

# Alvord ISD Local Wellness Plan

Local wellness plans are important tools parents and schools can use to promote student wellness, prevent and reduce childhood obesity and provide assurances that school nutrition program guidelines meet the minimum federal standards. All schools that participate in the National School Lunch or School Breakfast Program are required by federal regulations to adopt and implement a wellness plan. Alvord Independent School District is committed to providing a school environment that promotes and protects students and staff health, well-being, and the ability to learn by supporting healthy eating habits and physical activity. Therefore, it is the practice of the Alvord Independent School District that:

-The school district 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.

-All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.

-Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

-To the maximum extent practicable, all schools in our district will participate in available federal school meal programs including the School Breakfast Program, and National School Lunch Program.

-School food service staff will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of students, and will provide clean, safe, and pleasant setting and adequate time for students to eat.

-School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

## **I. Nutrition during the school day**

- Discourage the use of food as a reward, incentive or punishment.
- Utilize nutrition education content and lesson plans and incorporate them into the classroom curriculum.
- Establish criteria for competitive foods that follow USDA's final rule regarding All Food Sold In Schools (Smart Snacks)
- Actively encourage staff and parents to offer/provide healthy options to students at school events and celebrations during the school day.

## **II. School Health Councils**

The School Health Advisory Council (SHAC) of Alvord ISD will work to develop, implement, monitor, review, and as necessary, recommend revisions to the school nutrition and

Physical activity plans. The council also will serve as a resource to school sites for implementing those practices.

## **II. Nutritional Quality of Foods and Beverages Sold or Served on Campus**

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%), fat-free milk or nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
- Train staff regularly in proper food preparation techniques to ensure attractive high quality meals. Training topic examples include: food presentation on the cafeteria line, how to cook from scratch, how to prepare vegetables

### **Breakfast**

Alvord ISD will encourage all children to have breakfast, either at home or at school, in order to meet their nutritional need and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfast that encourage participation
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.

### **Free and Reduced-price Meals**

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price school meals.

### **Charge Policy**

Students with a \$0 balance may charge two additional meals, after that the student is offered two alternative meals (cheese sandwich/milk). Parents are notified when the student's account becomes negative. If the outstanding balance is not paid in full, possible sanctions could be imposed by the campus.

### **Meal times and Scheduling**

Schools:

- Will provide students with adequate time to eat after sitting down for breakfast and lunch.

### **Portion Size**

*Smart Snacks in School* also supports efforts by school food services staff, school administrators, teachers, parents and school community, all working hard to instill healthy habits in students.

### **Healthy Hunger-Free Act of 2010**

*The Healthy Hunger-Free Act of 2010* directed the USDA to establish nutrition standards for all foods and beverages sold to students during the school day, including foods sold through school fundraisers. The new *Smart Snacks in School* nutrition standards will help schools make the healthy easy choice by offering students more of the foods and beverages we should be encouraging-whole grains, fruits and vegetables, leaner protein, lower-fat dairy-while limiting foods with too much sugar, fat and salt.

Highlights of the *Smart Snacks in School* nutrition standards include;

- States set an appropriate number of exempt school-sponsored fundraisers.
- No limits on fundraisers that meet the new standards.
- Schools decide what can be sold at events outside of school hours.
- Exceptions for fundraiser foods not intended for consumption in schools.

### **Pleasant Eating Experiences**

- Drinking fountains will be available for students to get water at meals and throughout the day.
- Adults will properly supervise dining rooms.
- Noise levels will be appropriately monitored.
- Schools will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
- Hand sanitizer will be available in all classrooms, cafeteria, gym, offices, etc.
- Monitoring students eating patterns in the cafeteria (are students skipping meals)
- Utilize standard kid-friendly recipes from a reliable source, such as USDA/Team Nutrition, Smarter Lunchrooms.

### **Middle and High Schools**

In middle and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, will meet TDA/USDA guidelines and nutritional restrictions.

### **Physical Activity Opportunities**

Provide opportunities for students to receive age appropriate physical activity. All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education for the entire year to include high school students as appropriately documented in their graduation plan requirements.

All students will be encouraged to participate in physical activity events such as: the Annual Fun-Run, Relay for Life, Field Days, Jump Rope and Hoops for Heart.

### **Daily Recess**

All elementary school students will have at least 10 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

### **General Practices**

Schools will implement handwashing with soap and water, when not available, students will have access to hand sanitizer.

Monitoring students and staff for flu-like illnesses

Communicating on a daily basis with parents of absent students to determine reason for absence

Nurse available on campuses for consultation

Flu shots available to all staff

Provide school menus on the school/district website and ensure they are easily accessible.

Market school meals to encourage students to consume a nutritionally well-balanced meal.