

Needville Independent School District Student Nutrition/Wellness Plan

Purpose and Goal:

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits. All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. The Needville Independent School District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

Component 1: A Commitment to Nutrition and Physical Activity

A. The Needville Independent School District Board of Trustees shall appoint a Wellness Advisory Committee. One of its missions shall be to address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually or more often if necessary.

B. Principals will address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education, and physical activity.

C. Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.

D. The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.

Component 2: Quality School Meals

A. The school meals program will operate in accordance with the National School Lunch Program standards and applicable laws and regulations of Needville Independent School District. Schools will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Menus will be planned

with input from the students, family members, and other school personnel and should take into account students' cultural norms and preferences. Food-pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals.

Students will be encouraged to start each day with a healthy breakfast.

All school meals will feature a variety of age-appropriate healthy choices that are tasty, attractive, and of high quality.

School meals will be prepared in a way that maximizes nutrient density and reduces fat and sodium.

Parents and caregivers are encouraged to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from the home.

B. Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.

C. No foods or beverages other than those provided through the school food service department may be made available to elementary school students at anytime. Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during lunchtime) under the teacher's guidance. The snack may be provided by the school food service, the teacher, parents or other groups and should be at no cost to the students. Foods and beverages other than those provided through the school food service department may not be available to junior high students until the end of the regular school day, and may not be available to high school students until the end of the last lunch period. See Attachment A for serving size restrictions.

D. The district shall provide adequate lunchtime for students to enjoy eating healthy foods and socializing, scheduled near the middle of the school day as possible. The National Association of State Boards of Education recommends that all students should be provided adequate time to eat.

Adequate serving space will be provided and efficient methods of service will be used to ensure students have access to school meals with a minimum amount of waiting time.

Adequate seating will be available to accommodate all students served during each meal period. Adequate supervision will be provided in dining area.

The dining area will be clean, orderly, and inviting.

- E. All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.

In accordance with Section 111 of the Child Nutrition and WIC Reauthorization Act 2004 (Public Law 108-265), the district will implement a food safety program for the preparation and service of school meals based upon the Hazard Analysis and Critical Control Point (HACCP) principles.

Component 3: Nutrition Education

A. Needville Independent School District will follow health education curriculum standards and guidelines as stated by the Texas Education Agency. Schools will link nutrition education activities with the coordinated school health program.

B. Students in pre-kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.

C. Nutrition education will be offered in the school dining room and in the classroom, with coordination between school foodservice staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.

D. Needville ISD campuses will participate in an USDA nutrition program.

Component 4: Physical Education

A. Physical education will provide the opportunity for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long term goals of a physically active and healthy lifestyle.

B. Needville ISD will provide programs encompassing a variety of opportunities for students to be physically active including physical education classes and recess. Physical Education classes will be provided daily for a minimum of 45 minutes.

C. Recess to promote physical activities outside of physical education classes will be provided for 30 minutes daily in grade Kindergarten – Fourth Grade. For grade fifth and sixth, recess will be provided once a week for 30 minutes.

Component 5: Marketing

A. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.

B. Schools will consider student need in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, student advisory meetings, and attention will be given to their comments.

C. Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.

D. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, PTA meetings, Open Houses, Health Fairs, teacher in-services, etc.

E. Schools will work with a variety of media to spread the word to the community about a healthy school nutrition environment, such as local newspaper and television stations.

Component 6: Implementation / Monitoring

A. Needville I.S.D. Wellness Committee membership will include a minimum:

- A school board member

- An administrative representative from each campus

- A nurse representative from each campus

- A representative of school food services

- Student representatives

- Parent representatives

- A community representative

The NISD Wellness Committee Chairman will be the Assistant Superintendent. The chairman will be responsible for coordinating committee activities, policy implementation and monitoring, and reporting to the Board of Education.

B. On each campus, the Principal will be assigned to ensure compliance with standards of the NISD Wellness Policy. The principal will report on the school's compliance to the Assistant Superintendent.

C. The Director of School Food Service will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the Assistant Superintendent.

D. The Assistant Superintendent will report the district's compliance with the wellness policy to the school board.

Attachment A
Needville Independent School District
Student Nutrition/Wellness Plan
Guidelines for Food and Beverages Offered to Students at School & School Functions

All foods and beverages, other than school meals, made available to students during allowable times must meet the following maximum portion size and nutrition standards.

<u>Food Items:</u>	<u>Elementary Schools</u>	<u>Middle Schools</u>	<u>High Schools</u>
Chips (regular)	1 oz.	1 oz.	1.25 oz.
Baked Chips	1.5 oz.	1.5 oz.	1.5 oz.
Crackers, popcorn, Trail mix, seeds, Dried fruit, jerky, Pretzels.			
Cookies/cereal bars	2 oz.	2 oz.	2 oz.
Baked Goods (Pastry/muffin)	3 oz.	3 oz.	3 oz.
Frozen Desserts, Ice cream	4 oz.	4 oz.	4 oz.
Yogurt	8 oz.	8 oz.	8 oz.
Whole Milk	8 oz.	8 oz.	8 oz.
Reduced fat milk	8 oz.	16 oz.	16 oz.
Beverages other than Milk or FMNV (water exempt)	12 oz.	12 oz.	12 oz.
Fruit Drinks/slushes (100% juice minimum)	6 oz.	12 oz.	12 oz.

All other food/beverages No more than 9 grams of fat per package. (except nuts & seeds) and no more than 35% by weight or 15 grams per serving of added sugar.

At any school function (parties, celebrations, receptions, festivals, sporting events, etc.) healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshment tables, price lists, etc.

Raw vegetable sticks/slices with low-fat dressing or yogurt dip

Fresh fruit and 100% fruit juices

Frozen fruit juice pops

Dried fruits (raisins, banana chips, etc.)

Trail Mix (dried fruits and nuts)

Dry roasted peanuts, tree nuts, and soy nuts (not coconut or palm nuts)

Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)

Party Mix (variety of cereals, nuts, pretzels, etc.)

Low-sodium crackers

Baked corn chips & fat-free potato chips with salsa and low-fat dips (Ranch, French Onion, bean, etc.)

Low-fat muffins, granola bars, and cookies

Angel food and sponge cakes

Flavored yogurt & fruit parfaits

Jello and low-fat pudding cups

Low-fat ice creams, frozen yogurts, sherbets

Low-fat and skim milk products

Pure ice cold water

Foods to Avoid – Consume only occasionally (recommended no more than once per month)

Carbonated and caffeinated beverages (soft drinks, tea, & coffee)

High sugar content candies and desserts

High fat foods (fried foods like french fries, fatty meats, most cheeses, buttery popcorn)

High sodium foods (luncheon meats, cheeses, chips, salty popcorn, pickles)

- In selecting food items to offer keep in mind the numerous students and adults who are on special diets and their consumption of sugar, fat, sodium, etc. is restricted.

- Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

*** - Approved Times for the Availability of Foods and Beverages Other than School Meal**

Elementary Schools – Not Allowed anytime during the school day

Junior High Schools – Not allowed until after the end of the regular school day

High Schools – Not allowed until after the end of the last lunch period

Exemption:

Three days will be exempt from the inaccessibility of the Foods of Minimal Nutritional Value.

For Grades Pre-K – 2nd Grade:

Christmas Party

Easter Party

End of Year Party

For Grades 3rd -4th :

Christmas Party

Valentine's Party

End of Year Party

ⁱ Approved by NISD Board April 19, 2006