

Buna Independent School District

1022 TX Hwy 62---P.O. Box 1087

Buna, Texas 77612

Wellness Policy

2016-2017

The Buna Independent School District recognizes that good physical and mental health fosters improved student attendance, education, and learning.

I. NUTRITION AND HEALTH EDUCATION:

Buna Independent school district will provide nutrition education and engage in nutrition promotion that is offered at each grade level as part of a sequential, comprehensive, standards-based program. The programs will be designed to provide students with the knowledge and skills necessary to promote and protect their health.

Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media.

- The nutrition education will be linked to school meal programs and cafeteria nutrition promotion.
- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes.
- Staff will only use approved nutrition curriculum in the classroom
- Nutrition education will be provided to families via handouts and postings on the web-site.
- The school menu will be sent home monthly and posted on the web-site.
- The staff is strongly encouraged to model healthful eating habits, and discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum. Staff are discouraged from eating or drinking out of

branded packaging in front of children. (e.g. coffee containers with specific company logos)

Specifically, the nutrition curriculum will encompass:

- Promotion of adequate nutrient intake and healthy eating practices;
- Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information;
- Examination of the problems associated with food marketing to children;
- Nutrition themes including, but not limited to USDA's MY Plate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, and fats), body image and food safety.

II. Nutrition Standards for all Food and Beverages Sold or Served on School Grounds

A. USDA School Meals

School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. All schools shall participate in the USDA school breakfast and school lunch programs.

In addition:

- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as the additional state nutrition standards that go beyond USDA requirements;
- All cafeteria staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety;
- All menus will be reviewed by the food service director when possible. Sample USDA menus or USDA software for menu review may be used;
- Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated;
- Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior will be consistently enforced;
- High school campuses will be "closed" meaning that students are not permitted to leave the school grounds during the school day;

- Tutoring, club or organizational meetings will not be scheduled during meal time, unless students may eat during such activities;
- Students will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria will remind students to make use of them;
- Information on the nutritional content and ingredients of meals will be available upon request;
- Participation in school meal programs will be promoted. Parents will be notified of the availability of the breakfast and lunch programs and will be encouraged to determine eligibility for reduced and free meals.

B. Competitive Foods and Beverages

All foods and beverages *Sold* on school grounds to students outside of reimbursable school meals are considered “competitive foods.” Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores and for in-school fundraisers. All competitive foods must comply with the district’s nutrition standards, as well as all applicable state and federal standards. A summary of the standards and information are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

BUNA ISD DISTRICT NUTRITION STANDARDS:

Foods: (per items as packaged or served)

Any food sold on the school campus, during the school day must:

- Be a whole grain-rich product;or
- Have as the first ingredient a fruit, vegetable, dairy product, or protein food;or
- Be a combination food that contains at least ¼ cup fruit and/or vegetable;or
- Contain 10% of the Daily value of a nutrient of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)

Foods must also meet all the specific nutrient standards (with accompaniments):

Calorie Limits:

Entrée items: less than or equal to 350 calories

Snack/side items: less than or equal to 200 calories

Sodium Limits:

Entrée items: less than or equal to 480 mg

Snack /side items: less than or equal to 230 mg

Fat Limits:

Total fat: less than or equal to 35% of total calories

Exemptions: Reduced fat cheese (including part skim mozzarella), nuts and seeds and nut/seed butters, dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats, seafood with no added fat.

Saturated fat: less than or equal to 10% of total calories

Exemptions: Reduced fat cheese (including part skim mozzarella) , nuts and seeds and nut/seed butters, dried fruit with nuts and /or seeds with no added nutritive sweeteners or fats.

Trans fat: zero grams (less than or equal to .5g)

Sugar Limit:

Total sugar: less than or equal to 35% of weight from total sugars

Exemptions: Dried/dehydrated fruits or vegetables with no added sweeteners, dried fruits with nutritive sweeteners for processing and/or palatability, products consisting of only exempt dried fruits with nuts and/or seeds with no added nutritive sweeteners or fats.

Exemptions from meeting all nutrient standards:

- Fresh , frozen, and canned fruits and vegetables with no added ingredients except water; or in the case of fruit, packed in 100% juice, extra light or light syrup

- Canned vegetables that contain a small amount of sugar for processing purposes
- Entrée items offered as part of the lunch program or breakfast program on the day of service or the day after service (Entrée items is a combination food of M/MA and G and F or V, or A M/MA served alone.)
- Sugar free chewing gum

Beverages:

The only beverages allowed to be sold outside of school meals include:

- Plain or carbonated water any size
- Low fat milk(1%), unflavored 8oz (elementary) 12oz (middle and high school)
- Non fat milk(skim), Flavored or unflavored , 8oz (elementary) 12oz (middle and high school)
- 100% Fruit or vegetable juice (plain or carbonated) with no added sweeteners: 8oz (elementary) 12oz (middle and high school)
- 100% Fruit or vegetable juice, Diluted with water(plain or carbonated) with no added sweeteners: 8oz (elementary) 12oz (middle and high school)
- Calorie-free beverages, flavored and/or carbonated (less than or equal to 5 calories per 8oz or less than or equal to 10 calories per 20oz.) Permitted at high school only.
- Low calorie beverages, Flavored and/or carbonated (less than or equal to 40 calories per 8oz or less than or equal to 60 calories per 12oz) Permitted at high school only.
- Caffeinated beverages are only permitted at the High school level.

Additional Foods Available to Students

Fundraising

- Non-food fundraising is promoted.
- When in-school fundraising involves food, items must meet the district's nutrition standards for competitive foods and cannot be sold for immediate consumption. When out of school fundraising

events involve food , items sold must meet the nutrition standards for a la carte items sold in the cafeteria OR the district's nutrition standards for competitive foods.

- Fundraising activities that promote physical activity are encouraged
- Fundraising activities will not promote branded products
- 6 exempted fundraiser days are allowed per campus per year

Celebrations

- Celebrations that involve food will be limited to one per month.
- Parents will be made aware in advance of when a celebration with food is taking place and what is to be served
- Non- food celebrations will be promoted and a list of ideas will be available to parents and teachers

Access to Drinking Water

- Students and staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water and cups will be available in the cafeteria if water fountains are not present. Supervisory staff will facilitate access to water in the cafeteria.
- Water will be promoted as a substitute for sugar-sweetened beverages
- School staff will be encouraged to model drinking water consumption
- Maintenance will perform on all water fountains regularly to ensure that hygiene standards for drinking fountains, hydration stations and other methods for delivering drinking water are maintained.

Physical Education

Every student should be provided with the opportunity to develop the knowledge and skills necessary to participate in physical activities that assist in maintaining physical fitness and promotes a healthy lifestyle

The school District offers at least the required amount of physical education and other regular physical activity components. In accordance with the law the District requires students enrolled in kindergarten through grade five to participate in moderate and vigorous daily physical activity for at least 30 minutes

as part of the district's physical education curriculum. If a school district determines, for any particular grade level below grade six, that requiring moderate or vigorous daily physical activity is impractical due to scheduling concerns or other factors, the district may as an alternative require a student in that grade level to participate in moderate or vigorous physical activity for at least 135 minutes during each school week.

The District requires students enrolled in grade levels six, seven, and eight to participate in moderate or vigorous physical activity for at least 30 minutes for at least four semesters during those grade levels as part of the district's physical education curriculum. Sixth graders are required to take physical education both semesters during the school year.

The District requires students enrolled in high school must earn 1.0 PE credits to satisfy graduation requires. The High school student is limited to 4.0 PE credits.

Physical education courses provide an environment where students can learn, practice, and are assessed pm developmentally appropriate motor skills, social skills, and knowledge acquisition.

- Policies ensure that state-certified physical education instructors teach all physical education classes and have a student/teacher ratio no greater than 45 to 1 .
- Each secondary school's Physical Education department provides continuing support for participation in physical activity outside of physical education class.
- Schools do not withhold opportunities for physical activity as punishment.
- Schools will conduct annual fitnessgram and will send reports directly to parents. The Fitnessgram will be conducted according to the guidelines specific to age, gender, and physical fitness level.
- The Coordinated Approach to Child health(CATCH) program will be used by the physical education program as required by the Education Code for a coordinated health program.

Evaluation and Measurement

The Wellness Committee will develop and implement administrative rules consistent with this policy. Input from teachers, parents/guardians, students, school food service program, the school board, school administrators and the public will be considered before implementing such rules. The school will measure how well this policy is being implemented, managed, and enforced. The district liaison is Jo Clark Rn, BSN.

An assessment of the school's existing nutrition and physical activity environment and policy will be completed annually to help review policy compliance, assess progress, and determine areas in need of improvement. As part of the review, the wellness committee will review 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.