

# **Midway ISD School District's Wellness Policies on Physical Activity and Nutrition**

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.

Studies show that good health fosters student attendance and education.

Research tells us that obesity rates have doubled in children and tripled in adolescents over the last two decades. Physical inactivity & excessive calorie intake are the predominant causes of obesity. Inactivity can lead to more dangerous issues like heart disease, cancer, strokes and diabetes. These are major risk factors we face in the United States today.

Studies show that only 2% of children today (2 to 19 years) eat a healthy diet with the five main recommendations from My Plate.

Midway ISD is committed to providing school environments that promote and protect children's health, well being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Midway Independent School District that:

The school district will engage students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing district wide nutrition and physical activity policies. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

Foods and beverages sold or served at school will meet the nutrition recommendations of the *Dietary Guidelines for Americans*. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat. To the maximum extent practicable, our district will participate in available federal school meal programs

(including the School Breakfast Program, National School Lunch Program). Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

## **TO ACHIEVE THESE POLICY GOALS:**

### **School Health Councils**

#### **SHAC**

MIDWAY ISD will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community and should include parents, students, representatives of the school food program, members of the school board, school administrators, teachers, health professionals, and members of the public.)

### **School Meals**

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Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations; offer a variety of fruits and vegetables;<sup>2</sup> serve only low fat (1%) and fat free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA); and ensure that half of the served grains are whole grain.<sup>3, 4</sup>

The school should engage students and parents, through taste tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards placards, or other point of purchase materials

**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:

- MISD will, to the extent possible, operate the School Breakfast Program,
- MISD will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast during morning break. MISD that serves breakfast to students will notify parents and students of the availability of the School Breakfast Program. MISD will encourage parents to provide a healthy breakfast for their children through memos take home materials or other means

**Free and Reduced-priced Meals: At this time SY 2022-2023 Midway ISD will again be operating as CEP (Community Eligibility Provision). Which means we will be offering FREE meals to ALL of our students PK-12**

**Meal Times and Scheduling.** Midway ISD will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.

Breakfast Elementary: 7:40 A.M. - 8:00 A.M. JH/HS 8:30 A.M. - 8:50 A.M.

Lunch Elementary: 11:10 a.m. - 11:40 a.m.

JH: 12:03 p.m. -12:33 p.m. HS: 12:33 p.m.- 1:03 p.m.

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

**Qualifications of School Food Service Staff.** Trained staff will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing staff development through Region IX ESC, for nutrition service personnel in the school. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

***Sharing of Foods and Beverages.*** Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

**Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte (snack) lines, fundraisers, school stores, etc.)**

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**Elementary Schools.** Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

**Middle/Junior High and High Schools.** In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte (snack) lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

### **Beverages**

**Allowed:** water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent non dairy beverages (to be defined by USDA);

**Not allowed:** soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

### **Foods**

A food item sold individually:

will have no more than 35% of its calories from fat (excluding nuts, seeds,

peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined; will have no more than 35% of its *weight* from added sugars; will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried or canned vegetables that meet the above fat and sodium guidelines).

### **Portion Sizes**

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky; One ounce for cookies; Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items; Four fluid ounces for frozen desserts, including, but not limited to, low fat or fat free ice cream; Eight ounces for non-frozen yogurt;

- Twelve fluid Ounces for beverages, excluding water; and The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non fried vegetables are exempt from portion size limits.

**Fundraising Activities.** To support children's health and school nutrition education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. [View Additional Resources](#)

**Snacks.** Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

View Additional Resources

**Rewards.** MISD will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, 10 and will not withhold food or beverages (including food served through school meals) as a punishment. View Additional Resources

**Celebrations,** MISD should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). View Additional Resources

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

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**Nutrition Education and Promotion.** Midway Independent School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- 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; 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); and includes training opportunities through Region IX ESC staff development for teachers and other staff.

**Integrating Physical Activity into the Classroom Setting.** For students to receive the 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. Toward that end:

classroom health education will complement physical education by reinforcing the 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.

[View Additional Resources](#)

**Communication with parents.** The district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district will provide nutrient analyses of school menus upon request. The school should 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. The school will provide an opportunity for parents to share their healthy food practices with others in the school community.

The school 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 special events, or physical education homework.

**Food Marketing in Schools.** School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).<sup>11</sup> School-based marketing of brands promoting predominantly low nutrition foods and beverages<sup>12</sup> is discouraged. The promotion of healthy foods, including fruits, vegetables, whole grains, and low fat dairy products is encouraged.

[View Additional Resources](#)

**Staff Wellness.** Midway Independent School District highly values the health and well being of every staff member and encourages activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The school may establish and maintain a staff wellness committee composed of staff members not currently serving on any other campus/district committee.

[View Additional Resources](#)

## **IV. Physical Activity Opportunities and Physical Education**

[View Additional Resources](#) **Daily Physical Education (P.E.) K-12.** Students in grades K-10, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. Grades 11-12 will be

given the opportunity to take athletics as P.E. elective. Student involvement in other activities involving physical activity (e.g., U.I.L. athletics) will be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. [View Additional Resources](#)

**Daily Recess.** All elementary school students will have supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

The School should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active. [View Additional Resources](#)

**Physical Activity Opportunities Before and After School.** All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. [View Additional](#)



## Resources

**Physical Activity and Punishment.** Teachers and other school and community personnel may use physical activity (e.g., running laps, pushups) and may withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

**Safe Routes to School.** The school district will encourage students to use school transportation when traveling to school. View Additional Resources

**Use of School Facilities Outside of School Hours.** School spaces and facilities should be available to students, staff, and community members after the school day, and on weekends. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

## V. Monitoring and Policy Review

View Additional Resources **Monitoring.** The principal or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies. The principal will ensure compliance with those policies in the school and will report on the school's compliance to the school district superintendent or designee.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

### **Policy Review.**

The Superintendent will review the policy with the MISD School Board annually and submit recommended changes to the Board for revisions and approval. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district will, as necessary, revise the wellness policies.

## Footnotes

? To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

? As recommended by the *Dietary Guidelines for Americans 2010*.

4 A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.

s It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced price, or "paid" meals.

6 School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

7 Surprisingly seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix B of 7 CFR Part 210)

8 If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

9 Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

10 Unless this practice is allowed by a student's individual education plan (IEP).

11 Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

12 Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

13 Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education* from the National Association for Sport and Physical Education.

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Texas Department of Agriculture | Food and Nutrition Division

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2. fax:

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