

# Chapel Hill Independent School

## District Wellness Policy

### **Purpose and Goals:**

This document, referred to as the "wellness policy" (the policy), 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. 175Bb]

Children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive. Recognizing that good student health fosters student attendance and education and that school plays a vital part in influencing and promoting wellness, CHISD's wellness policy emphasizes lifelong wellness practices and consistent wellness messages for students, families, and school staff. At the heart of the CHISD wellness policy is a coordinated wellness program that reaches:

- Students (through the classroom, the cafeteria, and before – and after – school activities);
- Staff and teachers (through the school day, before – and after-school activities, and professional development opportunities);
- Families (through parent education and outreach).

Therefore it is the policy of the Chapel Hill Independent School District to:

- A. Create a health-promoting environment in our schools;
- B. Provide students access to nutritious foods;
- C. Provide opportunities for physical activity and developmentally appropriate physical education, and;
- D. Provide accurate information related to these topics through a comprehensive health education program.
- E. A requirement that a district inform and update the public (including parents, students, and others in the community) about the content and implementation of the local school wellness policy.

### **Component 1: Nutrition Education**

The primary goal of nutrition education is to influence students' eating behaviors. CHISD aims to teach, encourage, and support healthy eating by students. CHISD nutrition education:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program 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, and elective subjects;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- For all foods available on each school campus during the school day, nutrition guidelines that are consistent with sections 9 and 17 of the NSLA and sections 4 and 10 of the Child Nutrition Act and promotes student health and reduce childhood obesity.

### **Component 2: Physical Activity**

The primary goal for CHISD's physical activity component is to provide opportunities 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 benefits of a physically active and healthy lifestyle.

- The district will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports and special needs students;
- Physical education classes will emphasize moderate to vigorous activity:
  - Elementary (PK - 5th ) - 135 minutes/week;
  - Junior High (6th) - 135 minutes/week;
  - High School
- The district will encourage all teachers to integrate physical activity into the academic curriculum where appropriate;
- PE classes are taught by a certified physical education teacher;
- Physical activity includes students with disabilities, special health-care needs and in alternative educational settings;
- Teachers and other school staff will not use physical activity or withhold opportunities for physical activity as punishment;

### **Component 3: Nutrition Standards for All Foods Available on School Campus during the School Day**

Student's lifelong eating habits are greatly influenced by the types of foods and beverages available to them.

- CHISD will offer breakfast, lunch, and will participate in the USDA National Breakfast and Lunch program and comply with all Texas Child and Nutrition Policy requirements. Students and staff are encouraged to participate in these programs.
- Food safety will be a key part of the school foodservice program
- 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.
- Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
- School personnel, along with parents, will encourage students to choose and consume full meals. Positive nutrition statements will be provided to students on a daily basis.
- Every effort will be made to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
- Food is not to be used as a reward or punishment for student behavior, unless it is detailed in a student's Individualized Education Plan (IEP).
- Nutritional information will be provided to parents that will encourage parents to provide safe and nutritious foods for their children.
- Parents are allowed to bring outside food during meal periods for their student only. This applies to elementary, junior high, and high school.
- All snacks and or food fundraisers must meet the Smart Snack Rule.  
[www.SquareMeals.org/SmartSnacks](http://www.SquareMeals.org/SmartSnacks).
- Each campus will determine how many class/holiday parties they will have per calendar year.

Meals served through NSLA and breakfast programs will:

- be served in clean and pleasant settings
- be appealing and attractive to students
- all students will have free access to water in all feeding areas at meal times
- offer a variety of fruits and vegetables
- serve only low fat 1% and fat free milk nutritionally- equivalent and non dairy alternatives (to be defined by USDA); and
- ensure that all grains served are whole grain
- meat, at a minimum, nutritional requirements established by local, state, and federal statutes and regulations
- parents are highly encouraged to dine with students in the cafeteria

The following websites have information regarding meal and smart snacks requirements:

- <http://www.fns.usda.gov/schools-meals/nutrition-standards-school-meals>
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- <http://squaremeals.org/publications/handbooks.aspx>
- <https://foodplanner.healthiergeneration.org/calculator/>

Competitive Food Nutritional Standards Chart			
(Competitive food or beverage items sold during the school day must meet the standards as described in this chart.)			
Beverage Standards			
Type of Beverage	School Level		
	Elementary	Middle	High
<i>Water (with no added ingredients)</i>			
• Plain water	Any size	Any size	Any size
• Plain carbonated water	Any size	Any size	Any size
<i>Milk</i>			
• Plain unflavored low fat (1%) milk	≤8 fl oz	≤12 fl oz	≤12 fl oz
• Plain or flavored fat-free milk and approved milk alternatives	≤8 fl oz	≤12 fl oz	≤12 fl oz
<i>Fruit or Vegetable Juice</i>			
• 100% Fruit or vegetable juice	≤8 fl oz	≤12 fl oz	≤12 fl oz
• 100% fruit or vegetable juice diluted with water – <u>with or without carbonation</u> – with no added sweeteners	≤8 fl oz	≤12 fl oz	≤12 fl oz
<i>Other Beverages for High School Students</i>			
• Other lower calorie flavored and/or carbonated beverages that are labeled to contain ≤40 calories per 8 fl oz, or ≤60 calories per 12 fl oz	-----	-----	≤12 fl oz
• Other very low calorie flavored and/or carbonated beverages that are labeled to contain ≤5 calories per 8 fl oz, or ≤10 calories per 20 fl oz	-----	-----	≤20 fl oz

#### Component 4: Measuring Implementation

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with the wellness policies on his/her campus and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent or designee.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from individual campuses within the district. That report will be provided to the school board and also distributed to the School Health Advisory Committee (SHAC).

Foods and beverages brought to school for birthdays and other school-designated functions will occur only after the school lunch service has been concluded.

Due to the consideration of students with food allergies, parents and grandparents who come to have breakfast or lunch with their child/grandchild may only provide food to their child/grandchild.