



Jefferson Independent School District

WELLNESS POLICY

2015-2016

The policies outlined within this document are intended to create a school environment that protects and promotes the health of our students. This policy applies to all schools in the Jefferson Independent School District (JISD). Our commitments to providing nutrition education and regular physical activity as well as access to nutritious foods for all students, are described here.

I. Nutrition education and promotion

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

- Teachers will integrate nutrition education into core curricula as appropriate;
- Nutrition promotion will include participatory activities such as contests, promotions, farm visits, and experience working in school gardens;
- The nutrition education program will be linked to school meal programs, school gardens, cafeteria nutrition promotion, and after-school programs;
- Nutrition education will be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers;
- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and age appropriate portion sizes based on current federal/state guidelines;
- Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar;
- Staff members responsible for nutrition education will regularly participate in relevant professional development (e.g., training on the Dietary Guidelines for Americans and how to teach its components);
- Staff will only use approved nutrition curriculum in the classroom. Nutrition education will be provided to families via handouts, newsletters, postings on the JISD web-site, presentations, and workshops. The school menu will be posted online.

Specifically, the nutrition curriculum will encompass:

- Promotion of adequate nutrient intake and healthy eating practices;
- Development of healthy skills and actions, 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 that target children;
- Nutrition themes including, but not limited to USDA's MY Plate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, 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 any additional state nutrition standards that go beyond USDA requirements;
- The school meal programs will be administered by the JISD Child Nutrition Director. All cafeteria staff will be provided training on USDA meal plans/reimbursable meals so they may properly advise students what meal requirements, choices they may/must take, as well as promoting good eating habits, cooking techniques, recipe implementation, sanitation, and food safety;
- All menus will be in compliance with USDA regulations. 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;
- The High School campus will be "closed", meaning that students are not permitted to leave the school grounds without permission during the school day;
- A recess period will be scheduled before or after lunch.

- 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 staff will remind students to make use of them;
- Information on the nutritional content and ingredients of meals will be available upon request;

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 JISD’s nutrition standards, as well as all applicable state and federal standards.

Foods given to students at school parties and celebrations are to be approved by that school’s principal in the planning phase of such an event. The principal will inform/involve the Child Nutrition Director as appropriate. Time and place restrictions listed below are in effect.

C. POLICY

Principal will inform/involve the Child Nutrition Director as appropriate pertaining classroom celebrations, food sold in school, and fundraising.

§26.11. Time and Place Restrictions.

(a) Time and Place Restrictions Policy

- (1) An elementary school campus may not serve competitive foods (or provide access to them through indirect sales) to students anywhere on the school campus throughout the school day except for those food items made available by the school food service department.
- (2) A middle or junior school campus may not serve competitive foods (or provide access to them through indirect sales) to students anywhere on the school campus from 30 minutes before to 30 minutes after meal periods except for those food items made available by the school food service department.
- (3) High schools may not serve competitive foods (or provide access to them through indirect sales) to students during meal periods in areas where reimbursable school meals are served and/or consumed except for those food items made available by the school food service department.
- (4) Prior approval for foods given to students during the school hours are subject to approval of the Campus Administrator/Child Nutrition Director.

JISD Nutrition Standards:

The Institute of Medicine's nutrition standards for competitive foods/beverages in schools has been adopted by the district. A summary of the standards is below for all other than Food Service Departments. Time and Place Restrictions Policy also applies.

Foods

- Packaged items shall not exceed one serving per package/200 calories;
- Items shall contain no more than 35% of total calories from fat, less than 10% of total calories from saturated fats and zero trans fats. Exception: The fat content of nuts and seeds will not count against the total fat content of packaged products;
- Items shall contain no more than 35% of calories from total sugars. Exception: Yogurt, may contain up to 30 grams of total sugars per 8 oz. serving;
- Items shall contain less than or equal to 200 mg of sodium per packaged portion;
- Combination items must contain at least one serving of whole grains, fruit or vegetable, per portion as packaged, in any combination (e.g., ½ serving of fruit and ½ serving of whole grain in one portion).

A la carte items in the cafeteria must be USDA school meal components (200 calorie limit does not apply) AND meet the above fat and sugar limits. A la carte items cannot exceed 480 mg of sodium.

Beverages

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

- Water, no added ingredients, non-carbonated, carbonated, no serving limits
- Milk, Unflavored nonfat & low fat (1%) milk), flavored nonfat milk, 8 fluid ounces for elementary schools and 12 fluid ounces for middle and high schools
- 100% Juice, 8 fluid ounces for elementary school and 12 fluid ounces for middle and high school
- 100% Juice diluted with water (with no added sugars) carbonated or noncarbonated, 8 fluid ounces for elementary school and 12 fluid ounces for middle and high school beginning 2015 school year
- **ALLOWED IN GRADES 9- 12 HIGH SCHOOL ONLY!!**
- •Added Sweeteners
- •Caloric or
- •Non-caloric

- •Caffeinated beverages
- (LOW CALORIE BEVERAGES FOR HIGH SCHOOL)
- •Maximum serving size •**12 ounces**
- •Maximum Calories
- •60 calories per 12 ounces
- •40 calories per 8 ounces
- •≤ 5 calories per ounce
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- BEVERAGES FOR HIGH SCHOOL " ZERO CALORIE"
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- •Maximum Serving Size •**20 ounces**
- •Maximum Calories
- •≤ 5 calories per 8 oz.
- •≤ 10 calories per 20 oz.
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- CAFFEINE:
- Elementary and Middle •Foods and beverages must be **caffeine-free**
- **High School 9-12** * No caffeine restrictions for this grade group

D. Additional Foods Available to Students

Fundraising

- Non-Food fundraising is promoted. When in-school fundraising involves food, items must meet the JISD's nutrition standards for competitive foods and cannot be sold for immediate consumption. Also refer to Time and Place Restrictions Policy above.
- Fundraising activities that promote physical activity are encouraged.
- In-school fundraising activities will not promote branded products (for example, Domino's Dough Raising Program, branded candy sales, etc.) Principals will be provided the link for the Smart Snack Calculator @squaremeal.org.

Celebrations

- Celebrations that involve food will be limited to one per month. Principal and staff will abide with Time and Place Restrictions when applicable;
- We will only allow pre-packaged foods with nutritional labels to be brought onto campuses.
- Principal meeting with teachers or organization will be required to discuss foods for the celebration;
- Child Nutrition service is available for a fee to prepare cupcakes, cake, pizza, etc;
- 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 school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water jugs and cups will be available in the cafeteria if water fountains are not present,
- Routine cleaning and maintenance will be performed on all water fountains, drinking fountains, water jugs, hydration stations, and water jets to ensure safety and hygiene.

III. Other

Marketing

School-based marketing will be consistent with nutrition education and health promotion. As such, the following guidelines apply:

- Schools will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in the JISD Wellness Policy;

Examples of marketing techniques include the following:

- Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or on its container;
- Displays, such as on vending machine exteriors;
- Corporate brand, logo, name, or trademark on cups, posters, book covers, school supplies, or educational materials;
- Corporate brands, logo, name, or trademark on school equipment, message boards, scoreboards, or uniforms;
- Advertisements in school publications or school mailings;
- Sponsorship of school activities, fundraisers, or sports teams;
- Broadcasts on school radio stations or in-school television, such as Channel One;
- Educational incentive programs such as contests, or programs that provide schools with supplies or funds when families purchase specific food products;
- Free samples or coupons displaying advertising of a product.

Food used as punishment

The use of food as a punishment is strictly prohibited.

IV. Physical Activity

Physical Education

State law requires that at least 50 percent of a PE course (on a weekly basis) comprise actual student physical activity at a moderate or vigorous level, while meeting the needs of students of all ability levels.

Class-size ratios will not exceed 45-to-1.

State law/rules require all students enrolled in full-day prekindergarten, kindergarten or grades 1-5 in an elementary school setting to participate in physical activity for a minimum of either 30 minutes daily or 135 minutes weekly in a TEKS-based physical education class or a TEKS-based structured activity, including structured recess.

Students must participate in moderate or vigorous activity at least 30 minutes per day for at least four semesters during grades 6, 7 and 8 (exemptions are allowed for middle school students who participate in an extracurricular activity that includes vigorous exercise). In the event of block scheduling, students will participate in moderate or vigorous physical activity for at least 225 minutes during a two-week period.

School districts are required to conduct physical assessments for students in grade 3 or higher who are enrolled in a physical education course.

- The school will provide adequate space/equipment and conform to all safety standards;
- All Physical Education classes will be taught by a qualified physical education teacher and at least 50% of class time will be spent in moderate to vigorous activity;
- Physical education staff will receive professional development as appropriate;
- The school will conduct annual Fitnessgram and dietary intake assessments and will send confidential reports directly to parents, along with additional resources, as needed.

Physical Activity

All students will have opportunities for physical activity beyond physical education class on a daily basis. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an

opportunity to stretch and move around. Short (3-5 minute) “energy release” physical activity breaks will be provided between classes in elementary school. The program ABC for Fitness will be used to incorporate short activity breaks into the day.

Teachers will be encouraged to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.

Recess

Discuss structured recess as a substitute for recess

All elementary school students will have at least 20 minutes a day of supervised recess before or after lunch period, during which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather, as defined by the administrator in charge. In the event that recess must be held indoors, teachers and staff will attempt to ensure adequate physical activity for students.

DISCUSS - Physical Activity Programs

Junior high and high school will offer extracurricular physical activity programs, such as physical activity clubs and intramural programs. High School and junior high school may offer interscholastic sports programs to all students.

Safe Routes to School

To the extent possible, JISD will make needed improvements to make it safer and easier for students to walk and bike to school. The school will work together with local public works, public safety, and/or police department in those efforts.

V. Evaluation and Enforcement

This wellness policy was developed by the JISD School Health Advisory Council (SHAC), a group comprised of individuals from the following groups: parents, teachers, students, school administration, food service director and staff, nutritionist, Health Services, and Health and

Physical Education staff. The committee is active—meetings are held four times during the school year to review and revise, if needed, policy content and to design and evaluate implementation plans throughout district schools. A progress report is/will be prepared after each meeting in an attempt to evaluate the implementation of the policy, review regulations, and recommend changes or revisions, as needed. Each report shall be submitted to the Superintendent and other appropriate administrators. The Committee shall also undertake additional tasks as consistent with the wellness policy guidelines issued by the USDA. All meeting dates and times will be posted on the JISD'S website and meetings will be open to the public.

The principal of each campus will ensure compliance within the school and will report on compliance to the superintendent, who will provide a report to the school board and the wellness committee. The superintendent will identify a school wellness coordinator to ensure that each campus implements the policy and will collect, summarize and report on evaluation data to the committee. The following information will be included in an annual report: (1) the extent to which each campus is in compliance with the wellness policy, (2) any recommend changes to the policy; (3) a detailed action plan for the following school year to achieve annual goals and objectives; and (4) any additional information required by the USDA. The annual report shall be posted on the school district website before the start of the following year.

Policy revisions will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data, changing district priorities, and other pertinent issues.