

McDade ISD Student Nutrition/Wellness Plan

McDade ISD's Wellness Policies on Physical Activity and Nutrition 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 linked to reduced risks for the 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 will be encouraged to model 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

- McDade School 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. This committee will be called the School Health Advisory Committee (SHAC)
- The Principal will address concerns such as kinds of foods available on campus. Sufficient mealtime, nutrition education, and physical activity.
- All students in grades K-12 will have opportunities, support, and encouraged to be physically active on a regular basis.
- Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*

Component 2: Quality School Meals

- McDade ISD will offer breakfast and lunch.
- McDade ISD foodservice staff, Barbara Marchbanks, Superintendent, and Ms, Annett King Food Service Manager, will administer the Child Nutrition Program. Foodservice staff will be properly qualified according to current professional standards.
- Food safety will be an important part of the McDade ISD foodservice program.

- Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture.
- Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
- Students will be encouraged by both parents and teachers to eat breakfast and lunch daily. Menus will be sent to parents monthly and will be posted in the hall and on the McDade ISD website.

Component 3: Other Healthy Food Options

The SHAC will develop guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions (including concession stands at sporting and academic events).

- Students will not possess any foods of MNV on campus.
- No foods or beverages other than those provided through the school nutrition department may be made available to students at any time.
- Food will neither be used as a reward nor a punishment for students.
- McDade ISD will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children. (On the back sides of the monthly menus, in the parent newsletter and occasional mailings to parents.)

Component 4: Pleasant Eating Experiences

- Water will be an option during lunch and drinking fountains will be available for students during the day.
- School personnel will assist all students in developing the healthy practice of washing hands before eating.
- McDade ISD will schedule lunch times so that students do not have to spend too much time waiting in line.
- No other activities will be scheduled during lunch.
- Adequate time to eat in a pleasant dining environment will be provided.
- Adults will properly supervise dining rooms and serve as role models to students. Parents are highly encouraged to dine with students in the cafeteria.

Component 5: Nutrition Education

- McDade ISD will follow health education curriculum standards and guidelines as stated by the Texas Education Agency.
- Teachers will be encouraged to integrate nutrition education into core curriculum areas.
- Posters, websites, and videos will be available to students and teachers

Board President's Report

Willard Rother reported on the property next to the campus which we bid upon. The property sold to an individual who will need to occupy the property for two years. HUD apparently wanted an owner/occupier rather than an institutional owner. He also reported that three trustee positions were up for election in November. The positions were those of Willard Rother, Janet Brade, and Bil KahaneK. Willard also read Senate Proclamation 904. It paid special tribute to Barbara Marchbanks for her good work in attempting to keep the Star ISD from needing to consolidate. It spoke very highly of her efforts and concern as a Superintendent. We are proud that she is now our Superintendent.

Consent Agenda Items

Jason Ledlie moved to approve the following consent agenda items as presented:

- A. Financial report for July 2014;
- B. Check payments report for July, 2014;
- C. Monthly Tax Office Report for July, 2014. Mark Dube seconded and the motion **passed 7 – 0**. (Note: the minutes for July, 2014 were not available for the meeting)

Action Items

- A. Jason Ledlie moved to adopt Board Policy Update 100 as presented. Mark Dube seconded and it **passed 7 – 0**.
- B. Win Harbison moved to approve the budget amendment as presented. Jill Mott seconded and it **passed 7 – 0**.
- C. Consider other Priorities for District Improvement – a general discussion was held but no action was taken.
- D. The Parent Compact was presented and Jason Ledlie moved to adopt it as presented. Janet Brade seconded and it **passed 7 – 0**.
- E. Jason Ledlie moved to approve The Highly Qualified Report as presented earlier in the meeting. Win Harbison seconded and it **passed 7 – 0**.
- F. The board discussed renewal of Property & Casualty coverage and Workers Compensation with the present carrier (BDI) and renewal of Unemployment with TASB. Win Harbison moved to continue the coverages with the present carriers. Bil KahaneK seconded and it **passed 7 – 0**.
- G. ~~Bil KahaneK moved to adopt the McDade ISD Wellness Policy as presented.~~ Win Harbison seconded and it **passed 7 – 0**.
- H. Jason Ledlie moved to approve the Technology Report as presented earlier in the meeting. Jill Mott seconded and it **passed 7 – 0**.
- I. Win Harbison moved to adopt the 2014-15 McDade ISD Budget as presented at the Budget Hearing last month. Jill Mott seconded and it **passed 7 - 0**.

Executive Session – at 8:07 P.M., the board recessed the open session and went into executive session to discuss the following: Hiring Sabrina Thomas as a teacher.

Back in Open Session – the board called itself back into open session at **8:13 P.M.** Mark Dube moved to employ Sabrina Thomas on a standard probationary contract. Jason Ledlie seconded and it **passed 7 – 0**.

Possible topics suggested for the next meeting were:

- Any of the items on the McDade Board of Trustees Planning Guide listed for September meetings.
- Growth and Security

Component 6: Marketing

- Schools will consider student need in planning for a healthy school nutrition environment.
- Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, PAC meetings, Open House, and teacher in-services, etc.

Component 7: Implementation

- The SHAC will meet four times a year to review and advise the food service director of concerns or improvements.
- The SHAC will develop a plan of action for improvement every fall.
- The SHAC will report to the Superintendent annually via the Food Service Director.

Approved: 8/20/2014

Updated: 12/13/2017

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity.

[See EHAA for information regarding the District's coordinated school health program.]

DEVELOPMENT,
IMPLEMENTATION,
AND REVIEW OF
GUIDELINES AND
GOALS

The local school health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public.

[See BDF for required membership of the SHAC.]

WELLNESS PLAN

The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals;
4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
5. The manner of communicating to the public applicable information about the District's wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

NUTRITION
GUIDELINES

FOODS AND
BEVERAGES SOLD

The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules. [See CO and FJ]

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

FOODS AND
BEVERAGES
PROVIDED

The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the District's wellness plan.

WELLNESS GOALS
NUTRITION
PROMOTION AND
EDUCATION

The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. [See EHAA] The District's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.

The District establishes the following goals for nutrition promotion:

1. The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
2. The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

The District establishes the following goals for nutrition education:

1. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.
3. The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

PHYSICAL ACTIVITY

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]

The District establishes the following goals for physical activity:

1. The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.
2. The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

STUDENT WELFARE
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(LOCAL)

3. The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
4. The District shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, playgrounds, and the like, that are available outside of the school day. [See GKD]

OTHER SCHOOL-
BASED ACTIVITIES

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities:

1. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
2. The District shall promote wellness for students and their families at suitable District and campus activities.
3. The District shall promote employee wellness activities and involvement at suitable District and campus activities.

IMPLEMENTATION

The Superintendent shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

EVALUATION

The District shall comply with federal requirements for evaluating this policy and the wellness plan.

PUBLIC NOTIFICATION

The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.

RECORDS RETENTION

The District shall retain all the required records associated with the wellness policy, in accordance with law and the District's records management program. [See CPC and FFA(LEGAL)]