



Seagraves Independent School District

Wellness at Seagraves ISD

Seagraves ISD will promote the general wellness of students, staff and families through nutrition education, physical activity opportunities, and school activities.

*Nutrition education takes place district wide across our campus through direct instruction by teachers and coaches, and nutrition newsletters made available for students to share with their families.

*Physical activity opportunities include PE classes and/or athletics for all grade levels. Families and community members are invited to participate with access year-round to the athletic facilities and track at Seagraves ISD. SISD also coordinates with the county through interlocal agreements to access facilities. The county facilities are open access for the community including a walking park beside the baseball field. In addition, SISD indoor facilities are open to the public through coordination with the athletic director, scheduler of school athletic practices and contests.

*SISD also promotes wellness through school activities. Students are offered healthy food choices for breakfast and lunch each day in the cafeteria. A flu shot clinic is available for students, staff, families, and residents each fall. All SISD employees are given the opportunity to participate in wellness screening that is offered each spring.

Note: Seagraves ISD has chosen to use the local school health advisory council (SHAC) 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 SHAC will permit the following persons to work with the SHAC on the District's wellness policy and plan: parents, students, the District's food service provider, physical education teachers, school health professionals, School Board Trustees, administrators, and community members of the public. If interested, please contact the SISD administration office to find out the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed. Interested parties in serving on the SHAC are encouraged to attend community engagement activities scheduled throughout the school year.



Seagraves Independent School District

Local Wellness Plan

Wellness

Seagraves ISD 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 activities.

Development of Guidelines and Goals

Seagraves ISD shall develop nutritional 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, board of trustees, parents, and the community members of the public.

Nutrition Guidelines

Seagraves ISD shall ensure that nutritional 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 USDA National Competitive Foods Policy and Smart Snack.

In addition to legal requirements, Seagraves ISD shall:

- 1) Establish age appropriate guidelines for food and beverages at classroom parties or school celebrations.
- 2) Provide teachers with education and guidelines on the use of food as a reward in the classroom.

Wellness Goals: Nutrition Education

Seagraves ISD shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

In addition, Seagraves ISD 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 district-wide priority and will be integrated into other areas of the curriculum, as appropriate.
- 3) 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.
- 4) Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.