

## THREE WAY INDEPENDENT SCHOOL DISTRICT Student Nutrition/Wellness Plan

### 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 demonstrably linked to reduced risk for mortality and 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 are encouraged to model healthy eating and physical activity as a valuable part of daily life. The Three Way Independent School District shall prepare, adopt, and implement a comprehensive plan to encourage 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

- A. The Three Way Independent School District Board of Trustees shall appoint a School Health Advisory Committee (SHAC). One of its missions shall be to address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually or more often if necessary.
- B. Superintendent will address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education, and physical activity.
- C. Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
- D. The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.

### Component 2: Quality School Meals

- A. The Three Way Independent School District will offer breakfast and lunch programs. Students and staff are highly encouraged to promote and participate in these programs.
- B. School foodservice staff that regularly participates in professional development activities will administer the Child Nutrition Programs.
- C. Food safety will be a key part of the school foodservice operation.

- D. 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.
- E. Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
- F. School personnel, along with parents, will encourage students to choose and consume full meals.

### Component 3: Other Healthy Food Options

- A. The SHAC will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions.
- B. School staff shall not use food as a reward for student accomplishment. The withholding of food as punishment for students is prohibited. For example, restricting a child's selection of flavored milk at mealtime due to misbehavior in the classroom.
- C. Organizations shall only use non-food items or foods designed for delivery and consumption after school hours as fund-raisers. For example, barbecue plate sales after school hours would be acceptable. The sale of individually wrapped candy (i.e. candy bars) as a fund-raiser is prohibited; however, packaged candy gift items are allowed provided they are only part of a fund-raising project that includes other gift items (i.e. nuts, candles, jewelry) as well.

### Component 4: Pleasant Eating Experiences

- A. Drinking fountains will be available for students to get water at meals and throughout the day.
- B. A short snack-free recess for elementary campuses is encouraged to be scheduled so that children will come to lunch less distracted and ready to eat.
- C. School personnel will assist all students in developing the healthy practice of washing hands before eating.
- D. School personnel will schedule enough time so students do not have to spend too much time waiting in line.
- E. Schools should not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during meal times.
- F. Adequate time to eat in a pleasant dining environment should be provided. The minimum eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch.
- G. Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level. Parents are encouraged to dine with students in the cafeteria.

## Component 5: Nutrition Education

- A. Three Way Independent School District will follow health education curriculum standards and guidelines as stated by the Texas Education Agency. Schools will link nutrition education activities with the coordinated school health program.
- B. Students in pre-kindergarten through grade 8 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.
- C. Nutrition education will be offered in the classroom, with coordination between school foodservice staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.
- D. Three Way ISD campuses will participate in USDA nutrition programs and conduct nutrition education activities and promotions that involve students, parents, and the community. The school nutrition team responsible for these activities will be composed of Child Nutrition Services staff, classroom teachers, the school nurse, a health teacher, and physical education teacher.

## Component 6: Marketing

- A. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
- B. Schools will consider student need in planning for a healthy school nutrition environment. Students will be asked for input and feedback and attention will be given to their comments.
- C. Schools will promote healthy food choices.
- D. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, PTF meetings, Open Houses, Health Fairs, teacher in-services, etc.

## Component 7: Implementation

- A. The SHAC shall be composed of parents and school district staff. Each campus Superintendent shall select one parent and one staff member, such as teacher, nurse, counselor, CNS manager, or administrator to represent the campus. Permanent members of the committee shall include the Superintendent, Coach, and the Food Service Director.
- B. The SHAC members will conduct a review in the Fall semester of each year to identify areas for improvement. The group will report their finding to the superintendent/principal.

C. The SHAC will recommend to the Superintendent any revisions to the Student Nutrition/Wellness Plan it deems necessary.

At any school function (parties, celebrations, receptions, festivals, sporting events, etc.) healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshment tables, price lists, etc.

Raw vegetable sticks/slices with low-fat dressing or yogurt dip  
Fresh fruit and 100% fruit juices  
Frozen fruit juice pops  
Dried fruits (raisins, banana chips, etc.)  
Trail Mix (dried fruits and nuts)  
Dry roasted peanuts, tree nuts, and soy nuts (not coconut or palm nuts)  
Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)  
Party Mix (variety of cereals, nuts, pretzels, etc.)  
Low-sodium crackers  
Baked corn chips & fat-free potato chips with salsa and low-fat dips (Ranch, French Onion, bean, etc.)  
Low-fat muffins, granola bars, and cookies  
Angel food and sponge cakes  
Flavored yogurt & fruit parfaits  
Jello and low-fat pudding cups  
Low-fat ice creams, frozen yogurts, sherbets  
Low-fat and skim milk products  
Pure ice cold water

Foods to Avoid – Consume only occasionally (recommended no more than once per month)

Carbonated and caffeinated beverages (soft drinks, tea, & coffee)

High sugar content candies and desserts

High fat foods (fried foods like french fries, fatty meats, most cheeses, buttery popcorn)      High sodium foods (luncheon meats, cheeses, chips, salty popcorn, pickles)

- In selecting food items to offer keep in mind the numerous students and adults who are on special diets and their consumption of sugar, fat, sodium, etc. is restricted.
- The use of foods of minimal nutritional value (See Attachment B) as learning incentives should not be practiced, and healthy food choices or non-food items should be substituted.
- Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

**\* - Approved Times for the Availability of Foods and Beverages Other than School Meal**

Elementary School – Snack time is at 2:30 p.m. for 3PK through Kindergarten

Middle School – after the end of the regular school day

*For questions, comments or concerns, contact Superintendent, Paul Ryan at 254-965-6496.*