI. Assigned Responsibilities

Requirement: CEs must assign a staff position or positions to be responsible for managing the following:

- *Assessment of the LWP*
- *Development of the LWP*
- *Implementation of the LWP*
- *Update of the LWP*

Check each statement that describes an action for which the CE has identified and assigned a specific person to be responsible for managing the implementation of the following:

- A. Development of LWP
- B. Implementation of LWP
- C. Assessment of LWP
- D. Update of LWP
- E. ALL RESPONSIBLE PARTIES ARE IDENTIFIED BY POSITION AND SPECIFIC NAME ON THE LWP.
- Other: ALL STUDENTS AND MEMBERS OIF THE COMMITTEE ARE SURVEYED AND CONSULTED REGULARLY FOR INPUT, QUALITY, AND IMPROVEMENT OF THE PROGRAM.

If the CE has not assigned responsibilities for ensuring that the LWP is developed, implemented, assessed, and updated as appropriate, provide an explanation for why the CE did not in the space below.

n/a

VII. Records Retention

Requirement: The CE must retain documentation that demonstrates its compliance with the LWP requirements.

Check the statement that describes the action a CE has taken or will take to retain records related to its LWP.

- A. Establish a system for maintaining all required records.
- B. Establish a system to ensure that documentation is retained for the proper period of time.

If the CE does not have a system to retain records for the proper period of time, provide an explanation for why the CE did not in the space below.

n/a

APPROVED :

Roxana Cuello, Board President

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Roxana Cuello
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Diego Cutrera, Board Vice-President

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Fernando Donatti, CEO/Superintendent

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Michelle Castillo, Program Coordinator

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