

# North Zulch ISD

## Local Wellness Policy

*The mission of North Zulch Independent School District is to empower students for lifelong learning by providing a quality education and modeling leadership, character and integrity in a safe environment through a partnership with our community. This mission will be accomplished by the development and implementation of our district wellness policy which will incorporate nutrition education and standards, physical activity and any other school related activities.*

### II. Nutrition

#### **Nutrition Education Goals**

1. Schools will provide and promote nutrition education for all students.
2. Schools will educate, encourage, and support skills needed to adopt healthy eating behaviors for all students and faculty.
3. Schools will comply with the current USDA Dietary Guidelines for Americans and the Texas Public Schools Nutrition Policy.
4. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.
5. The school will provide a healthy learning environment for all students.
6. All school and community members will be encouraged to participate in all health related activities.
7. The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

#### **Nutrition Education Guidelines:**

- Nutrition education will be integrated into school curriculum, physical activity and promoted into the community.
- The school cafeteria will display posters to promote healthy eating and display other nutrition education materials.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- School district(s) will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- The school nurse and food service personnel will consult as needed to modify the diet for students with special nutritional needs and in correlation with the student's IHCP/IEP.

#### **Nutrition Standard Guidelines**

- Support for the health of all students is demonstrated by hosting health screening, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- School organized local wellness committee, will be comprised of parents, teachers, administrators and students.

- Schools will provide sanitizers or hand washing time prior to meal service to help control illness and promote healthy habits.
- Menus are made available to all families and school faculty in order to encourage proper food choices and meal consumption.
- Food will not be withheld from any student as a result of any form of punishment.
- Food service personnel are adequately trained in food safety and will encourage nutritional food choices according to state and government recommendations.
- Foods of low to minimal nutritional value will be restricted.

### **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.
  - Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.
  - High School: foods and beverages may contain caffeine.

### **Free and Reduced-priced Meals Schools**

North Zulch ISD 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.

### **Sharing of Foods and Beverages**

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.

### **Meal Times and Scheduling Schools**

- North Zulch ISD will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
- Will schedule meal periods at appropriate times, e.g., lunch will be scheduled between 10:50 a.m. and 1:30 p.m.
- Will provide students access to handwashing or hand sanitizing before they eat meals or snacks

### **Breakfast**

North Zulch ISD will encourage all children to have breakfast, either at home or at school, in order to meet their nutritional needs 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 breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.

### **Beverages**

1. Elementary School
  - a. Plain water (no size limit)
  - b. Low fat milk, unflavored ( $\leq 8$  fl oz.)

- c. Nonfat milk, flavored or unflavored ( $\leq 8$  fl oz.), including nutritionally equivalent milk alternatives as permitted by the school meal requirements
  - d. 100% fruit/vegetable juice ( $\leq 4$  fl oz.)
2. Middle School
- a. Plain water (no size limit)
  - b. Low fat milk, unflavored ( $\leq 8$  fl oz.)
  - c. Nonfat milk, flavored or unflavored ( $\leq 8$  fl oz.), including nutritionally equivalent milk alternatives as permitted by the school meal requirements
  - d. 100% fruit/vegetable juice ( $\leq 4$  fl oz.)
  - e. 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( $\leq 4$  fl oz.)
3. High School
- a. Plain water or plain carbonated water (no size limit)
  - b. Low-fat milk, unflavored ( $\leq 12$  fl oz.)
  - c. Non-fat milk, flavored or unflavored ( $\leq 12$  fl oz.), including nutritionally equivalent milk alternatives as permitted by the school meal requirements
  - d. 100% fruit/vegetable juice ( $\leq 12$  fl oz.)
  - e. 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( $\leq 12$  fl oz.)
  - f. Other flavored and/or carbonated beverages ( $\leq 20$  fl oz.) that are labeled to contain  $\leq 5$  calories per 8 fl oz., or  $\leq 10$  calories per 20 fl oz.
  - g. Other flavored and/or carbonated beverages ( $\leq 12$  fl oz.) that are labeled to contain  $\leq 40$  calories

### **Foods**

A food item sold individually:

- Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and contain no trans fat
- Will have no more than 35% of its weight from total sugars
- Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes
- Snack items 200 calories or lower and entrée items 350 calories.

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried or canned vegetables (that meet the above fat and sodium guidelines).

### **What Can be Given Away**

There are **no restrictions on foods or beverages given away** including foods or beverages at events such as field days, birthdays, class parties, and celebration days tied to curriculum or cultural events. Campus administrators will monitor these activities.

### Rewards

North Zulch ISD will discourage the use of foods or beverages, especially those that do not meet the nutrition standards, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

### Fundraising Activities

- Texas policy **allows six days per campus per school year** to sell foods or beverages on campus that do not have to meet federal nutrition standards.
- Fundraisers that include food or beverage items that do not meet the competitive food nutritional standards, and are intended to be consumed at a school **must be sold outside the school day or on exempt days only**. The school day is defined as beginning at midnight and ending 30 minutes after the end of the official day.
- Exempt food or beverage items may be sold anywhere on campus (6 days per year) except during meal service times in areas where school meals are sold or consumed.
- ALL foods or beverages sold at ALL grade levels **on non-exempt days** must meet the nutritional requirements.

## III. *Physical Activity*

### Physical Activity Goals

1. Schools will provide opportunities for every student to develop the knowledge and skills for specific physical activities.
2. Schools will provide opportunities for students to regularly participate in physical activity.
3. Schools will help students understand the short- and long-term benefits of a physically active and healthy lifestyle.
4. Schools will adopt and implement state standards for physical activity.

### Physical Activity Guidelines

- Schools work with the community to create ways for students to walk or bike, safely to and from school.
- Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Schools provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.
- Time allotted for physical activity will be consistent with research, and state standards. 30 minutes of structure daily physical activity or 135 minutes a week in grades K-6.
- Physical activity participation will take into consideration the “balancing equation” of food intake and physical activity.
- Children and community members will have access to recreation facilities before and after school hours and during vacation periods.

### Daily Recess

Elementary school students have at least 20 minutes a day of supervised recess and intermediate school students have 15 minutes of recess, generally outdoors, where schools 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.

### **Physical Activity Opportunities Before and After School**

All high schools, and middle schools will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

### **Use of School Facilities Outside of School Hours**

School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

### **Other School Based Activity Goals**

1. The school will provide a healthy learning environment for all students.
2. All school and community members will be encouraged to participate in all health related activities.
3. The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

### **Other School Based Activity Guidelines**

- Support for the health of all students is demonstrated by health screenings, substance abuse awareness and abstinence programs, CPR trainings and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- School organized local wellness committees, will be comprised of parents, teachers, administrators and students.
- The school district provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- The school district encourages all students to participate in school meals programs and protect the identity of students who eat free and reduced price meals.
- The school district will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.
- The school district encourages and provides opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.
- The local wellness committee will plan, implement and improve nutrition and physical activity in the school environment.
- Schools will provide sanitizers or hand washing time prior to meal service to help control illness and promote healthy habits.
- Schools will encourage students to wear appropriate attire during any physical related activity.
- Schools will educate students on the importance of grooming and proper hygiene.

#### *IV. Staff Wellness*

##### **Staff Wellness**

North Zulch ISD encourages school staff to improve their health status through activities such as health-related fitness activities. These opportunities promote a healthy lifestyle that contributes to improved health status, improved morale, and a greater personal commitment to the school's overall coordinated health program. This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling. One goal of health promotion activities is to improve productivity, decrease absenteeism, and reduced health insurance costs.

#### *V. Monitoring*

##### **Monitoring and Policy Review**

1. Monitoring
  - a. The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.
  - b. School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.
2. School Health Advisory Council
  - a. North Zulch ISD will work to develop, implement, monitor, review, and, as necessary, recommend revisions to school nutrition and physical activity policies. The council also will serve as a resource to school sites for implementing those policies.
3. Policy Review
  - a. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implantation.