

West Orange-Cove CISD Local Wellness Policies

West Orange-Cove CISD Wellness Policy Mission Statement:

The Mission of the West Orange-Cove Consolidated Independent School District wellness policy will follow nutritional guidelines that advance student health and reduce childhood obesity. It shall provide a school environment that enhances the learning and development of lifelong wellness practices through nutrition education, physical activity, and other school based activities.

GOALS

Therefore, it is the policy of the West Orange-Cove Consolidated Independent 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 PK-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 nutrition recommendations of the Federal and State guidelines.
- 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.
- All schools in our district will participate in the School Breakfast Program, & National School Lunch Program.
- 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 Advisory Council

The school district will create, strengthen, or work within existing school health advisory council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The role of the council is to collaborate with District in ensuring local community values and health issues are reflected in the Districts health education instruction. The council also will serve as resources to school sites for implementing those policies. The school health advisory council may consist of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.

II. Foods and Beverages Sold and Served on Campus

A. School Meals

Meals served through the West Orange-Cove CISD Food Service Department will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that all of the served grains are whole grain.
- Ensure that foods are not deep fried.

B. 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:

- Schools will, to the extent possible, operate the School Breakfast Program.

- Schools will utilize methods to serve school breakfasts 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.

C. 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. West Orange Cove CISD will utilize electronic identification, such as key pads and id cards with bar codes. West Orange Cove CISD has a NO Charge policy, and will provide an alternative meal for students who have insufficient funds in their account.

D. Meal Scheduling.

Schools:

- will provide students with at least 30 minute lunch period
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks

E. 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 levels of responsibility.

F. Foods and Beverages Sold in Schools

The following guidelines apply to food and beverages **sold** outside of reimbursable school meals, such as through vending machines, cafeteria a la carte (snack) lines, fundraisers, school stores, etc. on school grounds. (See Fundraising Activities)

All foods sold in schools must comply with the USDA “**Smart Snacks in Schools.**” The following guidelines apply:

Beverages

- Allowed: plain water; unflavored low-fat milk; unflavored or flavored fat-free milk and milk alternatives permitted by the NSLP/SBP; 100% fruit or vegetable juice; and 100% fruit or vegetable juice diluted with water, and no added sweeteners
- Portion Sizes: Elementary campuses may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.
- Not allowed: soft drinks; sports drinks (with sugar); iced teas (regular); fruit-based drinks that are not 100% real fruit juice; and beverages containing caffeine, or carbonated drinks.

Foods

Any food **sold** in school must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber). As of July 1, 2016, foods may not qualify using the 10% DV.
- Foods must also meet the following nutrient guidelines:

NUTRIENT	SNACK SIZE	ENTREE SIZE
Calorie Limit	≤ 200 calories	≤ 350 calories
Sodium Limit	≤ 230 mg	≤ 480 mg
Fat Limits:		
Total fat	≤ 35% of calories	
Saturated fat	< 10% of calories	
Trans fat	zero grams	
Sugar limit	≤ 35% of weight from total sugars in foods	

G. Time & Place Restrictions

What can Be Sold?

All foods sold at all grade levels must meet the nutrition requirements.

Who Can Sell Competitive Foods? Competitive foods are foods **SOLD** during the school day that are not part of the reimbursable meal and must meet required nutrition standards.

Elementary School – Food Service Department Only

Middle School – Food Service Department & groups and Individuals **AFTER** lunch periods.

High School – Food Service Department & Groups and Individuals **AFTER** lunch periods **ONLY**.

H. Fundraising Activities

No food items can be sold during meal service. Any food item sold **after** meal service must meet the “Smart Snacks in Schools” guidelines. With the exception of 6 fundraising activity per campus, the standards do not apply outside the school day, on weekends, and off-campus fundraising events. For the purpose of this policy, the school day is defined as midnight until thirty minutes after the last bell.

I. Campus wide Celebrations

Each campus will designate “three” celebration days where food that does **NOT** meet the “Smart Snacks in Schools” policy **will be allowed provided that they are given to students, not sold. Celebrations will be planned after lunch.**

J. Exemptions

- Field day may be allowed to operate during meal service as long as the Smart Snack guidelines are being met (food may be purchased or provided as a meal by food service department).
- With the approval of the campus administrator, teachers may provide food to students in the classroom for instructional purposes (assuring that these foods are healthy). After receiving administrator approval, the teacher should consult the campus nurse to ensure any student’s health restrictions or food allergies are considered.
- Foods and beverages offered or sold at school-sponsored events **outside the school day** (such as dances, athletic events, and concession stands) are allowed.

III. Nutrition and Physical Activity Promotion and Food Marketing

A. Nutrition Education and Promotion

West Orange Cove CISD aims to teach, encourage, and support healthy eating by students. In accordance with the law, coordinated health program with a nutrition education component (see EHAB and EHAC) and shall use health course curriculum that emphasize important nutrition (see EHAA). In addition, the district establishes the following goals for nutrition:

- provide students with the knowledge and skills necessary to promote, protect, and maintain their health;
- Nutrition is a District priority, and is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- promote participatory activities, such as promotions, taste testing, and snacks.
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.
- Food service staff, teachers, and other school personnel; will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and appropriate settings.

B. Physical Activity

The District shall implement, in accordance with law a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. (see BDF, EHAB, and EHAC). In addition, the District establishes the following goals for physical activity:

- The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
- Physical education classes will regularly emphasize moderate to vigorous activities
- Encourage teachers to integrate physical activity into the academic curriculum where appropriate.

- Before and after school physical activity programs will be offered and students will be encouraged to participate.
- Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students
- The District

C. Communications with Parents

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus upon request. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, or special events.

D. Monitoring and Review

In order to review policy compliance, assess progress, and determine areas in need of improvement the WOCISD Wellness Policy will be reviewed, assessed, and revised annually by the SHAC. Also, each campus must measure the effectiveness and the implementation of the Wellness Policy. Feedback and suggestions from students, parents, staff members, and administrators for modifying the Wellness Policy, as needed, should be considered in the guidelines evaluation as described below:

The superintendent will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the campus principal 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 school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent.