

Electra ISD
Student/ Nutrition/Wellness Plan

Electra ISD Student Nutrition/Wellness Plan

Nutrition and Physical Activity

Electra ISD is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance. The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

Nutrition and Physical Activity

- Electra ISD 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 the School Health Advisory Committee (SHAC)
- All students in grades Pre K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Nutrition education shall be integrated across the curriculum.
- Foods and beverages sold or served at school will meet the nutrition requirements of USDA's Competitive Food Nutrition Standards.

Quality School Meals

- Electra ISD will offer breakfast and lunch.
- Electra ISD food service director, foodservice manager and staff 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 Electra ISD foodservice program. The most recent inspection will be posted on each campus.
- 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 students.
- Students will be encouraged by both parents and teachers to eat breakfast and lunch daily.

- Menus sent to parents monthly, posted in the hall and on the Electra ISD website, and information in the Parent Newsletter.

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).

- Food will neither be used as a reward nor a punishment for students.
- Electra ISD will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children. (i.e. on the backsides of the monthly menus, in the parent newsletter and occasional mailings to parents.)

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.
- Electra 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.

Nutrition Education

- Electra 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.

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 (Parent Advisory Committee) meetings, Open House, and teacher in-services, Parent Newsletter, etc.

Implementation

- The SHAC will meet quarterly 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 during our quarterly meetings