

PETTUS INDEPENDENT SCHOOL DISTRICT

WELLNESS AND SCHOOL HEALTH POLICY

Administration approval: March 30, 2009
Approved: June 7, 2016

PETTUS INDEPENDENT SCHOOL DISTRICT WELLNESS AND SCHOOL HEALTH POLICY

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last several decades, and physical inactivity and excessive calorie intake being the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72 % of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, Pettus ISD is committed to provide a school environment 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 Pettus ISD that:

- The school 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 PreK-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 U. S. Dietary Guidelines for Americans and the Healthy Hunger-Free Kids Act 2010.
- 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.
- The school 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

School will create, strengthen, or work with the school health advisory council to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The council also will serve as a resource to the school for implementing those policies.

The School Health Advisory Council will be established by Pettus ISD School Board. There shall be at least five members to the SHAC. A majority of the members must be parents of students enrolled in the District and must not be employed by the District. One of those members shall serve as chair or co-chair of the SHAC.

The School Board may appoint one or more public school teachers, school administrators, district students, health-care professionals, members of the business community, law enforcement representatives, senior citizens, clergy, representatives of nonprofit health organizations, representatives of local domestic violence programs, or representatives of another groups or organizations as members of the SHAC.

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 clean and pleasant settings;
- Meet nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only unflavored low fat milk; flavored or unflavored fat-free milk and soy alternatives and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and ensure grains served are whole grains.

The school should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition the school should share information about the nutritional content of meals with parents and students.

Free and Reduced-priced Meals. The school 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. Toward this end, the school may utilize electronic identification and payment systems; provide meals at no charge to all children who qualify under Provision II; promote the availability of school meals to all students; and /or use nontraditional methods for serving school meals.

Meal Times and Scheduling. The school:

- Will provide students with at least 15 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Will schedule meal periods at appropriate times taking into consideration EOC, STAAR testing as well as students with special needs and diets and students caloric and carbohydrate intake.
- Will not schedule tutoring, club, organizational meetings, activities, or reward parties during mealtimes, unless students may eat during such activities;
- Will schedule lunch periods to follow recess periods (in elementary schools);
- Will provide students access to hand washing and/or hand sanitizing before they eat meals or snacks;
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health.

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the school's responsibility to operate a food service program, we will provide continuing professional development for continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for the child nutrition director, school nutrition manager, and cafeteria workers, according to their levels of responsibility.

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

Allergies: Peanuts and food containing peanut products will not be served in the Pettus ISD cafeteria to elementary students.

Warning signs will be posted in concession stands and/or areas where food served that may contain products with allergens.

All students with food or dairy or other allergens must have a written doctor's prescription stating student's known allergies given to the school nurse and the food service director at the beginning of each school year and if there are health changes during the school year. Students with food allergens will be served alternate meals in the cafeteria once the doctor's prescription has been received.

Pettus ISD will be a LATEX free school due to several staff and students with LATEX allergies.

All staff including maintenance, bus drivers, and custodians must complete food allergy training and online training at AllergyReady.com yearly.

Diabetes Training: The school will maintain yearly training in Unlicensed Diabetes Training, with three persons trained on each campus, plus the school nurse. The school nutritionist will provide diabetic students with menus in advance of the daily carbohydrates count.

Beverages and Food Sold Individually

Elementary School. The school food service program will approve and provide all food and beverage sales to students in the elementary school. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals.

Secondary School. In the Secondary school, all foods and beverages sold individually outside reimbursable school meal programs (including those sold through vending machines and fund raising activities) during the school day, or through programs for students after the school day, will meet the smart snacks nutritional and portion size standards:

Beverages:

All grade levels may sell:

- a. Water or carbonated water; unflavored low-fat milk; flavored or unflavored fat-free milk and soy alternatives; and 100% fruit or vegetable juice. **Size limits:** 8 oz for elementary schools and 12 oz for middle and high schools.
- b. High schools may also sell lower calorie flavored and/or carbonated beverages that meet the following rules:
- c. 5 calories per 8 fl oz, or 10 calories per 20 fl oz; and
- d. 40 calories per 8 fl oz, or 60 calories per 12 fl oz.

Not Allowed: Soft drinks containing caloric sweeteners; Electrolyte replacement beverages (sports drinks: Gatorade); Sweetened iced teas; or other drinks that contain additional caloric sweeteners; and beverages containing caffeine. High School students may have coffee only. All staff are excluded.

Foods

All competitive foods must meet:

Ingredient Rules:

Any competitive food sold must be a:

- a. Fruit
- b. Vegetable
- c. Dairy Products
- d. Protein-rich food (meat, beans, poultry, seafood, eggs, nuts, seeds)
- e. Whole-grain rich food (first ingredient is a whole grain or product is 50% whole grains by weight)
- f. Combo food that has at least $\frac{1}{4}$ cup fruit and/or vegetables

Nutrient Standards

All competitive foods must meet each of the following nutrient limits:

a. Calories

Max 200 calories for snacks and sides

Max 350 calories for entrees (outside the school lunch program)

b. Sugar

Max 35% sugar by weight (some fruit exceptions)

c. Sodium

Max 200 mg sodium for snacks

d. Fat

Fat: Max 35% calories from fat (as packaged or served; some exceptions for reduced fat cheese and nuts apply)

Sat. Fat: Max 10% calories from fat (as packaged or served; some exceptions for reduced fat cheese and nuts apply)

Trans fat: 0% as served

Portion Sizes:

Will be served according to the policies set by the Texas Department of Agriculture and Smart Snacks in School and National School Lunch Program

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:

- The school will, to the extent possible, operate the School Breakfast Programs
- The school will, to the extent possible, use methods to serve school breakfasts that encourage participation.
- The school will notify parents and students of the availability of the School Breakfast Programs.
- The school will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Fund-raising Activities

To support children's health and school nutrition-education efforts, school fund-raising activities will not involve food or will use only foods that meet the above nutrition and portions size standards for foods and beverages sold individually. The school will encourage fund-raising activities that promote physical activity.

There may be up to 6 fundraisers per school campus during each school calendar year. A club or organization must submit fundraising dates to the campus principals at the beginning of each school year, so the dates can be determined and voted on by the SHAC committee and principals. Clubs and/or organizations may combine fundraising dates.

The school will make available if requested a list of ideas for acceptable fund-raising activities. The following website will help with the calculation food: rdp.healthiergeneration.org/calc/calculator

Club sponsored events:

Food cannot be sold on school campuses from 12 midnight until 30 minutes after the last bell rings at the end of the day that do not meet smart snacks nutritional value and does not interfere with breakfast and lunch programs.

The following website will help with the calculation food: rdp.healthiergeneration.org/calc/calculator

Snacks

Snacks served during the school day or during after school tutorials and other co-curricular before/after school programs will make a positive contribution to children's diet and health, with an emphasis on serving fruits and vegetables as the primary snacks and water or 100% fruit juice as the primary beverage. The school will assess if and when to offer snacks based on timing of school meals, children's nutritional needs children's ages, and other considerations. The school will disseminate a list of healthful snack items to teachers and parents.

- If eligible, the school that provides snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Rewards

The school will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior (unless allowed by a student's individual education plan [IEP] and will not withhold food or beverages) [including food served through school meals] as a punishment.

Celebrations/Parties

The school should limit celebrations that involve food during the school day to no more than **two school wide parties per year except for Pre-K and Kindergarten which may have three**. The school will assist in healthy party ideas to parents and teachers. The following website will help with the calculation food: rdp.healthiergeneration.org/calc/calculator

Christmas—December , 2016
Valentine's—February , 2017

Birthday Parties:

Elementary: Birthday parties cannot be held until after the cafeteria closes at 2:30pm.

Secondary: Food and/or cupcakes **cannot** be brought into the cafeteria during lunch for other students. Parents may bring food and/or a cupcakes for **their child/ren only**.

School-sponsored Events

Field Day—May, 2017 is an annual school sponsored event for all elementary students.

Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutritional standards for meals or for foods and beverages sold individually. The following website will help with the calculation food: rdp.healthiergeneration.org/calc/calculator

Food cannot be sold on school campuses from 12 midnight until 30 minutes after the last bell rings at the end of the day that do not meet smart snacks nutrition value and does not interfere with breakfast and lunch programs.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Pettus ISD aims to teach, encourage, and support healthy eating by students. The school provides nutrition education and engages in nutrition promotion that:

- 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 instruction in subjects such as math science, language arts, social sciences, and elective subjects
- Includes enjoyable, developmentally appropriate, culturally-relevant, participatory activities, such as contests, promotions taste testing, farm visits, and school gardens.

- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutritional-related community services;
- Teaches media literacy with an emphasis on food marketing, and
- Includes training for teachers and other staff.

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.

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to reduce time spent on sedentary activities such as watching television, and playing video games;
- 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 school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will offer healthy nutrition information, and provide nutrient analysis of school menus. The school should encourage parents to pack healthy lunches and snacks. In addition, the school will provide opportunities for parents to share their healthy food practices with others in the school community. The 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 take-home materials, special events or physical education homework. The following website will help with the calculation food: rdp.healthiergeneration.org/calc/calculator

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

Staff Wellness. Pettus ISD highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The School Health Council should encourage and support a plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of healthy lifestyle among school staff. The School Health Council should review the Staff Wellness Plan annually.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) Pre-K-8. All students in grades PreK-8, including students with disabilities, and special health-care needs will receive daily physical education for the entire school year. High School students must receive a year and half of athletics or P.E.; the school will encourage students to participate in sports throughout their school years. Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity according to TEKS. Health will be taught at least 30 minutes weekly in Elementary and Secondary PE and Athletic classes unless a Health class is offered as an elective on Secondary Campus.

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

Recess should not be withheld as a punishment.

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

Physical Activity Opportunities During Summer. The school will offer extracurricular physical activity programs through the athletic department. The school holds summer athletic camps in all sports grades 3-12, weight room is available for age appropriate students and the track is available daily. Activities offered will meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Use of School Facilities Outside of School Hours. School spaces and facilities should be available to students, staff and community members before, during, and after the school day, or 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. Integrated Educational Training and Resources.

Mental Health Resources for Educators and Schools

Health and Safety code states that the Department of State Health Services, in coordination with the Texas Education Agency and regional education service centers, shall provide and annually update a list of recommended best practice-based programs for implementation in public elementary, junior high, middle, and high schools within the general education setting. DSHS, TEA, and ESC are required to make the list easily accessible on their websites.

Provide parents with Mental Health Recourses and/or Counseling Resources whenever necessary.

Recommended Staff development training

Early mental health intervention

Mental health promotion and positive youth development

Suicide prevention

Substance Abuse intervention and prevention

Preventing, identifying, responding to, and reporting incidents of bullying

Conflict resolution

Discipline strategies: including classroom managements, district discipline policies, and student code of conduct adopted under Section 37.001 and Chapter 37

Yearly trainings

Bloodborne Pathogens

At Risk Food Allergy and Allergy Ready (www.allergyready.com)

Unlicensed Diabetic Training by 3 staff members per campus

CPR training

Students in 7th -12th grade will receive at CPR training at least one (1) time before graduation from High School as required by the state of Texas.

VI. Monitoring and Policy Review.

Monitoring. The principal or his/her designee will ensure compliance with established district-wide nutrition, physical activity, and other policies set forth by the wellness policies.

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

The principal will develop a summary report every year on compliance with the district's established nutrition and physical activity wellness policies. This report from the principals will be provided to the School Health Advisory Council (SHAC) and Wellness Committee. The SHAC will present an annual

report to the School Board at the end of each school year. This report will be distributed to the school health council, parent/teacher organization and school health wellness coordinator in the district.

Policy Review. The school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results will be compiled to identify and prioritize needs.

Assessments and/or meetings will be four times a year to review policy compliance, assess progress, and determine areas in need of improvement. The school will review the nutrition and physical activity policies; provision of an environment that supports health eating and physical activity, and nutrition and physical education policies and program elements. The school will, as necessary, revise the wellness policies and develop a working plan to facilitate their implementation.

Any changes to this policy must be brought before the SHAC committee for review. If changes are approved by the SHAC committee, these changes will then be submitted to the Pettus ISD School Board for approval.

President, Greg Huskey

Date

Members approving Wellness Policy

Superintendent

Date

School Board President

Date