

Groesbeck ISD

School Nutrition and Wellness Plan

I. Purpose

To establish a policy that addresses nutrition education goals, physical activity goals, nutrition standards for all foods available on school campuses during the school day when school is in session, and other school-based activity goals designed to promote student wellness.

II. Overview of Goals

- A. The primary goal of the nutrition education component is to influence students' eating behaviors. All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime.
- B. The primary goal for Groesbeck ISD's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthy lifestyle.
- C. The primary goal for Groesbeck ISD's nutrition guidelines component is to ensure that school meals meet the program requirements and nutrition standards set forth under the 7 CFR (Code of Federal Regulation) Part 210 (National School Lunch Program) and Part 220 (School Breakfast Program).
- D. The primary goal for Groesbeck ISD's wellness component is to create and maintain a school environment that provides consistent information and activities that promote wellness and are conducive to a healthy lifestyle.

III. Nutrition and Wellness Policy

Groesbeck ISD will comply with Section 204 of the Federal Child Nutrition and WIC (Women, Infants, and Children) Reauthorization Act of 2004. The regulations were updated in 2011 based on the Institute of Medicine (IOM) recommendations to include:

- Increasing the amount and variety of fruits, vegetables, and whole grains
- Setting a minimum and maximum level of calories
- Focusing more on reducing saturated fat and sodium

A. Goals to Promote Nutrition Education:

1. Students will be encouraged to eat a healthy breakfast and learn to choose healthy foods during lunch.

2. Nutrition education will involve sharing information with students, families, and the broader community to positively impact students and the health of the community.
3. Nutrition education will be offered in the school cafeteria and in the classroom, with coordination between school food service staff, teachers, and outside resources. Educational aides about nutrition will be offered to help turn the eating environment into a learning environment.
4. Monthly menus will be available to families.

B. Goals to Promote Physical Activity:

The primary focus of the integrated curriculum is for schools to provide quality physical education in which students engage in maximum amounts of enjoyable (moderate to vigorous physical activity) during class time.

1. PE teachers will work with SHAC to increase the number of children in healthy fitness zone as assessed by Fitness Gram through activities and initiatives.
2. Physical activity will be integrated across the curricula and throughout the school day. Movement can be made a part of math, science, language arts, and social studies.
3. Time allotted for physical activity will be consistent with research, national and state standards.
4. GISD will promote extra-curricular activities, such as band, athletics, and FFA, and encourage students to become more physically active outside of school. After-school programs will involve activities that promote exercise and movement.
5. Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

C. Goals to Promote Overall Wellness and Healthy Lifestyles:

Groesbeck ISD will implement several school-based activities to not only promote student wellness but also to help incorporate the community and families in our school's efforts to achieve a healthier school environment.

1. Groesbeck ISD will maintain a School Health Advisory Council (SHAC). In addition to its other duties, the School Health Council will monitor, review, and as necessary recommend revision of the school nutrition and wellness policy to the Board of Education and/or the Superintendent. The council will serve as a resource to Groesbeck ISD in the implementation of this policy.

2. Provide support for the health of all students is demonstrated by hosting vision, scoliosis, and hearing screenings for GSD students.
3. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health care needs.
4. The SHAC committee will work with administrators, teachers, and auxiliary staff to develop and implement procedures to promote overall wellness and healthy lifestyles related to our population.
5. The DASH committee will work in conjunction with SHAC to promote health and wellness at the high school, including initiatives such as “Red Ribbon Week,” and to increase awareness of the dangers of texting while driving and other high-risk behaviors.
6. The Student Council will work in conjunction with SHAC to continue to create awareness and decrease bullying incidents throughout the district.

D. Goals to Promote Nutritional Guidelines and Standards

Groesbeck ISD follows the Texas Public School Nutrition Policy, which guides the effort in reducing childhood obesity by stating specific guidelines on availability and sale of Food of Minimal Nutrition Value (FMNV), competitive foods, as well as portion size limitations on certain items.

1. The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
2. Meals served through the National School Lunch and Breakfast Programs will adhere to the federal guidelines.
3. Each school will strive to increase participation in the available federal Child Nutrition programs (school breakfast and lunch).

E. Monitoring of the Nutrition and Wellness Policy

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school’s compliance to the school district superintendent or designee.

1. The school food service director and staff will ensure compliance with nutrition policies within school food service areas and will report compliance issues to the superintendent.
2. The school district will report to the Board of Trustees on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

3. The School Health Advisory Council (SHAC) for the district will meet a minimum of four times annually, develop and monitor wellness and nutrition goals, review the wellness plan, and report progress annually to the board of trustees.
4. School nurses will serve as advisors to the SHAC committee, maintain records and compliance with state health initiatives and laws, such as immunizations, and report compliance issues to the superintendent or designee.

F. Future Goals for GISD

- 1. Health Screening for GISD employees**
 - a. Allow our medical students to conduct basic tests**
 - b. Help provide Major Health Screenings for all employees annually**
- 2. VAPE presentations for kids 6th-8th Grade**
- 3. Career and College Fair at the High School on an annual basis**
- 4. Provide teachers with workout equipment throughout the district**

Updated/Reviewed by GISD SHAC Committee April 15, 2026

School Administrator Representative – Scott Cummings

Approved by Groesbeck ISD Board of Trustees April 21, 2026

Superintendent – Scott Cummings
Board of Trustees – Aslone Foy