

High Island ISD Wellness Policy

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006, all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy. Access the district wellness policy at www.highislandisd.com.

Mission Statement: The mission of High Island ISD is to promote a healthy lifestyle for students, parents, and staff which will lead to lifelong maintenance of healthy habits. This will be accomplished by creating an awareness of healthy eating behaviors, providing appropriate physical activities and nutritious school meals, and creating a school community which delivers a consistent message in support of healthy lifestyles.

Development of Guidelines and Goals

The District shall develop nutritional guidelines and wellness goals in consultation with the local School Health Advisory Council, including representatives of the student body, school food service, school administration, school board, parents and community members.

Nutritional Guidelines

The District shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy. See the board policy at www.highislandisd.com under FFA [Legal].

High Island Independent School District will:

- educate, encourage and support healthy eating by all students of all ages.
- ensure that the nutrition program meets Texas Department of Agriculture standards.
- include goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the District determines is appropriate.
- provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than the regulations and guidance issued by the U.S. Secretary of Agriculture pursuant to the Child Nutrition and National School Lunch Acts.
- establish a plan to measure implementation of the local wellness policy, including designation of one or more persons within the District who is charged with the responsibility for ensuring that the school follows the local wellness policy. (See page 4 of this document for monitoring and evaluation information)

Nutrition Standards

Goal #1 The District will comply with the current USDA Dietary Guidelines for Americans and the Texas Public Schools Nutrition Policy.

The Texas Public School nutrition policy has already provided a very solid base to setting standards.

Goal #2 Schools will comply with the current USDA Dietary Guidelines for Americans, Texas Public School Nutrition Policy as well as adhere to the following restrictions.

Restrictions:

A la carte

- The Child Nutrition Specialist determines competitive food selections.
- Nutrition information for products offered is readily available upon request.

Fundraisers

- Food and beverages sold at fundraisers will include healthy choices and provide age appropriate selections for all school levels.
- Will meet the Smart Snack Requirements.
- Provide age appropriate selections for all school levels.

Class parties

- Elementary classes are limited to a Christmas party and a Valentine party.
- Food items offered must meet the Smart Snack Requirements.
- Foods provided will be given away at no charge to all students.
- No parties will be allowed during the school day in grades 6 – 12.

Others

- Promotional activities will encourage physical activity and academic achievement in compliance with local guidelines.
- Promotional activities connected to healthy lifestyles will include posters in the cafeteria and nutritional tips stated at the daily morning assemblies.

Nutrition Education Guidelines

Goal #1: The District will educate, encourage and support healthy eating all students of all ages.

Guidelines:

- The District will promote fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation and health enhancing nutrition practices.

- Nutrition Education will be part of not only health education classes, but also classroom instruction in subjects such as Math, Science, Language Arts, Social Studies and elective subjects.
- The school cafeteria serves as a “Learning Lab” to all 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 via the school website (www.highislandisd.com).
- School will promote enjoyable, developmentally, and culturally appropriate participatory activities.
- Schools will offer nutrition education at each grade level as a part of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.

Physical Education Guidelines

Goal #1 The District will provide opportunities for students to regularly participate in physical activity and maintain physical fitness. The district will adopt or exceed the state standards for physical activity.

Guidelines:

- Students will be given opportunities for physical activity during the school day through physical education classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- Schools will implement physical activities from adopted curriculums.
- Schools will encourage classroom teachers to provide short activity breaks between lessons or classes.
- Schools will encourage parents to support their children’s participation in physical activity, to be physically active role models, and to include physical activities in family events.

Goal #2 Schools will adopt or exceed the state standards for physical activity.

Guidelines

- Policies ensure that state physical education classes have student teacher ratio similar to others.
- Policies ensure state-certified physical education instructors.

- Time allotted consistent with research and standards, 30 minutes per day or 135 minutes per week, kindergarten thru fifth grade. Students in middle school will be provided opportunities to be involved with physical activities and organized sports. Students at the high school level will be provided opportunities to experience physical activities as specified under the high school graduation plans.

Other School Based Activities Guidelines

Goal #1 The District will create a total school environment that is conducive to being physically active.

Guidelines:

- After-school programs will encourage physical activity and promote healthy habits.
- Schools will not deny student participation in required physical education class as a form of discipline or classroom make-up time.
- Schools will make physical activity facilities available to staff after school hours.

Implementation of District Wellness Goals

The Superintendent shall oversee the district level implementation of this policy and shall oversee the development of administrative procedures for periodically measuring the implementation of the wellness policy. Campus Level Administration will oversee the campus implementation and evaluation of the wellness policy. Ongoing recommendations from the SHAC team will be provided to the District and Campus Improvement Teams for consideration in campus and district improvement plans.