

2024-2025

Wellness Policy

Savoy I.S.D



Setting 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

Nutrition Education Guidelines:

- Nutrition education will be integrated into school curriculum, physical activity and promoted in 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 community to positively impact students and the health of the community.
 - School districts will provide information to families that encourage them to teach their children about health and nutrition and provide nutritious meals.
 - 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 students' IHCP/IEP
3. Schools will comply with current USDA dietary guidelines 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 will encourage parents, teachers, 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 Standard Guidelines:

- Support for the health of all students is demonstrated by hosting health screening, and helping enroll eligible children in Medicaid and other state children's health insurance programs.
- A school-organized local wellness committee will be composed of teachers, administrators, students and parents.
- The school district encourages all students to participate in school meal programs and protect the identity of students who receive free or reduced meals.

- The school district will make efforts to keep school physical activity facilities open outside school hours.
- Schools will provide hand-washing time prior to meals.
- Schools will encourage students to wear appropriate attire for physical activities.
- Schools will educate students on the importance of proper grooming and hygiene.
- Menus are made available to all families and school faculty in order to encourage proper food choice and meal consumption.
- Food will not be withheld from any student as a punishment.
- Food service personnel are trained in food safety and will encourage nutritional food choices.
- Foods of low to minimal nutritional value will be restricted,

Setting Physical Activity Goals

1. Schools will provide opportunities for all students to develop knowledge and skills for physical activity.
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 physical activity 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 to support their childrens' participation in physical activity.
- Schools provide training to school staff to promote lifelong physical activity.
- Time allotted for physical activity will be consistent with research and state standards, 30 minutes per day.
- Physical activity participation will take into consideration the "balancing equation" of food intake and physical activity.
- Children and community members will have access to facilities before and after school hours

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, community members, and school personnel to serve as role models in healthy eating and physical activity.

4. Support the health of all students in health screenings, substance abuse awareness and CPR training

Establishing Nutrition Standards for All Foods Available on School Campus

1. All foods made available on campus will comply with current USDA guidelines, including:
 - a. Vending machines
 - b. A la carte
 - c. Beverage contracts
 - d. Fundraisers
 - e. Concession stands
 - f. Students stores
 - g. School parties/celebrations
2. Food providers will take every measure to ensure that student access to foods and beverages meets federal, state, and local guidelines and food will be age-appropriate healthy food.
3. Nutrition information for products offered in vending and school stores is readily available near point-of-purchase or on the product.

Setting Goals in the School Meals Program

1. The child nutrition program will aim to be financially self-supporting. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students.
2. The child nutrition program will ensure that all students have affordable access to nutritious foods they need to stay healthy.
3. The school will strive to increase participation in the available federal Child Nutrition programs
4. Employ a food service director, qualified to administer the food service program and satisfy reporting requirements. The director will play an active role in:
 - a. Ensuring all food service personnel shall have adequate pre-service training in food service operations
 - b. Encouraging students to start each day with a healthy breakfast.

Setting Goals for Measurement and Evaluation

1. Food and nutrition operations will be inspected by state officials periodically.
2. Financial viability will be reviewed as part of a district's financial audit by an independent firm.
3. A School Health Advisory Council will be maintained and consulted to provide evaluation and periodic review

SHAC Committee 2024-2025

- **Sarah Brown - Nurse**
- **Julie Grant - Teacher**
- **Jennifer Vance - Student Services Director**
- **Tammy Littrell - Nutrition Director**
- **Joe Taylor - Student**
- **Kylie Davis - Parent**