

# Mullin 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 linked to reduced risks for the development of many chronic diseases as adults. Schools have a responsibility to help students and staff members 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 will be encouraged to model healthy eating and physical activity. The Mullin 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

- The Mullin Independent School District Board of Trustees shall appoint a School Health Advisory Committee (SHAC), comprised of parents, educators, administrators, food service professionals, students, health care professionals, and other interested community members to develop, implement, and review district-wide nutrition and physical activity policies.
- The Superintendent will address concerns such as kinds of foods available on campus, sufficient mealtime, nutrition education, and physical activity.
- Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily for all students grades PK-12.
- The school food service personnel will participate in making decisions and guidelines that will affect the school nutrition environment.
- Foods and beverages sold or served at school will meet the guidelines set forth by the Texas Department of Agriculture.

## Component 2: Quality School Meals

- The Mullin Independent School District will offer breakfast and lunch programs, and will participate in a district-wide universal feeding program providing meals at reduced or no charge to all qualifying students.
- The school Superintendent and foodservice staff will administer the Child Nutrition Program. All foodservice staff will be properly qualified according to current professional standards.

- Food safety will be a key part of the school foodservice operation with bi-annual scheduled inspections by qualified personnel. The most recent inspection results will be visibly posted in the cafeteria.
- 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 the students.
- Students will be encouraged by both parents and school personnel to choose and consume full breakfast and lunch daily. Weekly menus will be published in area newspapers, radio stations, and via teacher/parent newsletters.

### Component 3: 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).
- Students will not possess any foods of MNV on campus.
- No foods or beverages other than those provided through the school food service department may be made available to elementary school students at any time. Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during lunch time) under the teacher's guidance. The snack may be provided by the school food service, the teacher, parents or other groups and should be at no cost to the students. Foods and beverages other than those provided through the school food service department may not be available to junior high students until the end of the regular school day, and may not be available to high school students until the end of the last lunch period.
- School staff shall not use food as a reward for student accomplishment, nor as punishment for inappropriate student behavior.
- Nutritional information will be made available to parents through web site referrals, teacher/parent communications, and other community meetings when offered, and will encourage parents to provide safe and nutritious foods for their children.

### Component 4: Pleasant Eating Experiences

- Students will have access to water with breakfast and lunch. Bottled water will be available for students throughout the day.
- School personnel will assist all students in developing the healthy practice of washing hands before eating.
- Mullin Independent School District will schedule lunch times in such a manner that students are served in a timely fashion with minimal waiting in line.
- No other activities will be scheduled during meal times.
- Adequate time to eat in a pleasant dining environment will be provided.
- School staff will properly supervise the dining area and serve as positive role models to students. Parents are encouraged to dine with students in the school cafeteria.

#### Component 5: Nutrition Education

- Mullin Independent School District 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 such as math, science, social studies, and language arts as applicable.
- Nutrition education will be offered through websites, posters, etc. to students and teachers.

#### Component 6: 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, open house, teacher in-services, and any other appropriate time.

#### Component 7: Implementation

- The SHAC (comprised of parents, food service staff, teaching staff, and administration) shall meet once in the fall, once in the spring, and any other time deemed necessary by the members.
- Any areas identified for improvement will be reviewed with the superintendent, principal, and appropriate school staff.
- The SHAC chairperson(s) will report all findings and changes implemented in the Nutrition/Wellness Plan to the Superintendent as needed.