

2018/19 Nursery ISD Wellness Policy

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Nursery Independent School District Local Wellness Policy Physical Activity and Nutrition

2018/19 School Year Goals and Objectives

Nutrition Promotion

Goal: During the 2018/19 school year, NISD will promote nutrition education to students, families, staff, and community members.

Objective 1: Throughout the 2018/19 school year, Nursery ISD's food service staff will promote healthy nutrition in the cafeteria and on the district website by posting healthy tips and/or messages to be seen by students, staff, and community members entering the cafeteria.

Objective 2: Each nine weeks of the 2018/19 school year, the school SHAC will post on the district website and send home with elementary students a newsletter containing topics of health concern and healthy tips to promote nutrition education at home and in the community.

Objective 3: On a daily basis, Nursery ISD's food service staff will ensure that food and beverage advertisements accessible to students during the school day contain only products that meet the federal guidelines for meals and competitive foods.

Objective 4: During the month of October of the 2018/19 school year, Nursery ISD will encourage each student and staff member to receive a flu shots. Flu shots will be made available to students on campus for an agreed upon price.

Nutrition Education

Goal: Nursery ISD will educate, encourage and support healthy eating to students, families, staff, and community members.

Objective 1: Quarterly throughout the 2018/19 school year, parents, staff, and community members will be encouraged to attend the SHAC and yearly wellness policy meetings to evaluate nutrition and education at Nursery ISD.

Objective 2: During the first semester of the 2018/19 school year, Nursery's elementary students will be encourage to participate in creating a healthy square meal poster or essay contest.

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Physical Activity

Goal: Nursery ISD will provide opportunities for students, staff, and community members to participate in regular physical activity to promote personal lifelong behavior and maintain physical well-being.

Objective 1: Throughout the 2018/19 school year, Nursery ISD will provide the students, staff, parents, and community with recreational facilities such as the track, and front playground outside of the school day.

Objective 2: In the Spring of the 2018/19 school year, 90% of all students participating in a physical education class will participate in the Fitness Gram.

Objective 3: Throughout the 2018/19 school year, Nursery ISD will provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes.

Objective 4: Throughout the 2018/19 school year, physical education classes will emphasize on a daily basis developmentally appropriate TEKS-based physical activity to all students.

Other School Related Activities

Goal: Nursery ISD will create an environment that is conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities.

Objective 1: On a daily basis, Nursery ISD will provide the students eating in the school cafeteria with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch in a cafeteria facility that is clean and safe.

Objective 2: In the 2018/19 school year, Nursery ISD will encourage students, staff, parents, and community members to participate in local sporting and fitness events to promote physical activity.

Objective 3: Throughout the 2018/19 school year, Nursery ISD will continue to participate in the available federal school meal programs including the School Breakfast Program, National School Lunch Program.

Nursery Independent School District Local Wellness Policy

I. School Health Advisory Council (SHAC)

The school district will create, strengthen, and work within the existing school health advisory council to develop, implement, monitor, review and as necessary, revise school nutrition and physical activity policies. The council will also serve as resources for school sites for implementing those policies. The SHAC may consist of a group of individuals representing the school and community and should

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include parents, and representatives of the district's food service provider, physical education teachers, school health professionals, members of the school board, school administrators, teachers, and members of the public.

II. Foods and Beverages Sold and Served on Campus

A. School Meals

Meals served through the Nursery ISD Food Service Department will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet nutrition requirements established by local, state and federal regulations;
- Offer a variety of fruits and vegetables;
- Serve low-fat (1%) and fat-free milk and nutritionally-equivalent nondairy alternatives (to be defined by USDA);
- Ensure that all of the served grains are whole grain; and
- Ensure that food is not deep fried

B. 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 district will:

- offer the School Breakfast Program to all students enrolled in NISD
- arrange bus schedules and utilize methods to ensure that all students have the opportunity to have breakfast
- notify parents/students at the beginning of each school year about the availability of the School Breakfast Program
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means

C. Free and Reduced Meals

Nursery Independent School District will maintain the confidentiality of those students who are eligible for free and reduced-price school meals. Nursery ISD will set charging policy for meals. **The Nursery ISD charge policy is a maximum of 5 meals charged before a cheese sandwich is offered to the student. The parents will be notified when the students funds are running low and after they have charged 2 meals as a reminder to send money for their student.**

D. Meal Times and Scheduling

- The district will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- The district will schedule meal periods at appropriate times;
- The district will not schedule tutoring, club or organizational meetings or activities during mealtimes unless students may eat during these activities;

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- The district will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- The district should take reasonable steps to accommodate the tooth-brushing regimes of students with special oral health needs (e.g., orthodontia or high tooth decay risk.)

E. 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 certifications and/or training programs for child nutrition directors, school nutrition managers, cafeteria workers, according to their level of responsibility.

F. Sharing of Foods and Beverages

Students are prohibited from sharing their food or beverages with one another during meal times or snack times due to the possibility of food allergies and dietary restrictions. Parent/guardian may bring outside food for their child ONLY.

G. Foods and Beverages Sold in Schools

The following guidelines apply to food and beverages *sold outside of reimbursable school meals*, during the school day, such as through vending machines, cafeteria a la carte (snack) lines, fundraisers, and school stores, on school grounds. (See also Fundraising Activities)

All foods sold in schools must comply with the **USDA "Smart Snacks in Schools Guidelines."**

Beverages

- Allowed: plain water, unflavored low-fat milk, unflavored or flavored fat-free milk and milk alternatives permitted by the NSLP/SBP, 100% fruit or vegetable juice, 100% fruit or vegetable juice diluted with water, and no added sweeteners.
- Portion Sizes: elementary campuses may sell up to 8-ounce portions. There is no portion size limit for plain water.
- Not allowed: soft drinks, sports drinks, iced teas, fruit-based drinks that are not 100% real fruit juice, and beverages containing caffeine

Foods

Any food sold in school must;

- Be a "whole-grain" rich grain product;
- Have as a first ingredient a fruit, a vegetable, a dairy product, or a protein food;
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber); and
- Foods must also meet the following nutrient guidelines:

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<u>NUTRIENT</u>	<u>SNACK SIZE</u>	<u>ENTREE SIZE</u>
Calorie Limit	≤ 200 Calories	≤ 350 Calories
Sodium Limit	≤ 230 mg	≤ 480 mg
Fat Limits: Total Fat Saturated Fat Trans Fat	≤ 35% of Calories ≤ 10% Calories Zero grams	<u>same</u>
Sugar Limit	≤ 35% of weight from total sugars in foods	<u>same</u>

H. Fundraising Activities

No fundraiser food items can be sold during meal service. Any food item sold after meal service must meet the “Smart Snacks in Schools” guidelines. The standards do not apply outside the school day, on weekends, and at off-campus events. For the purpose of this policy, the school day is defined as midnight until thirty minutes after the last bell. (See Exemptions)

I. Snacks

- Other than the six celebration days and STAAR testing days, any snack that is provided to students must meet the guidelines.
- The classroom teachers may or may not permit students to have a snack time during the school day. If the students bring a snack from home, the snack must be a “smart snack”. The only beverage that students may drink in class is water.
- The district will provide a list of healthy snack items to teachers and parents. The list will be posted on the district website.

J. Rewards

Schools may use foods or beverages that meet the nutrition standards for foods and beverages sold individually, (Smart Snacks Guidelines) as rewards for academic performance or good behavior, and will not withhold food or beverages including food served through school meals as a punishment.

K. Birthday Parties

The parent/guardian may provide a food that has been approved by their child’s teacher to celebrate the birthday. All classroom parties will be planned after lunch, preferably during the last thirty minutes of the school day.

L. Campus Wide Celebrations

The campus will designate celebration days, not to exceed six per year, where food that does NOT meet the “Smart Snacks in Schools” guidelines will be allowed, provided that they are given to students, not sold. Celebrations will be planned after lunch.

M. Exemptions

- STAAR testing days are exempt from any restrictions on foods that are provided as snacks to students.
- Teachers may provide foods to students in the classroom for instructional purposes if approved by the campus administrator. The teacher should consult the campus nurse to ensure any student’s health restrictions or food allergies are considered.
- Foods and beverages offered or sold at school-sponsored events outside of the school day (such as dances, athletic events, and concession stands) are allowed.

III. Nutrition and Physical Activity Promotion and Food Marketing

A. Nutrition Education Promotion

Nursery ISD aims to teach, encourage, and support healthy eating by students. Schools should 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 not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- 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 to school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with emphasis on food marketing; and
- Includes training for teachers and other staff

B. Integrating Physical Activity into the Classroom Setting

For students to receive nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

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- Classroom health education will complement physical education by reinforcing 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

C. Communications with Parents

The district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district 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. In addition, the district will provide opportunities for parents to share their healthy food practices with others in the school community.

The district 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 support will include sharing information about physical activity and physical education through a website, newsletter, other take-home materials or special events.

D. Staff Wellness

Nursery ISD values the health and well-being of every staff member and will encourage participation in activities that will support and help maintain a healthy lifestyle, encourage healthy eating and increase physical activity.

IV. Physical Activity Opportunities and Physical Education

A. Daily Physical Education (PE) for PK-5

In accordance with policies at EHAB< EHAC< EHBG and FFA, the district will ensure that students in full-day pre-kindergarten through 5th grade will engage in moderate or vigorous physical activity for at least 45 minutes per day or 180 minutes per week.

B. Daily Recess

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

C. Fitness Assessment

The Fitness Gram assessment will be administered at least once during the school year to students in grades 2-5, in a course that satisfies the curriculum requirements for physical education.

The district is not required to assess a student for whom, as a result of disability or other condition identified by Commissioner Rule, the assessment instrument is inappropriate.

Fitness Gram is a physical assessment. The assessment is not to become a competitive sport. The assessment is not to be used as a grade.

The district shall provide the results of individual student performance on the physical fitness assessment to TEA. The results may contain the names of individual students, teachers, and date of birth.

The results of individual student performance on the physical fitness assessment instrument are confidential and may be released only in accordance with state and federal law.

V. Monitoring and Policy Review

Monitoring and Review

The Superintendent shall oversee the district level implementation of this policy and shall oversee the development of administrative procedures for periodically measuring the implementation of the wellness policy. Ongoing recommendations from the District SHAC team will be provided to the District and Campus Improvement Teams for consideration in campus and District Improvement Plans.

Nursery ISD Health Services List of Approved Snacks

The following snacks have been approved for students attending elementary campuses that will be consumed on campus and are allowed to be brought from home.

The list was comprised in accordance with new state guidelines and approved by USDA, along with recommendations by squaremeals.org and CDC.

The portions are based on a single serving of the recommended serving size.

SMART SNACKS

Drinks:

Water (no serving size limit)

Foods:

Pretzels	Animal Crackers
Fresh Fruit	Graham Crackers
Wheat/Saltine Crackers	English Muffin
Fruit Grain Bars	Rice Cakes (not Rice Crispy Treats)
Fruit/Grain Muffin	Dry Cereal
Bagels	Fig Bars
Vanilla Wafers	Granola Bars (not chocolate)
Goldfish/Cheese Crackers	Applesauce ***
Pudding Cups ***	½ Sandwich or Wrap (meat/cheese/veggie)
Yogurt ***	Raisins/Crasins/Yogos
Dried Fruit	String Cheese
Raw Vegetables w/low fat dip	Popcorn (already popped)

Absolutely NO CHOCOLATE of any kind will be allowed!!!

*****Nursery ISD will not provide spoons. Students will need to bring their own spoons from home. Students will not be allowed to use a microwave to pop their popcorn or heat up their snack.**

The above mentioned items are the ONLY items students are permitted to bring for snack!