

**FANNINDEL ISD
WELLNESS POLICY
2018 - 2019**

Coordinated School Health Plan

**Fannindel
Independent School
District**

Coordinated School Health Plan Fannindel Independent School District

Student Nutrition/CSHP/Wellness Actions Plan

Mission Statement: The Fannindel Independent School District strives to facilitate a weaving between school and community resources to equitably serve the needs and interests of all students and staff while taking into consideration the present diversity of/in the varying cultural norms. Such cooperation between school personnel, food service, parents, and community organizations will serve to solidify a commitment to health education, physical activity, nutrition, and family involvement as they collectively work toward the wellness and academic success of each child.

Goal: The Fannindel I.S.D integrates its School Health Advisory Committee (SHAC) with its District Improvement Committee (DIC). The SHAC's goal shall be to monitor district-wide nutrition and physical activity issues and to assist the district in developing, implementing, and evaluating guidelines that support a healthy school environment. The SHAC will have on-going monitoring status and may make amendment suggestions to the Superintendent twice a year (more often if called upon by the district to do so) – once in the Fall and again the Spring.

Component 1: A Commitment to Health Education

- A. In support of the District's Coordinated School Health Plan, classrooms grades K through 6 utilizes as a TEKS-based textbook Health and Wellness an adopted textbook from Harcourt School Publishers; currently uses Health from Glencoe publishers.
- B. Principals will monitor the classroom curriculum through observations, walk throughs, reviewing lesson plans, and teacher conferences to assure optimum student success.
- C. Nutrition education shall be integrated across the curriculum.
- D. Guest speakers from surrounding communities and counties will be invited to enhance and reinforce the campus-specific classroom health lesson(s).

- E. Campus staff will record Body Mass Indexes for students as she completes the height, weight, vision, hearing, and other wellness indicators.
- F. District secretaries will offer assistance to staff in maintaining updated vaccination and flu shots. Health programs for staff members also include blood pressure and weight checks if requested.

Component 1: A Commitment to Health Education

- A. Physical activity may be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies, language arts, etc.
- B. A short snack-free recess for elementary campuses will be encouraged to be scheduled sometime before lunch, so children will come to lunch less distracted and more ready to eat.
- C. Elementary teachers will be encouraged to provide students with a short recess in the afternoon hours in an effort to maximize the students' post-lunch academic task.
- D. Students kindergarten through 6th grade will receive a daily scheduled Physical Education class using the TEKS as the curriculum.
- E. Elementary Students may take part in activities such as Jump Rope for Heart, the Walk for Cancer, a Bicycle Rodeo, and a district coordinated annual elementary track meet; each special activity serves to unite the students, staff, and community-volunteers present in physical activity that promotes a healthy heart and healthy body. It is the goal of the CSHP and the SHAC that each of these special campus activities will generate within each participant a commitment to physical activity that will bind school family and home-family health and wellness.
- F. Parent groups organize, implement, and run athletic team opportunities for children – outside the regular school day (ie: Youth Sports Leagues. The district also arranges and Supervises summer camps for team sports and cheerleading.

- G. District supported UIL extra-curricular activities – ie: football, basketball, baseball, softball, track – not an all-inclusive list). Each sport is sponsored by a district – provided coach.

Component 3: A Commitment to Nutrition Education and Food Safety Services

- A. The Fannindel Independent School District will offer breakfast and lunch on a daily basis and after school snacks on days students stay for specially established tutorial sessions. Families are provided with free or reduced meal forms in order to assure/provide each student with a minimum of two nutritional meals each day.
- B. The food service staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver and accurate nutrition education program. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities, and instructional techniques and strategies designed to promote healthy eating habits.
- C. Food safety will be a key part of the food services operation – ie: frequent hand washing by staff, the use of colored band aids by staff for easy detection, and hand sanitizers at the beginning of each campus food line. Nutrition education information will be reviewed by a qualified, credentialed nutrition professional (e.g. Region VIII’s School Food and Nutrition Specialist).
- D. Menus will meet the nutritional standards established by the U.S. Department of Agriculture and Texas Department of Agriculture, conforming to good menu planning, principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent nutritional quality, and are served at proper temperature. It is post on the Web site monthly. Monthly menus are posted in classrooms, are sent home with each student. Daily menus are read to students.
- E. Students will be given the opportunity to provide input on their local, cultural, and ethnic (food) favorites. In addition, students at grade levels 6 thru 12 have choices and hot lunch. New food products may be evaluated using taste-testing techniques through the cafeteria.

- F. School personnel, along with parents, will encourage students to choose and consume balanced meals. Positive statements coupled with an attractive, nutritionally motivating cafeterias will serve as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom(s).
- G. The SHAC may review and make recommendations to the administrations and School Board on nutrition standards for food and beverages offered through celebrations, social events, and any school functions (including concession stands at sporting and academic events).
- H. Fannindel I.S.D. staff shall not use food of minimal nutritional value as a reward for student accomplishment. In addition, the withholding of food as punishment for students is prohibited.
- I. The school district shall provide nutritional information to parents to encourage them to use the home setting to teach their children about health and nutrition and to encourage them to provide nutritious meals for their families.
- J. Organizations shall only use non-food items or foods designed for delivery and consumption after school hours as fund-raisers. For example, barbeque plate sales after school hours would be acceptable. The sale of candy as a fund-raiser during the school day is prohibited.
- K. Facility design will be given priority in any renovations and/or new construction; tables and chairs are the correct size for students; school personnel will employ varied methods to keep noise levels appropriate.
- L. Drinking fountains will be available for students to get water at meals and throughout the day.
- M. School personnel will assist all students in developing the healthy practice of washing hands prior to eating and will be provided hand sanitizer at the beginning of the lunch line.

- N. School personnel will schedule enough time to reduce the students' wait-time in the lunch line.
- O. School shall not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during meal times.
- P. Adequate time to eat in a pleasant dining atmosphere shall be provided. Nutritional posters will be displayed in the dining area on each campus. In addition, healthy eating habits will be modeled by school personnel.
- Q. Teachers and students may make use of web-based health and nutrition programs to enhance classroom instruction/campus-home connection.

Component 4: Commitment to Family and Community Involvement

- A. Each campus will post periodic health bulletins (available at the National Center for Disease Control and Prevention) in an effort to keep home and school working together as one to connect the classroom health lessons discussed in school with each student's home life (ie: Bathroom bulletin, or other information in campus newsletters or mailings)
- B. Guest speakers (to include the campus nurse) will support/enhance the classroom health and P.E. lessons. Periodically, a district-wide cookbook is generated with recipes for children, their parents, etc.
- C. Local health services/hospitals/organizations will be invited to do health, nutrition, and/or wellness presentations.
- D. Utilizing the local Region ESC (and other health agencies), parents may attend health, nutrition, and/or wellness workshops.
- E. Campuses shall encourage parents/guardians/grandparents/community members to have lunch with children.

Component 5: Implementation

- A. The SHAC shall be composed of a parent(s), a local business person, and school district staff. Each campus principal will secure the parents(s) and staff member(s) for his/her campus. Permanent members of the SHAC shall

include the Food Service Coordinator, the Athletic Director, the district Superintendent, each campus principal, the Curriculum Director, and the District Nurse.

- B. SHAC members will hear reports from each campus principal at the Fall meeting and again at the Spring meeting. At these times, the SHAC will make recommendations to the Superintendent on any revisions to the CSHP it deems necessary. The Superintendent will take the SHAC recommendation to the School Board for approval.
- C. Each campus principal, as well as the Food Service Director, will report bi-annually to the Superintendent the progress of the campus and the status of compliance by the campus.

Component 6: Evaluation

- A. SHAC review meetings – once in the Fall and again in the Spring.
- B. Principal and Food Service Coordinator bi-annual report to the Superintendent.
- C. Student BMI (Body Mass Index) data will be compared for Fall and Spring Semesters to help evaluate activities and guidelines of the plan.
- D. School Board review and approval of documented efforts toward student health, student nutrition, student physical activity and how this reflects in the overall academic student success.

Fannindel ISD

Local Wellness Policy

Fannindel ISD Local Wellness Policy

The Fannindel Independent School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices:

To accomplish these goals:

- Child Nutrition Programs will comply with federal, state and local requirements. Child Nutrition Programs will be accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education;
- School-based activities are consistent with local wellness policy goals.
- All foods made available on campus adhere to food safety and security guidelines
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity not used as a reward or punishment.

FISD Local Wellness Policy Guidelines

History/Background/Rationale

Our country suffers and alarming rate of obesity in children aged 6 through 11, and rates have more than doubled in the past 20 years. Obesity is associated to high rates of diabetes, high blood pressure, heart disease, and stroke. Increasing numbers of children and teenagers are obese and at risk for developing these complications. One in three American Children born in 2000 will develop diabetes in their lifetime. The School Nutrition Association was established in 1946, shortly after lawmakers passed the National School Lunch Act, allowing healthy, affordable meals for America's schoolchildren. Today, school foodservice professionals continue to build on the record of healthy, safe, and nutritious meals – as well as nutrition education.

A healthy school environment goes beyond school meals in the cafeteria. A healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices and appropriate amount of physical activity. All foods made available on school campuses offer children nutritious choices, and physical activity should be incorporated into the school day as possible. The healthy, physically active child is more likely to be academically successful. With the recent passage of the Federal Child Nutrition Act (Public Law 108: Section 204 and WIC Reauthorization Act of 2004) requiring each Local Education Authority (LEA) to have a local wellness policy in place, the federal government recognizes that a coordinated effort by the entire community including child nutrition professionals, school board members, parents, students, school administrators, and teachers is warranted. These efforts involve adults serving as role models and community members being informed of the policies that improve the long-term health and well-being of students. The LEA has a strategic role to play and now is the time to take action.

FISD Local Wellness Policy Guidelines

Fannindel Independent School District's Wellness Policy encourages the district to take a positive and proactive approach to this opportunity to affect our students' health and their school environment.

In all aspects of local wellness, the school staff will act as role models for good nutrition and physical activity behaviors.

NUTRITION EDUCATION

Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.

The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to deliver and accurate nutrition education program effectively as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

Nutrition education information will be reviewed by a qualified, credentialed nutrition professional (e.g. School Food and Nutrition Specialist, a Registered Dietitian, who is specialized in school-based nutrition)

The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.

Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

FISD will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

Students will be encouraged to start each day with a healthy breakfast.

PHYSICAL ACTIVITY

Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies and language arts.

Physical education courses will be environment where students learn, practice and are assessed on developmentally appropriate motor skills and knowledge.

Policies ensure that the best available physical education instructors teach all physical education classes.

Policies ensure that state physical education classes have a student/teacher ratio similar to other classes.

Time allotted for physical activity will be consistent with research, national and state standards. For example, the National Association for Sport and Physical Education includes recommendations for at least 60 minutes and up the several hours of physical activity per day for children 5 to 12 years of age.

Provide a daily recess period.

Physical activity participation will take into consideration the “balancing equation” of food intake and physical activity.

Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

Adequate equipment is available for all students to participate in physical education.

Physical activity facilities on school grounds will be safe.

The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

Information will be provided to families to help incorporate physical activity into their student’s lives.

Schools encourage families and community members to institute programs that physical activity, such as a walk to school program.

OTHER SCHOOL BASED ACTIVITIES

After-school programs will encourage physical activity and healthy habit formation.

Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies)

NUTRITION GUIDELINES FOR ALL FOODS ON CAMPUS

All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans:

Fundraisers

Concession Stands

School parties/celebrations

Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws, and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.

Promotional activities will be limited to programs that are requested by school officials to support teaching and learning.

Classroom snacks feature healthy choices.

Nutrition education is incorporated during classroom snacks times, not just during meal.

Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.

Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.

EATING ENVIRONMENT

The National Association of State Boards of Education recommends that students should be provided adequate time to eat at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.

Lunch periods are scheduled as near the middle of the school day as possible.

Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.

Dining areas are attractive and have enough space for seating all students.

Drinking water is available for students at meals.

Food is not used as reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan.

CHILD NUTRITION OPERATIONS

The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or complete nutritionally with program meals.

The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn will.

The school will strive to increase participation in the available Federal Child Nutrition Programs) e.g. school lunch, school breakfast, after-school snack and summer foodservice programs).

Employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.

All food service personnel shall have adequate pre-service training in food service operations.

Students are encouraged to start each day with a healthy breakfast.

FOOD SAFETY/FOOD SECURITY

All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points plan and guidelines are implemented to prevent food illness in schools.

For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.

IMPLEMENTATION

The campus Principal or their designee is responsible for the implementation at their campus.

The Child Nutrition Director has the operational responsibility for ensuring the Fannindel Independent School District for the measuring implementation of this policy.

The Superintendent and the school board is responsible for ensuring the school district meets the local wellness policy.