

# **Thrall ISD**

## **WELLNESS POLICY**

*Thrall ISD Board Approved 04/11/2006*

### **WELLNESS**

Thrall Independent School District shall follow nutrition guidelines that advance student health, reduce childhood obesity, and promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

### **DEVELOPMENT OF GUIDELINES AND GOALS**

Thrall Independent School District shall develop nutritional guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, school administration, the school board, parents, and the community. [See BDF and EHAA]

### **NUTRITION GUIDELINES**

Thrall Independent School District shall ensure that nutritional guidelines for reimbursable school meals will be at least as restrictive as federal regulations and guidance, and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy. [See CO]

***In addition to legal requirements, the District shall:***

Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food.

### **WELLNESS GOALS: NUTRITION EDUCATION**

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component [see EHAB and EHAC] and shall use health course curriculum that emphasizes the importance of proper nutrition [see EHAA].

***In addition, the District establishes the following goals for nutrition education:***

Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Nutrition education will be a District-wide priority that will be integrated into other areas of the curriculum, as appropriate.

Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.

The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.

Educational nutrition information will be shared with families and the public to positively influence the health of students and community members.

## **WELLNESS GOALS: 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 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 activity.

Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.

The District will encourage students, parents, staff, and community members to use the District's recreational facilities outside of the school day.

## **WELLNESS GOALS: SCHOOL-BASED ACTIVITIES**

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.

Wellness for students and their families will be promoted at suitable school activities.

Employee wellness education and involvement will be promoted at suitable school activities.

## **IMPLEMENTATION**

The Superintendent shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy

# **TITLE: WELLNESS**

## **I. ACTION STATEMENT**

Thrall ISD recognizes its responsibility to provide a safe and healthy learning environment for all students. Thrall ISD acknowledges that our school has a responsibility to help students develop the skills, knowledge, and attitudes necessary to adopt and maintain a healthy lifestyle. In addition, our staff is encouraged to model healthy eating and physical activity as a valuable part of daily life.

## **II. DEFINITIONS**

A. Comprehensive School Health Education – A planned sequential curriculum that addresses the physical, emotional, and social dimensions of health; develops health knowledge, attitudes, and skills; and is tailored to the developmental level of children.

B. Curriculum – The prescribed elements of programs and courses which state clearly and specifically what students are expected to know and be able to do, how well they will be able to do it, how they will meet the learning objectives and by what means they will be assessed.

C. Extracurricular Activities – Activities available to students beyond the regular school day, which are voluntary and not required for satisfactory completion of a particular class.

D. Foods of Minimal Nutritional Value – As established by the U.S. Department of Agriculture: (i) In the case of artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving; and (ii) in the case of all other foods, a food which provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving.  
(7 CFR 210.11(2))

E. Interscholastic Athletics – Approved athletic competition between or among two or more high schools and / or junior highs.

F. Nutrition Education – A component of the comprehensive school health curriculum that teaches knowledge and skills related to nutrition that allows the student to achieve positive changes in their diet.

G. Physical Activity – Any bodily movement produced by skeletal muscles, resulting in an expenditure of energy.

H. Physical Education Program – A planned, sequential curriculum that teaches skills, knowledge, and attitudes which are needed to establish and lead a physically active life.

I. Recess – Regularly scheduled periods within the school day for structured physical activity and play.

## **A. NUTRITION GUIDELINES**

The following standards apply to all foods and beverages made available to students in schools or through school-sponsored events on school campuses during the school day.

1. Wellness issues and student allergies are to be considered when planning incentive and promotional activities.
2. Foods and beverages should not be offered as a reward or withheld as punishment.
3. The School Food and Nutrition Service Department will provide a meal pattern breakfast and lunch to students each day that school is in session including early dismissal days, as well as a la carte items consistent with the Federal and State regulations.
4. Meals shall not be less restrictive than federal regulations and will be in accordance to the Texas Public School Nutrition Policy.
5. Main course food items offered in elementary, middle, and high schools as an alternative to or in addition to the reimbursable meal will be offered in reasonable portion sizes that are consistent with guidance provided by the USDA for Child Nutrition Programs.
6. All such foods and beverages covered by this policy shall comply with the current United States Department of Agriculture (USDA) Dietary Guidelines for Americans, and federal, state and local laws, including safety and sanitation standards set by the Health Department Hazard Analysis and Critical Control Point (HACCP) plans and guidelines and this policy to prevent food borne illness.
7. The School Food and Nutrition Service Department is required to provide approved school lunch and breakfast each day that school is in session. School meals shall meet nutrition standards established by the USDA. Students must be given adequate time to eat. Students will be given at least 10 minutes for breakfast and 20 minutes for lunch to eat. Those students that arrive late due to bus arrival time will be allowed to eat breakfast. Lunch periods may be compressed on shortened days.
8. For the safety and security of the food and facility, access to the food service facilities is limited to authorized personnel.
9. Staff will provide students the opportunity to wash their hands before and after eating meals or snacks.
10. Class parties may have foods that are prepared in private homes or other facilities. Parties should be scheduled after the end of the lunch period for the grade level.
11. Staff is encouraged to promote healthy food and beverage choices at all events where foods and beverages are available to students.

12. Students must have access to water throughout the school day. This may include access to water fountains, permission to carry water in clear containers, and opportunities to purchase water from the School Food and Nutrition Service Department.

13. Foods of minimal nutritional value : Soda or artificially flavored drinks that contain no pure juices , water ices, certain candies, hard candy, jellies and gums, marshmallow candies, fondant (a soft candy made of or containing a thick creamy sugar paste and usually molded), licorice, spun candy, candy coated popcorn are not to be given to students. The Principal at each campus designates the three party days for their campus, which is the exception to this rule.

14. Vending Machines: Guidelines will be established for any vending machines placed in the District.

15. Vending machines located in the teacher's lounges, which are not accessible to students are exempt from limitations.

16. School food service staff who are properly qualified according to current professional standards and who regularly participate in professional development activities, will administer the Child Nutrition Programs.

17. Students will be given the opportunity to provide input by survey to the cafeteria on local, cultural, and ethnic favorites of the students. The cafeteria staff will take into consideration the students input within reason as meal plans are prepared.

18. School personnel, along with parents, will encourage students to choose and consume full meals. All District staff will be encouraged to provide students with positive nutrition statements on a daily basis.

19. The SHAC will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions.

20. Elementary classrooms may serve one nutritious snack per day, in the morning or afternoon (not during lunchtime), under the teacher's guidance. The snack may be provided by the school food service, the teacher, parents or other groups, and should be at no cost to the students

## **B. WELLNESS GOALS:**

The school system will develop and implement a curriculum in nutrition education as part of the system's instructional program in comprehensive health education, in accordance with Education Codes 38.014 and 28.002.

1. Nutrition education will be included in health curriculum each year for all students in grades kindergarten through eight. The health education program for students in grades nine through twelve will enable students to meet graduation requirements.
2. Nutrition education will be aligned with the National Health Education Standards and the TEKS.
3. Health education that includes nutrition, diabetes, and asthma will be included in appropriate curricular areas for all students in pre-kindergarten through twelfth grade.
4. The Coordinated School Health Curriculum, Healthy & Wise, will be taught in grades kindergarten through eight for a minimum of 60 minutes per week. Staff will be encouraged to teach nutrition education through content integration in curricular areas such as science, mathematics, and social studies.
5. The Principal at each campus will determine how the Coordinated School Health Curriculum will be taught.
6. At the high school level, the Health Education curriculum will be taught for one semester, and is recommended at grade nine.
7. Nutrition education will be included in the essential objectives in appropriate elective courses such as Family and Consumer Science.
8. The school nutrition team responsible for these activities will be composed of Child Nutrition Services staff, classroom teachers, school nurse, health teachers, and physical education coaches. This team will combine with the School Health Advisory Council. Principals will assign at least two staff members to the Council each school year.
9. Principals will encourage staff collaboration with the Gifted and Talented Program in delivering nutrition education to the classroom, small group, and individual activities.

## **C. WELLNESS GOALS: PHYSICAL EDUCATION**

The school system will develop and implement a curriculum in physical education in accordance with Federal, State and Coordinated Health Program requirements.

1. A physical education program will be provided each year for all students in pre-kindergarten through grade eight. In grades nine through twelve, program offerings provided will enable students to meet graduation requirements and, to select physical education electives. All physical education programs will be designed to benefit students' health and their athletic endeavors.

2. Physical education programs will align with Federal and State requirements.
3. Physical education will be included in appropriate curricular areas.
4. Elementary school will provide daily recess, preferably outdoors, during which moderate to vigorous physical activity will be encouraged. Exceptions may be made by the principal for circumstances such as shortened days, special events, and altered schedules.
5. Recess must be supervised. Appropriate equipment and space is to be made available so that students can be physically active and safe.
6. High school and junior high staff will provide an interscholastic athletic program in accordance with current District policy.
7. Students at all grade levels will have access to a physical education curriculum which contains opportunities to learn meaningful content and appropriate instruction that includes moderate to vigorous activity.
8. At the high school level, students will be able to select from a variety of physical education courses that are listed in the Student Handbook. High school students not in athletics will have a curriculum that fosters good health and includes moderate to vigorous activity.
9. To promote learning, staff is encouraged to seek guidance and professional development on ways to incorporate physical activity within the school day, with the goal of limiting extended periods of inactivity for the student.
10. Staff will be encouraged to limit using recess as a time for students to make up work or as a time to administer discipline.
11. Time permitting, junior high and high school staff should provide students with an opportunity for supervised physical activity during their lunch period. Those students with discipline issues will attend detention during this time.

## **D. WELLNESS GOALS: SCHOOL BASED ACTIVITIES**

1. The District will provide nutritional information to encourage parents to provide safe and nutritious foods for their children. This information will be placed on the District web site and on other school related materials.
2. The sale of individually wrapped candy (i.e. candy bars) as a fund-raiser shall be prohibited; however, packaged candy gift items are allowed provided they are only part of a fund-raising project that includes other gift items (i.e. nuts, candles, jewelry) as well.
3. Each campus will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students

by demonstrating proper conduct and voice level. Parents are highly encouraged to dine with students in the cafeteria.

4. Nutrition education will be offered in coordination between school food service staff and teachers. Teachers can display posters on nutrition topics in the cafeteria.

5. Employees and the community will be encouraged to use District facilities to improve their physical well-being.

6. Wellness information for the staff will be dispersed through e-conference and other appropriate activities.

7. Information about the School Health Advisory Council will be posted on the District web site and in the student handbook.

8. Student access to vending machines will be published in the student handbook and posted on the District web site.

9. Policies and procedures regarding the use of tobacco products on campus will be published in the Student/Staff Handbook and posted on the District web site.

10. Teachers, Coaches, Nutrition Staff, and Health Services must participate in training for the implementation of the Coordinated School Health Program.

## **E. COMPLIANCE**

1. The Superintendent/designee shall develop, implement and monitor a process for the development and review of the school system's curriculum and assessment programs that complies with state and local requirements and provides sufficient academic rigor for students.

2. The Superintendent/designee is responsible for providing annual notification of this policy and procedures to staff, and the School Health Advisory Council.

3. The instructional staff and administrators are responsible for the delivery of the written curriculum in the classroom.

4. The Superintendent/designee will ensure that opportunities for physical activity are provided during the school day in accordance with this policy and implementation procedures.

5. The Superintendent/designee, Food and Nutrition Service Department and the principals, will ensure that all foods and beverages made available to students in schools or through school-sponsored events comply with this policy and implementation procedures.

6. The Superintendent/designee will ensure that any subsequent changes to this policy are reported to the Texas Education Association, and Region 13.



7. A plan for measuring implementation of the school's Wellness Policy at both the campus and district levels, which, at a minimum, shall include:

- The number of students in each school;
- The average daily participation in the National School Lunch Program;
- The average daily participation in the School Breakfast Program;
- The level of the wellness policy implementation;
- The time of the lunch recess at the elementary school level;
- The length of the breakfast service;
- The length of the lunch service;
- The number of children with access to physical activity;
- The average number of physical activity minutes available to each student;
- The number of children with access to physical education;
- The number of children receiving physical education;
- The number of minutes of physical education provided;
- The total number of school days a student is required to attend physical education during the current school year;
- The name, business phone number, and e-mail address of the designated administrator.

8. The Superintendent will collaborate with the School Health Advisory Council (SHAC) to support the practice of healthy eating, nutrition education, and physical activity in the school environment.

## **F. REFERENCE**

### **1. Board Policies**

Foods of Nutritional Value 7CFR 210-211

Requirements for Physical Education Programs for Grades K- 12 Education Code 38.013-38.014, 19TAC 74.1

School Health Advisory Council Education Code 28.004

Interscholastic Athletic Competition Education Code 33.081

Curriculum Education Code 28.003

### **2. Other Information**

National School Lunch Act, as established by President Truman in 1948

USDA Health Department Hazard Analysis Critical Control Points (HACCP) Principles.

Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265 Section 204.

Parent and Student involvement USDA 210.12

Competitive Food Services USDA 210.11

Action for Healthy Kids a public-private partnership of more than 50 national and government agencies.

National Alliance for Nutrition and Activity (NANA) March 2005

TASB - 2006

Healthy and Wise Coordinated School Health - <http://www.caprockpress.com>

Adopted 04/11/2006

Official Board Signatures: