

Shelbyville ISD Wellness Plan

Shelbyville ISD (also referred to as the District) 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.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

Students in the District have access to healthy foods throughout the school—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;

Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors,

Students have opportunities to be physically active before, during, and after school.

The District establishes and maintains a structure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in the District.

School Health Advisory Committee

The District will review the wellness policy on an annual and triennial basis to establish goals for and oversee school health and safety policies and programs, including development, implementation, and review and update of this district-level wellness policy.

The SHAC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parent representatives, student representatives, food service authority representatives, physical education teachers, school health professionals, school administrators, and community members. To the extent possible, the SHAC will include representatives from each school building and reflect the diversity of the District.

Leadership

A designee(s) will convene the SHAC and facilitate development of and updates to the wellness policy, and will ensure the school's compliance with the policy.

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School Nurse

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Wellness Policy Implementation, Monitoring and Accountability

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy.

This wellness policy can be found at:

https://www.shelbyville.k12.tx.us/index.php?pageID=134242_2

Revisions and Updating the Policy

The SHAC will update or modify the wellness policy as District priorities change, wellness goals are met, and new Federal or state guidance or standards are issued. The SHAC will review the wellness policy on an annual and triennial basis.

Record Retention

Records will be retained for a period of 5 years.

Nutrition

School meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving; and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices.

The District participates in USDA child nutrition programs, including the National School Lunch Program and the School Breakfast Program. The District is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)

- Promote healthy food and beverage choices.
- Menus will be posted on the District website.
- Shelbyville ISD participates in the Community Eligibility Provision program.
- The District child nutrition program will accommodate students with special dietary needs. Students will be allowed at least 10 minutes to eat breakfast and at least 25 minutes to eat lunch. Students are served lunch at a reasonable and appropriate time of day.

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA'S Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.

Water cups will be available in the cafeteria if a drinking fountain is not present. All water sources and containers will be maintained on a regular basis to ensure good hygiene standards.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.healthiergeneration.org/smartsnacks.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards.

These standards will apply in all locations and through all services where foods and beverages are sold, including a la carte options in cafeterias.

Celebrations and Rewards

- Schools should limit celebrations that involve food during the school day.
- When possible, parties involving food will be scheduled in the afternoon after the last lunch meal service has ended.
- Foods and beverages **WILL NOT** be withheld as punishment for any reason, such as performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The District will make available to teachers and organization leaders a list of healthy fundraising ideas.

Physical Activity

The primary goal for the school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long- term benefits of a physically active and healthful lifestyle.

Daily Physical Education Classes PreK-10

- All students in grades PreK-10 will receive daily physical education as outlined in the SB 530: Physical Activity Requirements for Public School Students. Students with disabilities, special healthcare needs, and those in alternative educational settings will be included.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- The physical education curriculum should demonstrate progression and sequence and be consistent with SB 530: Physical Activity Requirements for Public School Students.
- All physical education will be taught by highly qualified physical education teachers.
- Student participation in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

Daily Recesses

- All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity.

Physical Activity Opportunities Outside of School Hours

- Will offer interscholastic sport programs.
- Schools will offer a variety of activities for students.
- We will educate and encourage participation in community or club activities.
- After-school enrichment programs will provide and encourage (verbally and through the provision of space, equipment, and activities) daily periods of moderate to vigorous physical activity for all participants.

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Mail

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW
Washington, D.C. 20250-9410

Fax: [\(202\) 690-7442](tel:2026907442); or

Email: program.intake@usda.gov.

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