

**2012-2013**

S&S Consolidated ISD

School Wellness Administrative Policy



## **S&S CISD's Wellness Policies on**

### **Physical Activity and Nutrition**

S&S Consolidated School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the S&S Consolidated School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutritional recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

#### **TO ACHIEVE THESE POLICY GOALS:**

##### **I. School Health Council**

The school district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The council also will serve as resources to school sites for implementing those policies.

##### **II. Nutritional Quality of Foods and Beverages Sold and Served on Campus School Meals**

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in a clean and pleasant settings;

- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Serve only 1% low fat unflavored milk, fat free flavored milk, or nutritionally-equivalent non- dairy alternatives ( to be defined by USDA)
- Ensure that half of the served grains are whole grain

Schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, or other point-of –purchase materials.

**Breakfast** To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn;

- School will, to the extent possible, operate the School Breakfast Program
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfast that encourage participation
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

**Free and Reduced-priced Meals** Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals.

**Meal Times and Scheduling** Schools:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Should schedule meal periods at appropriate times
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Should schedule lunch periods to follow recess periods ( in elementary);
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

**Qualifications of School Food Service Staff** Qualified nutrition professionals will administer the school meal programs. As part of the school district’s responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff

development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their level of responsibility.

**Sharing of Foods and Beverages.** Schools should discourage students from sharing their foods or beverages with one other during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

**Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte (snack) lines, fundraisers, school stored, etc.**

**Elementary Schools.** The school food service program will approve and provide all food and beverages sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to non-fat milk, fruits and non-fried vegetables.

**Middle and High Schools .** In middle and high schools, all foods and beverages sold individually outside the reimbursable school meal program (including those sold through a la carte (snack) lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the Texas Public School Nutrition Policy in regards to serving size and nutritional value.

**Fundraising Activities.** To support children's health and school nutrition education efforts, school fundraising activities are encouraged to provide foods that meet the USDA portion and nutrition standards for foods and beverages sold separately.

**Snacks.** Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

**Rewards.** Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverage sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

**Celebrations .**Students may be given FMNV ( Foods of Minimal Nutrition Value), candy items or other restricted foods during the school day for up to three different events each school year to be determined by the campus. The exempted events must be approved by a school official. During these events, FMNV may not be given during meal times in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with federal regulations. Parents may provide FMNV or candy items for their own child's consumption, but they may not provide restricted items to other children at school.

### III. **Nutrition and Physical Activity Promotion and Food Marketing** **Nutrition and Education and Promotion**

S&S Consolidated School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Schools encourage parents and guardians to support their children’s participation in physical activity, to be physically active role models, and to promote physical activity-based program participation.
- In addition, staff members are encouraged to model healthy eating and physical activity as a valuable part of daily life.
- A “School Wellness “ link will be provided on the S&S CISD website where this policy will be posted along with appropriate resources related to this policy and any school based activities that promote learning and development of wellness practice. Reports of the School Health Advisory Council (SHAC) activities will be posted on that site for community access as required.
- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instructional subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contest, promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods, and healthy-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing;
- Includes training for teachers and other staff

#### **Integrating Nutrition Education into the Classroom Setting**

Instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include, but are not limited to:

- Knowledge of food guide pyramid
- Healthy heart choices
- Sources and varieties of foods
- Guide to a healthy diet
- Diet and disease

- Understanding calories
- Healthy diet including breakfast and snacks
- Food labels and major nutrients
- Serving sizes
- Proper sanitation
- Identify and limit junk food

Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies and language arts as applicable.

### **Integrating Physical Activity into the Classroom Setting**

For students to receive the nationally-recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television or playing videos.
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

**Communications with Parents.** The District will support parents' efforts to provide a healthy diet and physical activity for their children. The district will make efforts to provide parents with home nutrition information, post nutrition tips on school websites, and/or newsletters promoting healthy eating habits and physical activity. Parents should be encouraged to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet USDA's guidelines.

**Food Marketing in Schools.** School – based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominately low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetable, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, and school supplies. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; and coupons for discount gym memberships.

**Staff Wellness** S&S Consolidated School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal effort by staff to maintain a healthy lifestyle. **S&S CISD will provide and encourage:**

- Annual Health Screenings for Staff
- Programs for staff on physical activity/fitness
- Programs for staff on healthy eating/weight management

#### **IV. Physical Activity Opportunities and Physical Education** **Daily Physical Education (P.E.) K-12**

All students enrolled in full-day kindergarten or grades 1-6 in an elementary school setting are required to participate in physical activity for a minimum of either 30 minutes daily or 135 minutes weekly under the following conditions:

- Participation must be in a Texas Essential Knowledge and Skills (TEKS)- based physical education class or a TEKS-based structured activity; and
- Each district shall establish procedures for providing the required physical activity that must consider the health-related education needs of the student and the recommendations of the local health advisory council.

**Daily Recess.** All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods of inactivity (2 or more hours). When such activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities Before and After School.** All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. 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.

#### **School Counseling, Psychological, and Social Services**

**S&SCISD will support, encourage, and provide:**

- Health and safety promotion for students and families
- Establish strong links with community resources
- Identify and refer students who are victims or perpetrators of violence
- Identify and refer students with health problems affected by physical activity

- Identify and refer students with health problems affected by nutrition

### **Safe Routes to School**

The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

### **Use of School Facilities Outside of School Hours**

School spaces and facilities should be available to students, staff and community members before, after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

## **V. Monitoring and Policy Review**

### **Monitoring**

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.

School food service staff, at the district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that SMI review be scheduled as soon as possible.

The superintendent will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

### **Policy Review**

To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environment and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As a part of that review, the school district will review out nutrition and physical activity policies; provision of an environment that supports healthy eating and



physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.