

NECHES I.S.D.

**SCHOOL WELLNESS
POLICY ON PHYSICAL
ACTIVITY AND
NUTRITION**

2018 – 2019

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SCHOOL WELLNESS POLICY **ON PHYSICAL ACTIVITY AND NUTRITION** **2018 – 2019**

The Neches Independent School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

- ❖ 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 *U.S. Dietary Guidelines for Americans*.
- ❖ 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; and will provide clean, safe and pleasant settings and adequate time for students to eat.
- ❖ To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including 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:

1. School Health Councils

The school district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies and other programs important to student health such as decreasing high risk behavior, reducing exposure to violence or bullying, and injury prevention. The councils also will serve as resources for each campus for implementing those policies and programs. The school health council will consist of a group of individuals representing the school, community, and parents, students, and one or more representatives of the school food and nutrition department. A parent shall chair the committee.

2. 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, 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 half of the served grains are whole grain.

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:

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

NISD will follow the newly implemented *Dietary Guidelines for Americans* established in 2010 and mandated for the 2018-2019 school year. Adjustments will be made in menu development and product offerings based on the new guidelines. The SHAC will work in partnership with the NISD Nutrition Department to educate parents and students of the new “MyPlate” illustration of healthy food choice recently published as a replacement for the “food pyramid.” Nutritional content information regarding meals will be available upon request.

To the extent possible, the school will offer at least 1 non-fried vegetable and 1 fruit option each day and will offer five different fruits and five different vegetables over the course of a week.

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, Neches ISD will:

- ❖ To the extent possible, operate the School Breakfast Program.
- ❖ Serve breakfast to students and notify parents and students of the availability of the School Breakfast Program.

- ❖ Will encourage parents to provide a healthy breakfast for their children through take-home materials and newsletter articles.

Free and Reduced-price Meals

Neches I.S.D. 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 meals. Schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students.

Meal Time and Scheduling:

Neches I.S.D.

- ❖ Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- ❖ Should schedule meal periods at appropriate times, *e.g.*, lunch will be scheduled between 10:30 a.m. and 1 p. m.;
- ❖ Should not schedule tutoring, club or organizational meetings or activities during meal times, unless students may eat during such activities;
- ❖ Will schedule lunch periods to follow recess periods (in elementary);
- ❖ Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- ❖ Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

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.

Sharing of Foods and Beverages

Neches I.S.D. will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Neches Elementary School

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

Middle/Junior High and High Schools

All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte (snack) lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards.

Beverages

- Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not obtain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- Not allowed: soft drinks containing caloric sweeteners; sports drinks; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat free chocolate milk..

Foods

- A food item sold individually:
 - will have no more than 10% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
 - will have reduced sugars as defined by the Texas Department of Agriculture standards for school nutrition, which is no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats and soups, and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at

least 50% fruit juice and that do not contain additional caloric sweeteners, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

Portion Sizes

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Fundraising Activities:

To support children's health and school nutrition-education efforts, school fundraising activities will encourage foods that meet the above nutrition and portion size standards for foods and beverages sold individually. The district in partnership with the SHAC and Food & Nutrition Department will make available a list of ideas for suggested fundraising activities.

Fundraising activities will take place no more than 30 weeks and be limited to Wednesday and Fridays.

The funding will provide the resources needed for the Student Activity Fund. The funds generated help offset the money that would come "Out of Pocket" from the parents of the student body. Example: library supplies, field trips, student incentives, guest speakers, etc.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools 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 district will make

available a list of healthful snack items to teachers, after-school program personnel and parents.

Rewards:

Neches I.S.D. will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations:

Neches I.S.D. should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers.

School-sponsored Events:

Food and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually.

Classroom Birthday Parties: Foods otherwise restricted by the policy are permitted in classroom student birthday parties. It is recommended such parties be scheduled after the end of the lunch period for the class so that these celebrations will not replace a nutritious lunch. Federal regulations do not permit foods of minimal nutritional value to be served in the food service area during meal periods.

Competitive Foods for Elementary Schools: The competitive foods policy section for elementary schools states that it does “not pertain to food items made available by the school food service department.” This does not mean, however, that dessert-type items (cupcakes, cookies, ice cream, etc.) are allowable outside meal hours simply if provided by the food service department. The intent of the policy is to encourage the consumption of nutritious food by students and to limit access to high-fat, high-sugar items during the school day. Therefore, the only food that may be made available to elementary school students on campus during the school day, at times other than meal periods, is a nutritious classroom snack allowed by the policy. This does not apply to student birthday parties or any other exemption as established by the policy.

Pizza Parties, etc.: The intent of the policy is to encourage the consumption of nutritious, well-balanced meals and to limit the availability of high-fat items during the school day. There has been confusion about pizza or other foods being served at school parties. With the exception of school birthday parties, schools may not allow alternative meals (pizza, BBQ, sandwiches, etc.) to be provided to students in competition with meals made available by the school food service department under the *National School Lunch and*

School Breakfast Programs. Administrators should work in conjunction with their school food service department when planning special events or meals.

Exemptions as per Texas Administrative Code, Title 4, Part 1, Chapter 26, Subchapter A as presented on the Texas Department of Agriculture’s “Square Meals” website; <http://www.squaremeals.org>.

(a) The following are exemptions to this subchapter:

- (1) School Nurses. This policy does not apply to school nurses in providing health care to individual students.*
- (2) Accommodating Students with Special Needs. Special Needs Students whose Individualized Education Program (IEP) plan indicates the use of candy or other non-nutritional products for behavior modification (or other suitable need) may be given.*
- (3) School Events. Students may be given candy items or other restricted foods during the school day for up to three different events each school year to be determined by each campus. The exempted events must be approved by school officials. During these events, candy or non-nutritional food may not be given during meal times in the areas where school meals are being served or consumed and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with federal regulations.*
- (4) STAAR Test Days. Each campus and parents may provide one additional nutritious snack per day for students taking the STARR tests. The snack must comply with fat and sugar limits of this subchapter and may not contain any minimum nutritional value or consist of candy, chips or dessert type items (cookies, cakes, cupcakes, pudding, ice-cream or frozen desserts, etc.). Packaged snacks must be in single size servings. These snacks should be a nutritious snack served by the school or parents.*
- (5) Instructional Use of Food in Classroom. For instructional purposes, teachers may use foods as long as the food items are not considered of minimum nutritional value or candy. Students may consume food prepared in class for instructional purposes. However, this should be on an occasional basis, and food may not be provided or sold to other students or classes. Food provided for students as part of a class or school cultural heritage event for instructional or enrichment purposes would be exempt from the policy. However minimum nutritional value food may not be served during meal periods in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students.*

- (6) *Field Trips.* School-approved field trips are exempt from this subchapter.
- (7) *Athletic, UIL, and Other Competitions.* This subchapter does not apply to students who leave campus to travel to athletic, UIL, or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by this subchapter.
- (8) *In-classroom birthday parties:*
- (A) *Parents or grandparents of a student may bring food items that may be otherwise restricted by this subchapter for an in-classroom birthday party on the occasion of the child's birthday. However, the birthday party must be held after the class' lunch period so as to not spoil the children's appetite for a nutritious meal.*
- (B) *Parents or grandparents may bring restricted food items for children at a school designated function. However, the function must be one of the school's allotted three event days per year. Schools will not be reimbursed for meals served for any days in excess of the three event days per year permitted.*
- (C) *This subchapter does not restrict what parents may provide for their own child's lunch or snacks. But they may not provide restricted items to other children at school.*

Neches ISD recognizes the exemptions presented above and encourages each campus to exercise professional judgment and diligence in adhering to the specifications identified in the exemptions.

3. Nutrition and Physical Activity Promotion and Food Marketing:

Nutrition Education and Promotion:

Neches School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage 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;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day between home and school) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Neches ISD goals include, but are not limited to:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- 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

Neches School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will send home nutrition information, post nutrition tips on school websites and provide nutrient analyses of school menus. The school will 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. The school district will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities, usually in information sent home with report cards. 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 a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Staff Wellness

Neches I.S.D. 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. Encourage healthy eating, physical activity, and other elements of a healthy life style among school staff.

4. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) PK-12

All students PK-12, including students with disabilities, special health-care needs, and in alternative education setting, will receive daily physical education as indicated below:

PK-5th – Students below sixth grade are required to participate in moderate or vigorous **daily** physical activity for at least 30 minutes throughout the school year as part of the district’s physical education curriculum and/or through structured activity during recess. If a school district determines, for any particular grade level below sixth grade, that this requirement is impractical due to scheduling concerns or other factors, students in that grade level may participate in moderate or vigorous physical activity for at least 135 minutes during each school week.

6th – 8th – During the 2018-2019 school year, students in grades six through eight will be required to participate in daily physical activity for at least 30 minutes for at least four to six semesters during those grade levels.

9th – 12th – TEA states the PE requirement for graduation for those students entering high school, 9th – 12th grade, have a requirement of 1 credit or 2 semesters of PE.

- All physical education will be taught by a certified physical education teacher.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- Students shall be able to demonstrate physical education competency through application of knowledge, skill development, and practice.
- The physical education program shall meet the needs of all students, including those who are not athletically gifted, and teach cooperation, fair play, and responsible participation.
- The physical education program shall be provided with adequate space and equipment and conform to all applicable safety standards.

Health Instruction:

Health instruction in grades PK -8th is integrated into core curriculum as appropriate and the PE class where conducive.

Daily Recess

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

Schools 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, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.* recess, physical education) as punishment.

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, on 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.

5. Monitoring and Policy Review

Monitoring:

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee 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.

Policy Review

To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Student and Adult wellness activities

Elementary, Junior High and High School students have their daily physical exercise during Physical Education classes and athletic programs.

The students have their breakfast and lunch during the school day that is within the set standards of the *Dietary Guidelines for Americans* that are mentioned earlier in this policy.

Neches ISD also implements the National Fitness Gram in the Physical Education classes at the Elementary and High Schools. Each child has to pass several physical requirements to be recorded. This is overseen by some of the coaches at the school.

To help implement their continuing health, Neches ISD belongs to the Texas Vaccine for Children program. This program provides vaccines, paid for by the state, to keep eligible children up-to-date with their immunizations. The immunizations are free to those children who are eligible with no or limited insurance.

The faculty and staff can have their flu shots and adult immunizations in the fall of each school year. In the spring, they can have blood work done. All of this is prevention, so the school insurance will pay for it 100%. Aurora from Center comes down twice a school year to give the shots and draw blood.

In January, the ETMC's Mammogram Van comes to the school. Each staff member calls for their own appointment for that day. No one has to leave the school for this important appointment.

We also have a six-week walking program for any adult that wants to participate. This is usually done in the spring.

Community Events

With Neches ISD being an important part of the small town of Neches, Texas, it is important we include the community in some of our activities.

Every November, the elementary school invites the veteran's of the community to attend a special Veteran's Day program put on by their children, grandchildren, and students they know. We always have a wonderful turn out.