



Rivercrest Independent School District

4100 US HWY 271 South Bogata, Texas 75417

RIVERCREST ISD SCHOOL WELLNESS POLICY

The provisions outline within this policy are intended to create a school environment that protects and promotes the health of our students and also complies with all local, state, and federal nutritional regulations. This policy applies to all of the schools in the Rivercrest Independent School District. Our commitment to providing nutrition education and regular physical activities and nutritious foods for all students is described below.

1. Education and promotion of Nutrition

Students will consistently receive nutrition messages throughout schools, classrooms, cafeterias, and school media

- Nutrition promotion will include activities such as experience working in school gardens, taste testing, and promotions
- In accordance with the law, the district shall implement a coordinated health program with nutrition component and shall use curriculum in health courses that emphasize the importance of proper nutrition
- Students will have the opportunities to taste test foods that are low in saturated fat, no trans-fat, low sodium, and no added sugar.
- All staff is encouraged to model healthful eating habits. Staff is discourage from eating in from of children during class time other than activities related to the nutritional education curriculum.

The nutrition curriculum will meet the following goals specifically:

- The staff responsible for nutrition education will be adequately prepared to administer the program by attending, and participating in, professional development activities and training.
- Nutrition education will be a priority district wide and will be integrated into other areas of teaching as deemed appropriate
- Students will receive nutrition education that promotes the adoption and maintenance of healthy eating behaviors

SHAC Approved: 9/4/2015

Board Approved: 9/15/2015

2. Nutrition standards for all food and beverages sold or served on school grounds

A. USDA School Meals

School meals will include a variety of healthy choices while accommodating special dietary needs and the preferences of our students. All schools will participate in the USDA school breakfast and lunch programs.

- Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated
- All food service staff will be trained, and provide training, regarding the USDA meal patterns to ensure they can properly advise students on the meal components available to them.
- All food service staff will be trained in food safety (HACCP) principles, cooking techniques, recipe implementation, food temperatures, and portion control.
- All reimbursable meals will meet the nutrition standards mandated by the USDA, as well as, any additional standards that may extend beyond USDA standards.
- Meals will be served in a clean and pleasant setting with appropriate supervision.
- Tutoring, clubs, or organization meetings will not be scheduled during meal times.
- Students will have access to hand washing and/or hand sanitizing areas before meals. District staff will remind and encourage students to use these.
- School meal program participation will be promoted. Parents will be notified of the availability of all programs and will be encouraged to participate.

B. Competitive Foods and Beverages

All food and beverages **sold** on school grounds to students outside of the school reimbursable meals are considered “competitive foods.” Competitive foods include items sold a la carte in the cafeteria, vending machine items, school stores, and in school fundraisers. **ALL** competitive foods must meet all district and state guidelines, as well as, being “smart snack” compliant.

USDA smart snacks in school meals standards:

Rivercrest ISD will comply with all Texas Department of Agriculture regulations and the United States Department of Agriculture’s smart snack regulations. Listed below is a summary of the standards:

- Foods: Any snack or entrée sold at school must fit one of these criteria:
- Be a “whole grain rich” grain product
- The first ingredient on label must be a fruit, vegetable, dairy product, or a protein food.
- Be a combination food that contains at least ¼ cup of fruit or vegetable per serving.

In addition to the above, the following limits must also be met:

- Calories
 - Snacks less than or equal to 200 calories per serving
 - Entrée less than or equal to 350 (this includes all condiments, toppings, accompaniments, and seasoning)
- Sodium
 - Snacks less than or equal to 200mg
 - Entrée less than or equal to 480 mg (this includes all condiments, toppings, accompaniments, and seasonings)
- Fat
 - Total fat less than or equal to 35% of all calories
 - Saturated fat less than or equal to 10% of all calories
 - Trans fat = zero (<0.5g) grams

Beverages

All schools can sell:

- Plain water
- Unflavored low fat milk* (less than 2%)
- 100% fruit juice and/or vegetable juice
- 100% fruit juice and/or vegetable juice that has been diluted with water*

*All schools containing k-6 grade students may only sell 8 oz portions of juice and milk

*All schools containing 7-12 grade students may sell up to 12 oz portions of juice and milk

The high school **only** may sell beverages that meet the following criteria:

ALLOWED IN GRADES 9- 12 HIGH SCHOOL ONLY!!

- Added Sweeteners
- Caloric or
- Non-caloric
- Caffeinated beverages

(LOW CALORIE BEVERAGES FOR HIGH SCHOOL)

- Maximum serving size •**12 ounces**
- Maximum Calories
- 60 calories per 12 ounces
- 40 calories per 8 ounces
- ≤ 5 calories per ounce

BEVERAGES FOR HIGH SCHOOL"ZERO CALORIE"

- Maximum Serving Size •**20 ounces**
- Maximum Calories
- ≤ 5 calories per 8 oz.
- ≤ 10 calories per 20 oz.

Time and place of competitive food sales:

The sale of competitive foods sold outside of the Food Service Department will be restricted to the following:

- No competitive foods or beverages will be sold in the cafeterias or where reimbursable meals are being consumed.
- Elementary and Middle Schools will restrict the sales of competitive foods and beverages until after the end of the final lunch period of the day.
- High school student organizations may sell competitive foods throughout the regular school day, but may not sell where reimbursable meals are being sold or consumed

Record Keeping

A provision of the Healthy, Hunger-Free Kids Act of 2010 requires that the records of all competitive foods sold to school children be kept for 3 years. These records will be required when the school district is reviewed by the Texas Department of Agriculture as part of its Administrative Review of the Child Nutrition Programs. The required records are:

- Receipts and invoices of purchases made
- Bank records showing where the funds came from to purchase the competitive foods for sale to students
- Nutritional labeling of items sold
- Proof of compliance with the Smart Snacks Calculator nutritional guidelines

Fundraising

- Non-food fundraising is promoted. When in-school fundraising involves food, items must meet the Texas Department of Agriculture regulations, as well as, the United States Department of Agriculture's Smart Snack Guidelines
- Fundraisers that promote physical activity are encouraged.
- Texas public schools that participate in the National School Lunch Program or School Breakfast Program may sell food and beverages that do not meet nutritional standards outlined in 7 CFR Parts 210 and 220 as part of a fundraiser, during the school day, **for up to six days per school year on each school campus, provided that no specially exempted fundraiser foods or beverages may be sold in competition with school meals (in the food service area during the meal service).**

Celebrations

- School celebrations that involve food will be limited to one per month. Campus wide celebrations must be placed on the campus calendar prior to the day of the celebration
- School celebrations will be held after the campuses' normally scheduled lunch periods, when possible, to allow all students an opportunity to participate in the National School Lunch and Breakfast programs prior to participating in any school celebration.
- Parents will be made of celebrations in advance when food is involved and what will be served
- Teachers will make contact with the school nurse to check any possible food allergies that their students may have prior to the celebration.

Access to Drinking Water

Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water jugs or dispensers with cups will be available in the cafeteria if water fountains are not present. Principals are encouraged to allow students to bring drinking water into the classroom. Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains and other methods of delivery of drinking water are maintained.

3. Other

Marketing

School-based marketing will be consistent with nutrition education and health promotion. Schools will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in the district wellness policy.

Physical Activity

Students will receive 135 minutes of Physical Education per week. All students will have opportunities for physical activity beyond physical education class on a daily basis. Teachers will be encouraged to incorporate opportunities for physical activity in the classroom whenever possible.

Recess

All elementary school students will have at least 20 minutes a day of supervised recess in which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather, campus lock down, or any other unforeseen occurrence that may put students' safety in danger.

Evaluation and Enforcement

This policy was developed in coordination with the SHAC committee. This committee is a group comprised of parents, teachers, students, school administration, food service, health care, and physical education staff. It was approved by the Rivercrest ISD Board of Education in order to be in compliance with the Healthy, Hunger-Free Act of 2010. The following procedures will be followed in order to comply with the monitoring requirements of the Healthy, Hunger-Free Act of 2010 regulations:

- The campus principal will designate one person from his/her campus to ensure compliance with all aspects of the District Wellness Policy.
- The campus principal's designee will be responsible for collecting and keeping all of the records required for the campus to be in compliance with the district wellness policy.
- The campus principals will submit an annual report to the School Board compiled from the reports submitted from the campus principals.
- The Director of Food Service will complete a triennial assessment of the compliance of the wellness policy, how it compares to model wellness policies, and the progress made in attaining the goals of the wellness policy to be made available to the Texas Department of Agriculture upon request.

Public Updates

The Healthy, Hungry-Free Kids Act of 2010 requires the following public postings. All required postings will be available on the District Website.

- The Wellness Policy
- Annual updates to and reports regarding the Wellness Policy
- The triennial assessment of the Wellness Policy