



Tioga Independent School District Wellness Guidelines

2019-2020

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This document, referred to as the “wellness plan” (the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board, to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C 1758b}

Tioga ISD (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the District’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – through reimbursable school meals and/or other foods available throughout the school campus – in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education according to state standards, that helps them develop lifelong healthy eating behaviors;
- Students have daily opportunities to be physically active before, during, and/or after school;
- Schools engage in nutrition and physical activities and programs that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in the District.

I. School Health Advisory Council & School Wellness Subcommittee

Council Role and Membership

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) through a school wellness subcommittee as part of the Tioga ISD District of Innovation Plan to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law.

The District will convene a SHAC (subcommittee of District of Innovation) that meets at least four times per year to establish goals for and oversee school health, wellness and safety policies and programs. It will appoint a wellness subcommittee to oversee the development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred to as “wellness policy”).

The SHAC membership and wellness subcommittee will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (ex., school nutrition director); physical education teachers; health education teachers; school nurse, and mental health and social services staff (i.e., school counselors, LSSP); school administrators, school board members; business partners and the general public. To the extent possible, the SHAC/subcommittee will include

representatives from each school building and reflect the diversity of the community. The SHAC/subcommittee will solicit involvement and input of these other interested persons by:

1. Posting on the district website the date and times of SHAC & subcommittee meetings.
2. Listing in the student handbook the position of the person responsible for oversight of the District's wellness policy and plan along with an invitation to contact that person if the reader is interested in participating in the development, implementation and evaluation of the wellness policy and plan thru the wellness subcommittee.

Leadership

The chair of the SHAC will convene the wellness subcommittee and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

All members of the SHAC (subcommittee of District of Innovation) will be approved by the School Board.

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy.

Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the subcommittee for evaluation. The chair of the SHAC is the District official responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.

This wellness policy and plan can be found at: www.Tiogaisd.net

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy. Documentation maintained in the nurse's office and posted on the district wellness page will include but will not be limited to:

1. A copy of the wellness policy [FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. Documentation annually about the content and implementation of the wellness policy and plan and any updates to these materials.
6. A list of members of the SHAC committee and the wellness subcommittee
7. A copy of the SHAC's annual report to the board as part of the District of Innovation Plan
8. The name, position and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan
9. Documentation of the triennial assessment of the policy

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the District’s wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the chair of the SHAC.

The wellness subcommittee, in collaboration with individual schools, will monitor schools’ compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The wellness subcommittee will update or modify the wellness policy based on the results of the triennial assessments, and/or as District priorities change; community needs change; wellness goals are met, new health science, information, and technology emerges, and new Federal or state guidance or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach, and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of SHAC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for the District. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards. The district will use mechanisms such as email, web information, student handbooks and/or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the District and individual schools are communicating other important school information with parents.

The District will actively notify the public about the content of any updates to the wellness policy. The District will also use these mechanisms to inform the community about the availability of the triennial report.

III. Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving; and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All campuses participate in the USDA’s child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). The District is committed to offering school meals that are accessible to all students and are appealing and attractive to children, served in clean and pleasant settings and meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. The District offers reimbursable school meals that meet USDA nutrition standards and promote healthy food and beverage choices.

Staff Qualifications and Professional Development

All school nutrition program managers and staff will meet or exceed hiring and annual continuing education/professional learning requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The District will comply with Federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the Federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements. The following websites have information regarding meal and Smart Snacks requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>

Exceptions to the Smart Snacks Standards: Tioga ISD vending machines available to students will not include carbonated sodas. Sparkling waters and fruit juice, flavored and unflavored are allowed.

Fundraising

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. The District will allow exempted fundraisers for the 2017-2018 school year.

Middle School – Band, cheerleaders, NJHS, booster club-total of 6 days

High School – Foods of minimal nutritional value may be sold to students at the high school if the sale is approved in advance by the school and is made: 1-Outside of a school area designated for food service or food consumption or during a period other than a school meal service period; and 2-For the purpose of raising money for a student organization or activity sponsored or sanctioned by the school.

Celebrations

There are no federal or state restrictions for foods or beverages **provided**, but not sold, to students during the school day. The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function.

The District will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy food party ideas are available from the Alliance for a Healthier Generation and from the USDA.

Nutrition Promotion & Education

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District's nutrition promotion activities will encourage participation in the National School Lunch Program and the School Breakfast Program.

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students and the community.,

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs; and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at www.healthiergeneration.org/smartsnacks

In accordance with FFA(LOCAL), the District has established the following goals for nutrition promotion.

- 1.) Goal:** *The District's food service staff, teachers, and other District personnel shall consistently promote and share healthy nutrition messages in cafeterias, classrooms and other appropriate settings with students, staff, families and the general public.*

The District aims to teach, model, encourage and support healthy eating by students, staff, families and the general public. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health
- Is part of health education classes and integrated into other classroom instruction as appropriate
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, and farm visits;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure;
- Teach media literacy with an emphasis on food and beverage marketing; and
- Publish District breakfast and lunch menus on the District website.

- 2.) Goal:** *The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors and habits.*

The District will include in the health education curriculum the following essential topics on healthy eating behaviors and habits:

- The relationship between healthy eating and personal health and disease prevention
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat and cholesterol and do not contain trans-fat

- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size difference
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Reducing sodium intake
- Making healthy choices when eating at restaurants

USDA’s Team Nutrition provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics and more.

IV. Physical Activity

- 1.) Goal:** *The District shall provide an environment that fosters safe, enjoyable and developmentally appropriate fitness activities for all students, including those who are not participating in physical education or competitive sports.*

The District will provide students with physical education, using an age-appropriate, sequential physical curriculum – the CATCH school health curriculum in kindergarten through grade 8 - consistent with national and state standards for physical education. All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education instruction and equipment as necessary.

The District requires **elementary students** enrolled in full-day prekindergarten through grade five to participate in moderate or vigorous daily physical activity for at least 135 minutes per week throughout the school year.

All District **middle school students** are required to participate in moderate or vigorous daily physical activity for at least 30 minutes a day for at least four semesters during those grade levels as part of the district’s physical education curriculum.

All District **high school students** must earn 1.0 PE credit to satisfy graduation requirements. The District will follow state standards and guidelines set for high school PE.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the FitnessGram and will use criterion-based reporting for each student.)

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions
- All physical education classes in the District will be taught by licensed teachers who are certified or endorsed to teach physical education
- Waivers, exemptions, or substitutions for physical education classes **may** be granted on a case by case basis.

Essential Physical Activity Topics in Health Education

The District will include in the health education curriculum the following essential topics on physical activity when health education is taught.

- The physical, psychological, and/or social benefits of physical activity
- How physical activity can contribute to a healthy weight

- How an inactive lifestyle contributes to chronic disease
- Health-related fitness that includes cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Phases of an exercise session: warm up, workout and cool down
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- Developing an individualized physical activity and fitness plan
- Dangers of using performance-enhancing drugs, such as steroids

Recess (Elementary)

The District elementary school will offer at least **25 minutes of recess** on all or most days during the school year – weather permitting. This policy may be waived on early dismissal or late arrival days. If recess is offered before lunch, students will have access to appropriate hand washing facilities and/or hand-sanitizing mechanisms.

Outdoor recess will be offered when weather is feasible for outdoor play. Recess will complement, not substitute, physical education class. Recess monitors/teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

Community Use of District Facilities

The District welcomes community members to utilize the District’s unlocked, **non-irrigated** outdoor recreational facilities.

V. Other School-based Activities

- 1.) Goal:** *The District will create an environment conducive to healthful eating and physical activity by allowing sufficient time for students to eat meals in cafeteria facilities that are clean, safe and comfortable.*

The District will provide students with a 30 minute break for lunch on a daily basis – late start and early dismissal days included. The food service, custodial and maintenance staff will be responsible for maintaining the facilities in a clean, safe and comfortable manner. Students will be encouraged to select healthy options from the items offered on a daily basis.

Community Health Promotion and Engagement

The District will use electronic mechanism (such as email or displaying notices on the district’s website), as well as non-electronic mechanisms, (such as newsletters, presentations, or sending information home to parents) to ensure that families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.