

Evadale ISD Wellness Policy

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Evadale ISD Wellness Policy

Preamble

Evadale ISD is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District. Our commitment to providing nutrition education and regular physical activity, as well as access to nutritious foods for all students, are described here.

I. School Wellness Committee

Committee Role and Membership

The District will convene a representative School Wellness Committee (SWC) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs. The SWC membership will represent all school levels and include, but not be limited to: school administrator, community members, parents, local school board member, school nutrition staff, students, physical education personnel and school health professionals. The Health and Wellness Director will convene the SWC and facilitate development of and updates to the wellness policy

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the District's Administration Building and in the office of the school nurse. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to annually review and update the Local School Wellness Policy; including an indication of who is involved in the update and methods the district uses to make the public aware of their ability to participate on the SWC.
- Documentation to demonstrate compliance with the annual public notification requirements, including: efforts to solicit SWC membership and participation in the development, implementation, review and update of the wellness policy

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The District *for Evadale ISD* will notify the public of the availability of the triennial progress report.

Revisions and Updating the Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website, as well as information on how the public can get involved with the school wellness committee.

The District will publish an annual report of the wellness policy and report on the progress of the district meeting the wellness goals. The policy will be updated or modified, every three years, based on the annual reports, triennial assessments, and new Federal or state guidelines that are issued.

III. Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). Breakfast is offered at 7:30 am for all students. Morning break is offered for Jr. High and High School students. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices
 - Sliced or cut fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - Staff members, have been trained to encourage students to select and consume the daily vegetable options with their meal.
 - White milk and chocolate milk are both placed in the coolers.
 - A reimbursable meal can be created in the service area available to Jr. High and High School students
 - Daily announcements are used to promote and market menu options.
- *Menus are posted on the District website*
- *School meals are administered by the Food Service Director.*
- *The District child nutrition program will accommodate students with special dietary needs.*
- *Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated*
- *Students are served lunch at a reasonable and appropriate time of day.*
- *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* (“school campus” and “school day” are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day* will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*.

- *Schools will use additional non-food fundraisers, to encourage and promote physical activity (such as Jump Rope for Heart, Field Day, etc.).*
- *Fundraising during school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include but are not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc.*
- *Campuses are limited to six ‘exempt’ fundraisers per year. These foods and beverages are not required to meet the Smart Snack guidelines. Each school year, campus principals provide a proposed list of the dates of the six exempt fundraiser days.*

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition

choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as taste-testing;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Promotes physical activity/exercise;
- Links with school meal programs;
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

IV. Physical Activity

Children and adolescents should participate in physical activity every day. These activities are in addition to, and not as a substitute for physical education.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs. Facilities, such as the track, will be open to students, their families, and the community outside of school hours.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

The District will provide at least 150 minutes of physical education, per week, throughout the school year for students in PK – 5th grade.

Jr. High and High School students are required to take the equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments through the Fitnessgram Assessment.

Recess (Elementary)

All elementary schools will offer at least **20 minutes of recess** on most days during the school year. Outdoor recess will be offered when weather is feasible for outdoor play. Recess will complement, not substitute, physical education class.

Active Academics

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects.

Before and After School Activities

The District offers opportunities for Junior High and High School students, to be involved in sporting practices and events, after school.

V. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting to promote student well-being, optimal development and strong educational outcomes.

Staff Wellness and Health Promotion

The District encourages staff member participation in health promotion programs and will support programs for staff members on healthy eating and weight management that are accessible and free or low-cost.

Glossary:

Extended School Day – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

The District Local Wellness Policy has been reviewed and updated by Susan Black, Child Nutrition Clerk, and Keisha Christian, RN. The School Wellness Committee, also known as the School Health Advisory Council, is active and meets four times, during the school year to review and revise policy content, if needed. It, also, designs and evaluates implementation plans, throughout the district.

The district's wellness policy has been made available to the public through the district's website at evadalek12.net. All meeting dates and times will be posted on the school district's website and meetings will be open to the public. The public will be made aware of their ability to participate on the School Wellness Committee through the website.

An annual report of all meetings, evaluations, and revisions will be collected and reported to the superintendent and school board. The following information will be included in the annual report:

- The extent to which the school is in compliance with the wellness policy
- The progress made in attaining the goals of the policy
- Any recommended changes to the policy
- A detailed action plan for the following school year to achieve annual goals and objectives
- Any additional information required by the USDA.

The annual report will be posted on the school district website: www.evadalek12.net

Policy revisions will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data, changing district priorities, and other issues.

