

# Lohn ISD Wellness Policy – 2018-2019

## Policy FFA (Local)

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.

### **Mission Statement:**

Lohn Independent School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

### **Nutrition Education**

#### **Goal #1**

The school will provide and promote nutrition education to students, staff and community.

- The school will provide nutrition education and engage in nutrition promotion. The coordinated school health team (may include school administrator, nurse, cafeteria manager, etc.) will monitor and promote campus wellness education and activities.
- All nutrition education will be acquired from credible sources (American Heart Association [AHA], American Diabetes Association [ADA], Academy of Nutrition and Dietetics [AND], United States Department of Agriculture [USDA], School Nutrition Association [SNA], the Child Nutrition Department and curriculum such as the Coordinated Approach to Child Health [CATCH]).
- Nutrition education will be increased by sharing information with families and the community via the Lohn ISD website, monthly campus newsletters, parent meetings, and by using the cafeteria as a “learning laboratory” [example: nutrition education displays; taste testing; etc.].

### **Physical Activity**

#### **Goal #1**

The school will provide opportunities for students to participate in regular physical activity to promote personal lifelong behavior and maintain physical well being.

- Physical activity shall not be used as a reward or punishment.
- Provide opportunities for physical activity outside the classroom and/or school day.

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### Goal #2

Schools will provide opportunities for every student to develop the knowledge and skills for specific physical activities in accordance with district, state and national guidelines.

- State-certified physical education instructors teaching all physical education classes.
- Strive toward physical education classes to have a student/adult ratio not to exceed 45:1. If ratio is greater than 45:1, district must identify manner in which safety will be maintained.
- K-6<sup>th</sup> grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity (MVPA) daily, or 135 minutes weekly.
- 6<sup>th</sup>-8<sup>th</sup> grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity (MVPA) daily, or 135 minutes weekly, or 225 minutes over a two-week period.
- Time allotted for physical activity will be consistent with national and state standards.
- All physical education instructors and their paraprofessional assistants must be trained in CPR/AED.

## Nutrition Standards

### Goal #1

USDA Nutrition Standards and The Texas Public School Nutrition Policy will be used as the standard for guidelines pertaining to foods and beverages made available on the school campus.

- All foods made available on the campus during the school day will comply with local, state and federal laws and regulations as well as the current USDA Dietary Guidelines for Americans.
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws, regulations and guidelines.
- Food providers will offer a variety of age appropriate healthy food and beverage selections for EC/PK, elementary schools, middle schools and high schools.

## Healthy Eating Environment

### Goal #1

The school environment is safe, comfortable and promotes healthy eating practices.

- Dining area is clean and attractive and provide enough seating for all students during all meal times.
- Drinking water is available for all students during meals.
- Food is not used as a reward or punishment for student behavior unless it is detailed in a student's Individualized Education Plan (IEP). Coupons for food are acceptable if redeemed outside of the school day.
- If food or beverages are used in a learning activity, all laws, guidelines, and regulations are met. (Refer to the Texas Public School Nutrition Policy.)

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### Goal #2

Adequate time and space are allowed for eating meals.

- Adequate time is provided to eat breakfast and lunch from the time the student is seated. [Recommended times by the National Association of State Boards of Education is 10 minutes for breakfast and 20 minutes for lunch.]
- Lunch periods are scheduled as near the middle of the day as possible and are planned to assure that students do not spend too much time waiting in line.
- If meetings or activities are scheduled during meal times, students must be allowed to eat breakfast or lunch.

## School Health and Safety

### Goal #1

All foods made available on the campus will adhere to food safety and security guidelines.

- All foods made available on campus comply with the federal, state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food borne illness in schools.
- The campus promotes/demonstrates appropriate hand washing practices.
- For the safety and security of the food and facility, access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance, see the U.S. Department of Agriculture (USDA) food security guidelines.
- District administrators, by area of responsibility, are responsible for ensuring local, state and federal laws, regulations and guidelines are updated and in place.
- District safety, health and security policies, and crisis plans are current. Training and communication are provided to staff, students, and the community.

## Other School Based Activities

### Goal #1

School based activities are consistent with local wellness policy goals.

- School-based marketing for food and beverage products are consistent with nutrition education and health goals and aligned with federal, state and local regulations, laws and guidelines.
- After-school activities may encourage and include physical activity and health and wellness information.
- Snacks served during the day or in after-school activities make a positive contribution to children's nutrition and health.

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The administrator on the campus responsible for coordinating and hosting health clinics, health screenings and helping enroll eligible children into Medicaid and Children's Health Insurance Program (CHIP) supports student Health.

- School Health Advisory Council (SHAC) comprised of parents, teachers, Child Nutrition Services, Nursing Services, PE/Wellness Services, administrators, students and members of the community work together to create strategies to integrate health curriculum into a coordinated school health program that reflects local values.
- Information from the School Health Advisory Committee (SHAC) shall be reported to the school board at least once annually. The report will include information regarding the council's recommendations, modifications and activities.
- District policies support personal efforts by staff to maintain a healthy lifestyle.

### Monitoring and Evaluation

#### **Goal #1**

The campus principal is designated to ensure that the school complies with the local wellness policy.

- The extent to which the school is in compliance with local wellness policy.
- The extent to which local wellness policy compares to model local school wellness policies.
- The progress made in obtaining goals of the local wellness policy.
- Makes available to the public an assessment of the local wellness policy.

The campus principal shall be charged with operational responsibility for ensuring that the campus meets the local Wellness Policy guidelines.