

## **San Saba Independent School District Student Nutrition/Wellness Plan**

### **Purpose and Goal:**

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating is linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have the responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff are encouraged to model healthy eating and physical activity as a valuable part of daily life. The San Saba Independent School District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

### **Component 1: A Commitment to Nutrition and Physical Activity**

- A. The San Saba Independent School District Board of Trustees shall appoint a School Health Advisory Committee (SHAC). One of its missions shall be to address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually or more often if necessary.
- B. Principals will address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education, and physical activity.
- C. Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
- D. The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.

### **Component 2: Quality School Meals**

- A. The SSISD will offer breakfast and lunch.
- B. School foodservice staff that is properly qualified according to current professional standards and regularly participates in professional development activities will administer the Child Nutrition Programs.
- C. Food safety will be a key part of the school foodservice operation.
- D. Menus will meet the nutrition standards established by the U. S. Department of Agriculture and the Texas Department of Agriculture, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- E. Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
- F. School personnel, along with parents, will encourage students to choose and consume full meals. Positive nutrition statements will be provided to students on a daily basis.

### **Component 3: Other Healthy Food Options**

- A. 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 (including concession stands at sporting and academic events).
- B. No foods or beverages other than those provided through the food service department or campus office may be made available to elementary school students at anytime. 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. Foods and beverages other than those provided through the school food service department or campus office may not be available to junior high students until the end of the regular school day, and may not be available to high school students until the end of the last lunch period.
- C. School staff shall not use food as a reward for student accomplishment. The withholding of food as a punishment for students is prohibited.
- D. The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.

### **Component 4: Pleasant Eating Experiences**

- A. Facility design will be given priority in renovations and new construction.
- B. Drinking fountains will be available for student to get water at meals and throughout the day.
- C. A short snack-free recess for elementary campus is encouraged to be scheduled sometime before lunch so that children will come to lunch less distracted and ready to eat.
- D. School personnel will assist all students in development the healthy practice of washing hands before eating.
- E. School personnel will schedule enough time so students do not have to spend too much time waiting in line.
- F. Schools should not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during meal times.
- G. Adequate time to eat in a pleasant dining environment should be provided. The minimum eating time for each child after being service will be 10 minutes for breakfast and 20 minutes for lunch.
- H. School 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, and by eating with the students. Parents are highly encouraged to dine with students in the cafeteria.
- I. Creative, innovative methods will be used to keep noise levels appropriate.

### **Component 5: Nutrition Education**

- A. SSISD will follow health education curriculum standards and guidelines as stated by the Texas Education Agency. Schools will link nutrition education activities with the coordinated school health program.
- B. Students in pre-kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to copy healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.
- C. Nutrition education will be offered in the school dining room and in the classroom, with coordination between school foodservice staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.

- D. SSISD campuses will participate in the USDA nutrition programs and conduct nutrition education activities and promotions that involve students, parents and the community. The school nutrition team responsible for these activities will be composed of Child Nutrition Services staff, Campus staff, school nurse, health teacher, and physical education teachers and coaches.

**Component 6: Marketing**

- A. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
- B. Schools will consider student need in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
- C. Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.
- D. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, PTO meetings, Open Houses, Healthy Fairs, and teacher in-services, etc.
- E. Schools will work with a variety of media to spread the word to the community about a healthy school nutrition environment such as local newspaper and television stations.

**Component 7: Implementation**

- A. The SHAC shall be composed of the District Level Site-Based Decision Making team.
- B. The SHAC members from each campus will conduct a review of their respective campuses in the Fall semester of each year to identify areas for improvement. These groups will report their findings to the campus principal and develop for him/her a plan of action for improvement.
- C. The SHAC will present to the SSISD Board of Trustees an annual report by June 30.

**San Saba ISD Student Handbook information published annually and provided to every student and parent upon registration.**

**Cafeteria Services**

The District participates in the National School Lunch Program and offers students nutritionally balanced lunches daily. Free and reduced-price lunches are available based on financial need. Information about a student's participation is confidential. See Dianne Wood at 325/372-5083 or 325/372-6037 to apply. The District follows the federal and state guidelines regarding foods of minimal nutritional value being served or sold on school premises during the school day. [for more information, see policy CO.]

***OVERVIEW OF THE NEW TEXAS NUTRITION POLICY***

**Competitive Foods:** Foods and beverages sold or made available to students that compete with the school's operation of the National School Lunch Program and School Breakfast Program. This definition includes, but is not limited to, food and beverages sold or provided in vending machines, in school stores or as part of school fundraisers. School fundraisers include food sold by school administrators or staff, students or student groups, parent or parent groups, or any other person, company or organization.

**FMNV - Foods of Minimal Nutritional Value** Refers to the four categories of foods and beverages (soda water, water ices, chewing gum, and certain candies) that are restricted by the U. S. Department of Agriculture under the child nutrition programs. This policy does not restrict what parents may provide for their own child's

lunch. 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. A school may adopt a more restrictive rule, however, as local policy.

**ELEMENTARY SCHOOLS:**

**FMNV Policy:** Elementary school campuses may not serve or provide access for students to FMNV and all other forms of candy at any time anywhere on school premises until the end of the last scheduled class.

**Competitive Foods:** An elementary school campus may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises throughout the school day until the end of the last scheduled class. This does not pertain to food items made available by the school food service department. It does include pizza and other parties in the classroom where food is not provided by the school food service department.

**MIDDLE SCHOOLS:**

**Foods of Minimal Nutrition al Value (FMNV) Policy:** Middle school campuses may not serve or provide access for students to FMNV and all other forms of candy at any time anywhere on school premises until after the end of the last lunch period.

**Competitive Foods:** A middle school campus may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises during meal periods. This does not pertain to food items made available by the school food service department. The competitive foods included in this policy do not include FMNVs, which are not allowed until after the last lunch period. It does include pizza and other parties in the classroom where food is not provided by the school food service department.

**HIGH SCHOOLS:**

**FMNV:** High schools may not serve or provide access to FMNV during meal periods in areas where reimbursable meals are served and/or consumed.

**Competitive Foods:** High schools may not serve or provide access to competitive foods during meal periods in areas where reimbursable meals are served and/or consumed. This does not pertain to food items made available by the school food service departments.

**FMNV and Candy Exemptions**

1. **School Nurses:** This policy does not apply to school nurses using FMNVs or candy during the course of providing health care to individual students.
2. **Accommodating Student with Special Needs:** Special Needs Students who have Individualized Education Program (IEP) plans that indicate the use of FMNV or candy for behavior modification (or other suitable need) may be given FMNV or candy items.
3. **School Events:** Students may be given FMNV or candy items during the school day for up to three different events each school year to be determined by school officials as part of school policy. However, these items may not be given during meal times in the areas where school meals are being served or consumed. Additionally, individually student birthday celebrations may not be celebrated as a group at school and FMNVs and candy can not be provided to students. Three days will be exempt from the inaccessibility of the Foods of Minimal Nutritional Value detailed above. These items may not be made available during meal time in the areas where school meals are being served and/or consumed. The designated days will be: Christmas, Valentines Day and Easter.