

# Dew ISD

## Wellness Policy

September 15, 2016

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### **Mission Statement**

The mission of the DISD Wellness Policy is to provide opportunities for students to become lifelong benefactors of good habits in personal health and wellness by creating an awareness of healthy eating behaviors, providing appropriate physical activities and nutritious school meals and creating a school community which delivers a consistent message in support of healthy lifestyles. A school organized local wellness committee will be established comprised of parents, teachers, administrators, and students.

### **Goals and Guidelines**

#### **Nutrition Education**

**Goal:** Dew ISD will provide nutrition education for all students.

**Objective:** Nutrition education will be integrated across the curriculum.

**Objective:** The school cafeteria will display posters to promote healthy eating and display other nutrition education materials.

**Objective:** Teachers and other staff will be given strategies for integration of nutrition education into their curriculum.

**Objective:** School district will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

**Objective:** The school district encourages all students to participate in school meals programs and protect the identity of students who eat free and reduced price meals.

#### **Physical Activity**

**Goal:** Dew ISD will provide opportunities for students to regularly participate in physical activity.

**Objective:** The district will follow state minimum standards set for physical activities at the elementary level.

**Objective:** The district will follow the state requirements for opportunities for middle school students to be involved with physical activities and organized sports.

## **Nutrition Standards**

**Goal:** Dew ISD will comply with the guidelines set forth by the Texas Department of Agriculture's (TDA) Texas Public School Nutrition Policy.

**Objective:** Dew school will be informed of the TDA standards for Foods of Minimal Nutritional Value (FMNV) and to the guidelines concerning their limited use at the campus level.

**Objective:** The Dew ISD child nutrition staff will be informed and comply with the nutritional standards set forth by the Texas Public School Nutrition Policy that addresses guidelines concerning fats, fried foods, portion sizes and other food guidelines including, but not limited to the servings of fruits, vegetables, milk and chips.

**Objective:** Menus are made available to all families and school faculty in order to encourage proper food choices and meal consumption.

**Objective:** Food service personnel are adequately trained in food safety and will encourage nutritional food choices according to state and government recommendations.

**Objective:** Schools will provide sanitizers or hand washing time prior to meal service to help control illness and promote healthy habits.

## **Other School-Based Activities**

**Goal:** Dew ISD will provide a healthy learning environment for all students.

**Objective:** All school and community members will be encouraged to participate in all health related activities.

**Objective:** The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

**Goal:** Dew ISD will provide a healthy environment for its faculty and staff.

**Objective:** Links will be made available on the district web page that will provide avenues for information and assistance to faculty and staff.

**Objective:** DISD nutrition services will provide faculty and staff with healthy food choices.