

# MEADOW INDEPENDENT SCHOOL DISTRICT

## Wellness Policy

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

### **Mission Statement:**

Meadow Independent School District is committed to providing a school environment where all students feel safe and are healthy, promoting successful student achievement.

### **Nutritional Education**

#### Goal #1

Meadow ISD will provide and promote nutritional education to students, staff, and community.

- Meadow ISD will provide nutritional education and engage in nutrition promotion
- The coordinated school health team (may include school administrator, nurse, cafeteria manager, etc.) will monitor and promote campus wellness education and activities.
- All nutritional education will be acquired from creditable sources (American Heart Association [AHA], American Diabetes Association [ADA], Academy of Nutrition and Dietetics [AND], United States Department of Agriculture [USDA], School Nutrition Association [SNA], and the Child Nutrition department.
- Nutrition education will be increased by sharing information with families and the community via the Meadow ISD website, parent meetings, and by using the cafeteria as a "learning laboratory"[example: nutrition education displays; taste testing; etc.].

### **Physical Activity**

#### Goal #1

Meadow ISD will provide opportunities for every student to participate in regular physical activity to promote lifelong behavior and maintain physical well being.

- Provide opportunities for physical activity outside the classroom and/or school day.

## Goal #2

Meadow ISD will provide opportunities for every student to develop the knowledge and skills for specific physical activities in accordance with district, state, and national guidelines.

- State-certified physical education instructors teaching all physical education classes.
- Strive toward physical education classes to have a student/adult ratio not to exceed 45:1. If ration is greater than 45:1, district must identify manner in which safety will be maintained.
- K – 6<sup>th</sup> grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity (MVPA) daily, or 135 minutes weekly.
- 7<sup>th</sup> – 8<sup>th</sup> grade students shall have a minimum of 30 of moderate to vigorous physical activity (MVPA) daily, or 135 minutes weekly, or 22 minutes over a two-week period.
- Time allotted for physical activity will be consistent with national and state standards.
- All physical education instructors and their paraprofessional assistants must be trained to CPR/AED.

## **Nutrition Standards**

### Goal #1

USDA Nutrition Standards and The Texas Public School Nutrition Policy will be used as the standard for guidelines pertaining to foods and beverages made available on school campuses.

- All foods made available on campus will comply with local, state and federal laws and regulations as well as the current USDA Dietary Guidelines for Americans.
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws, regulations and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for EC/PK, elementary schools, middle schools and high schools.

## **Healthy Eating Environment**

### Goal #1

The school environment is safe, comfortable, and promotes healthy eating practices.

- Dining areas are clean and attractive and provide enough seating for all students during all meal times.
- Drinking water is available for all students during meals.
- Food is not used as a reward or punishment for student behavior unless it is detailed in a student's Individualized Education Plan (IEP).
- If food or beverages are used in a learning activity, all laws, guidelines and regulations are met. (Refer to the Texas Public School Nutrition Policy.)

## Goal #2

Adequate time and space are allowed for eating meals.

- Adequate time is provided to eat breakfast and lunch from the time the student is seated. [Recommended times by the National Association of State Boards of Education is 10 minutes for breakfast for 20 minutes for lunch.]
- Lunch periods are scheduled as near the middle of the day as possible and are planned to assure that students do not spend too much time waiting in line.
- If meetings or activities are scheduled during meal times, students must be allowed to eat breakfast or lunch.

## **School Health and Safety**

### Goal #1

All foods made available on campus will adhere to food safety and security guidelines.

- All foods made available on campus comply with federal, state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food borne illness in schools.
- Every campus promotes/demonstrates appropriate hand washing practices.
- For the safety and security of food and facility, accesses to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the U.S. Department of Agriculture (USDA) food security guidelines.
- District administrators, by area of responsibility, are responsible for ensuring local, state and federal laws, regulations and guidelines are updated and in place.
- District safety, health and security policies and crisis plans are current. Training and communication are provided to staff, students and community.

## **Other School Based Activities**

### Goal #1

School based activities are consistent with local wellness policy goals.

- School-based marketing for food and beverage products are consistent with nutrition education and health goals and aligned with federal, state and local regulations, laws and guidelines.
- After-school activities may encourage and include physical activity and health and wellness information.
- Snacks served during the day or in after-school activities make a positive contribution to children's nutrition and health.

- Student Health is supported by the Health Care Staff on each campus coordinating and hosting health clinics, health screenings and helping enroll eligible children into Medicaid and Children's Health Insurance Program (CHIP).
- School Health Advisory Council (SHAC) comprised of parents, teachers, Child Nutrition Services, Nursing Services, PE/Wellness Services, administrators, students and members of the community work together to create strategies to integrate health curriculum into a coordinated school health program that reflects local values.
- School Health Advisory Committee (SHAC) shall report directly to the school board at least once annually, including written report with information regarding the council's recommendations, modifications and activities.
- District policies support personal efforts by staff to maintain a healthy lifestyle.

### **Monitoring and Evaluation**

#### Goal #1

Designate one or more school or district officials as appropriate to ensure that each school complies with the local wellness policy.

- The extent to which schools are in compliance with local wellness policy.
- The extent to which local wellness policy compares to model local school wellness policies.
- The progress made in obtaining goals of the local wellness policy.
- Makes available to the public an assessment of the local wellness policy.

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

DEVELOPMENT OF GUIDELINES AND GOALS                      The District shall develop nutrition 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 Board, parents, and the public. [See BDF and EHAA]

NUTRITION GUIDELINES                      The District shall ensure that nutrition guidelines for reimbursable school meals shall 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:

1. Establish guidelines for food and beverages at classroom parties or school celebrations [see CO];
2. Provide teachers with education and guidelines on the use of food as a reward in the classroom;
3. Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food; and
4. Establish guidelines for food and beverage vending machines [see CO].

WELLNESS GOALS                      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].

NUTRITION EDUCATION

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

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education will be a Districtwide priority and will be integrated into other areas of the curriculum, as appropriate.
3. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
4. 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.

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

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 BDF, EHAB, and EHAC].

In addition, the District establishes the following goals for physical activity:

1. 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.
2. Physical education classes will regularly emphasize moderate to vigorous activity.
3. The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
4. Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.
5. The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
6. The District will encourage students, parents, staff, and community members to use the District's recreational facilities that are available outside of the school day. [See GKD]

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:

1. Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
2. Wellness for students and their families will be promoted at suitable school activities.
3. 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.