



Saltillo Independent School District

150 CR 3534, P.O. Box 269, Saltillo, TX 75478

Phone: 903-537-2386 Fax: 903-537-2191

David Stickels, Superintendent

Stacie Shearer, Elementary Principal

Jarret Wilson, JH/HS Principal

Dustin Ray, Chief of ISD Police



Saltillo ISD Wellness Plan

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 of U.S.C. 1758b; 7 C.F.R. Part 210) See FFA(LOCAL).

The District’s local school health advisory council will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

Soliciting Involvement and Input

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District will use electronic means, such as email or displaying notices on the district website or social media accounts, as well as non-electronic means, such as newsletters, presentations, or sending information home to parents, to ensure that all families are notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

Responsibility for Implementation

Each campus principal is responsible for implementing FFA(LOCAL) and this wellness plan at his or her campus, including submitting necessary information for evaluation. The superintendent is the District official responsible for overall implementation of the wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

Goals for Nutrition Promotion

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District’s nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District.

The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

Goal 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.

Objective 1: The school cafeteria will display posters to promote healthy eating and display other nutrition education materials.

Action Steps: Collect and Hang posters



Saltillo Independent School District

150 CR 3534, P.O. Box 269, Saltillo, TX 75478

Phone: 903-537-2386 Fax: 903-537-2191

David Stickels, Superintendent

Stacie Shearer, Elementary Principal

Jarret Wilson, JH/HS Principal

Dustin Ray, Chief of ISD Police



School and Community Stakeholders: Child Nutrition Director and Staff

Resources Needed: Printed materials from USDA and TDA

Measure of Success: Numbers of meals served for the day

Objective 2: Consistently post school menus in an easily accessible location.

Action Steps: Announce the daily menu. Post menu in the main office. Publish menu to social media accounts. Send home menu with elementary students.

School and Community Stakeholders: Child Nutrition Director, Technology Staff, Classroom Staff

Resources Needed: Printing materials, Staff to distribute menus and make announcements

Measure of Success: Numbers of meals served for the day

Goal 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.

Objective 1: The District will provide information to students and families about nutrition.

Action Steps: Nutrition information will be taught to students, as well as be available to parents via flyers, etc.

School and Community Stakeholders: Child Nutrition Staff and Classroom Staff

Resources Needed: Materials for nutrition education. Personnel to teach and distribute information.

Measure of Success: Student participation in meal programs and parental involvement.

Objective 2: Detailed nutrition information on each meal will be provided upon request from the Child Nutrition Director.

Action Steps: Work with Child Nutrition Director to develop menus that follow this objective and are designed in advance.

School and Community Stakeholders: Child Nutrition Director

Resources Needed: Nutritional information from food distribution companies

Measure of success: Requests received and answered



Saltillo Independent School District

150 CR 3534, P.O. Box 269, Saltillo, TX 75478

Phone: 903-537-2386 Fax: 903-537-2191

David Stickels, Superintendent

Stacie Shearer, Elementary Principal

Jarret Wilson, JH/HS Principal

Dustin Ray, Chief of ISD Police



Goals for Nutrition Education

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a component addressing nutrition services and health education at the elementary and middle school levels. (See EHAA)

Goal 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: Students learn healthy eating behaviors through the district adopted program.

Action Steps: Implement district adopted coordinated school health program (CATCH).

School and Community Stakeholders: Teachers

Resources Needed: Coordinated school health program (CATCH). Personnel to provide instruction and guidance.

Measure of Success: Grades from coordinated school health program (CATCH)

Goal 2: The District shall provide professional development so that the teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

Objective 1: Campus administration will determine the staff involved in the nutrition education program and the appropriate professional development opportunities for those staff members to attend.

Action Steps: Determine the staff involved in the education program and allow for professional development time.

School and Community Stakeholders: Administration and staff teaching coordinated health program

Resources Needed: Approved training time and trainings.

Measure of Success: Sign-in sheets and/or certificates for professional development

Objective 2: Child Nutrition Director will determine appropriate professional development for those staff working in the nutrition department.

Action Steps: Determine professional development that is appropriate and allow for professional development time.

School and Community Stakeholders: Child nutrition director and nutrition department staff

Resources Needed: Approved training time and trainings

Measure of Success: Sign-in sheets and/or certificates for trainings



Saltillo Independent School District

150 CR 3534, P.O. Box 269, Saltillo, TX 75478

Phone: 903-537-2386 Fax: 903-537-2191

David Stickels, Superintendent

Stacie Shearer, Elementary Principal

Jarret Wilson, JH/HS Principal

Dustin Ray, Chief of ISD Police



Goals for Physical Activity

Federal law requires the District establish goals for physical activity in its wellness policy. In accordance with state law, the District will implement a coordinated health program with physical education and physical activity components. The District will offer at least the required amount of physical activity for all grades (See BDF, EHAA, EHAB, and EHAC), as follows:

Elementary-30 minutes of physical activity per day all grade levels (structured)

Middle school-30 minutes of physical activity per day all grade levels (structured)

High school-1 PE credit (structured) required for graduation

Goal 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.

Objective 1: Consistently plan and evaluate physical education classes to ensure that all students have access to safe and enjoyable fitness activities.

Action Steps: Ensure physical education department plans safe and enjoyable fitness activities for all students

School and Community Stakeholders: P.E. teachers/coaches and Administration

Resources Needed: P.E. teachers/coaches and adequate PE supplies

Measure of Success: Campus schedule, number of students in classes, FitnessGram

Goal 2: The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

Objective 1: Offer an event each year that encourages physical activity participation from students and families.

Action Steps: Encourage campus administrators to continue to support family events.

School and Community Stakeholders: Administration and volunteers

Resources Needed: Event that encourages physical activity participation

Measure of Success: Participation in event



Saltillo Independent School District

150 CR 3534, P.O. Box 269, Saltillo, TX 75478

Phone: 903-537-2386 Fax: 903-537-2191

David Stickels, Superintendent

Stacie Shearer, Elementary Principal

Jarret Wilson, JH/HS Principal

Dustin Ray, Chief of ISD Police



Goal 3: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

Objective 1: Employees are encouraged to walk, jog, or exercise on school grounds.

Action Steps: Promote exercise on campus

School and Community Stakeholders: SISD Administration and Staff

Resources Needed: Facilities

Measure of Success: Participation counts

Objective 2: Staff are encouraged to participate in wellness programs, including vaccine clinics and mobile mammography bus

Action Steps: Notify all staff by email of wellness opportunities

Resources Needed: Scheduled wellness opportunities

Measure of Success: Participation counts

School-Based Activities

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness, create an environment that encourages healthful eating and physical activity, and promotes a consistent wellness message.

Goal 1: The district shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Objective 1: District-wide, students are allowed 30 minutes for lunch time each day.

Action Steps: Document on campus schedules

School and Community Stakeholders: Administration

Resources Needed: Appropriate time scheduling, cafeteria monitors

Measure of Success: Monitor time of lunch schedule, students finished eating within 30 minute lunch time

Objective 2: Cafeteria will have access to hand washing or hand sanitizing before eating meals or snacks.

Action Steps: Ensure access is provided to both for students



Saltillo Independent School District

150 CR 3534, P.O. Box 269, Saltillo, TX 75478

Phone: 903-537-2386 Fax: 903-537-2191

David Stickels, Superintendent

Stacie Shearer, Elementary Principal

Jarret Wilson, JH/HS Principal

Dustin Ray, Chief of ISD Police



School and Community Stakeholders: Maintenance, administrators and teachers

Measure of Success: Visible access for all students

Goal 2: The District shall promote wellness for students and their families at suitable District and campus activities.

Action Steps: Vendors are encouraged to offer healthy options for food and beverages.

School and Community Stakeholders: Vendors and Staff

Resources Needed: A suggestion list of possible healthy options.

Measures of Success: Menus from vendors

Goal 3: The district shall promote employee wellness activities and involvement at suitable District and campus activities

Objective 1: Staff are encouraged to participate in wellness programs, including vaccine clinics, mobile mammography bus, and health screenings

Action Steps: Notify all staff by email of wellness opportunities

Resources Needed: Scheduled wellness opportunities

Measure of Success: Participation counts

Nutrition Guidelines

All District campuses participate in the U.S. Department of Agriculture's (USDA) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). As required by federal law, the District has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

Food and Beverages Sold

The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte



Saltillo Independent School District

150 CR 3534, P.O. Box 269, Saltillo, TX 75478

Phone: 903-537-2386 Fax: 903-537-2191

David Stickels, Superintendent

Stacie Shearer, Elementary Principal

Jarret Wilson, JH/HS Principal

Dustin Ray, Chief of ISD Police



options or vending machines. For purposes of this plan, these requirements will be referred to as “Smart Snacks” standards or requirements.

Exceptions for Fundraisers

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to five days per year per campus when a food or beverage is sold as part of a District fundraiser.

For these five exemption days, Kona Ice shaved ice truck will be available for students in all grades to purchase after their lunch on select dates.

Foods and Beverages Provided

The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person’s child or grandchild on the occasion of the student’s birthday or to children at a school-designated function. (See CO(LEGAL))

Measuring Compliance with Nutrition Guidelines

The district will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to TDA, reviewing foods and beverages that are sold in competition with regular school meals, reviewing items sold as part of approved District fundraisers, and monitoring the types of foods and beverages made available to students during the day.

Policy and Plan Evaluation

At least every three years, as required by law, the District will measure and make available to the public the result of an assessment of the implementation of the District’s wellness policy. This “triennial assessment” will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state or federally designated model policies. The school health advisory council will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

Public Notification

Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness policy, the District will create a wellness page on its website to document information and activity related to the school wellness policy, including:

1. A copy of the wellness policy (See FFA(LOCAL))
2. A copy of this wellness plan, with dated revisions



Saltillo Independent School District

150 CR 3534, P.O. Box 269, Saltillo, TX 75478

Phone: 903-537-2386 Fax: 903-537-2191

David Stickels, Superintendent

Stacie Shearer, Elementary Principal

Jarret Wilson, JH/HS Principal

Dustin Ray, Chief of ISD Police



3. Notice of any Board-adopted revision to the FFA(LOCAL)
4. The name, position, and contact information of the District official responsible for the oversight and implementation of the wellness policy and wellness plan
5. Notice of any school health advisory council meeting at which the wellness policy or implementation documents are scheduled for discussion
6. The school health advisory council's triennial assessment
7. Any other relevant information

The District will also publish the above information in appropriate District or campus publication.

Records Retention

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. Questions may be directed to the Superintendent, the District's designated records management officer (See CPC(LOCAL))