

Poolville ISD Wellness Plan

SETTING NUTRITION EDUCATION GOALS

Classroom

1. Nutrition education will be integrated into the health and science curriculum.
2. Students in Pre-Kindergarten through Grade 6 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.

Teacher Training

1. Will provide regular Professional Development to enable the Food Services Staff to become full partners in providing excellent food for our students.
2. The School Nurse will train selected staff on issues and care requirements for students with diabetes.

SETTING PHYSICAL ACTIVITY GOALS

Physical Education: Time, Frequency, and Intensity

1. Will require physical education for every student with at least 50% of class time devoted to actual physical activities.
2. Will require at least 135 minutes of physical education per week for elementary school students. (135 minutes includes both P.E. class and recess).

Physical Education: Staff Training/Certification

1. Will ensure that State-Certified Physical Education teachers teach all physical education classes.

Physical Activity Outside of Physical Education

1. The school district will convene a Student Health Advisory Council (SHAC) to raise awareness of the importance of physical activity, to work on developing policies regarding physical activity, to integrate physical activity into the general curriculum, and to ensure that students receive physical activity in school.

2. The SHAC will create policies and participate in statewide efforts to combat childhood obesity and related illnesses.
3. The SHAC will develop standards and policy recommendations for nutrition and physical education and activity.

Recess

1. All elementary school students will have at least 25 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.
2. Schools will discourage extended periods (two hours or more) 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 Education: Standards/Requirements

1. State Development Standards are followed.

SETTING NUTRITION STANDARDS

Nutritional Value of Foods and Beverages

1. Foods of Minimal Nutritional Value cannot be sold to students during the school day. Pizza parties are not affected, nor are fundraising efforts as long as they do not include the sale of Foods of Minimal Nutritional Value until after the end of the school day.
2. Federal regulations prohibit the sale of certain foods, determined to be of minimal nutritional value, in the foodservice area during meal periods.
3. The food that are restricted are classified in four categories:
 - a. Carbonated beverages
 - b. Frozen, sweetened water with the exception of products that contain fruit or fruit juice
 - c. Chewing gum
 - d. Certain candies which are processed and made predominantly from sweeteners or artificial sweeteners and include hard candy made from sucrose and corn syrup, jellied and gummy candies, marshmallow candies, fondant, licorice, spun candy, and candy-coated popcorn.

Portion Size

1. Entrée items and side dish serving sizes will be no larger than the portion of those food served as part of the Federal School Meal Program.
2. Students in Grades Pre-K through 6 will only have access to healthy beverages such as fruit drinks containing 100% juice and no artificial sweeteners, water with no artificial sweeteners, flavorings, or colors, and milk.
3. Student Nutrition Services also reserves the right to limit quantities and exercise portion control on any food/beverage offered at school.

A La Carte, Vending, Student Stores, or Concession Stands

1. A La Carte, Vending, Student Stores, and Concession Stands are not utilized during school hours.

Qualification of Food Service Staff

1. School Food Service Staff who are properly qualified according to current professional standards and who regularly participate in Professional Development activities will administer the Child Nutrition Programs.

Setting Goals for School-Based Activities

Access to Child Nutrition Programs

1. Breakfast and lunch programs will be offered to students. Breakfast is served daily from 7:20 a.m. to 8:00 a.m. All students are encouraged to eat breakfast.
2. Will provide students with a minimum of 15 minutes to eat for breakfast and a minimum of 20 minutes to eat after sitting down for lunch.
3. Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Sharing of Foods and Beverages

1. 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.

Snacks

1. Snacks served during the school day or in an after-school enrichment program will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.
2. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.
3. The SHAC will disseminate a list of healthful snack items to teachers and parents.

Rewards

1. Schools will not use foods or beverages, especially those that do not meet the nutrition standards for food and beverages, as rewards for academic performance or good behavior.
2. Schools will not withhold food or beverages, including food served through school meals, as a punishment.

Celebrations

1. Schools will limit celebrations that involve food during the school day to no more than three parties per year.
2. The SHAC will disseminate a list of healthy party ideas to parents and teachers.
3. Allergy awareness notices are posted in Ascender to alert staff/parents and allergy notices pop up on the cafeteria computers when a student with allergies exits the serving line. Teachers have individual action plans for each student with allergies.

Physical Activity Opportunities Before and After School

1. All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools and middle schools, as appropriate, 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.

2. After-school enrichment programs will provide and encourage – both verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Use of School Facilities Outside of School Hours

1. 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.

Coordinated School Health Approach

1. Fresh fruits will be served in the place of canned fruits at least once a week.
2. Students will participate in Safe and Drug Free Activities such as Red Ribbon Week and the Character Strong curriculum. These program focuses on developing character and social-emotional skills in students, staff, and families.
3. The SHAC will continue to coordinate and implement a minimum of two activities a year that promote physical health and nutritional wellness of students, parents, staff, and community members.
4. Each School District in the State is required in Chapter 28, Subchapter A-K and Chapter 38.013 of the Texas Education Code to establish and maintain a District-level School Health Advisory Council.
5. Membership Criteria for SHAC shall comply with the following:
 - A. Parents must live within the District and must be a custodial parent or guardian of a student currently enrolled in the District.
 - B. Parent may not also be employees of the District.
 - C. The majority of the SHAC will consist of parents or student(s) currently enrolled in the District but not employed by the District.
 - D. The Board of Trustees may also appoint one or more persons from each of the following groups: teachers, administrators, district students,

health care professionals, business community, law enforcement, senior citizens, clergy, and nonprofit health organization.

- E. Membership of the SHAC will strive to reflect the geographic, ethnic, gender, and economic diversity of the District.
 - F. The Superintendent will serve in an Ex-Officio (non-voting) capacity.
 - G. A Representative of the Board of Trustees will serve in an Ex-Officio capacity.
6. All meetings of the SHAC will be open to the public and the public will have reasonable opportunity to provide comment. The Chairman may limit the time given to speakers.
 7. No member will be nominated for or hold a position on the SHAC if that individual has a direct pecuniary interest in the recommendations of the committee and decisions by the Board of Trustees. Even the appearance of a Conflict of Interest should be avoided if at all possible. A lone agenda item will not be the cause for the elimination of an individual's membership; however, any such individual will refrain from participation in decisions and voting as to that issue.

Community/Family Involvement

1. School Personnel will serve as Nutrition Educators and Role Models for healthy lifestyles.
2. School Personnel will collaborate with parents and the Community to support the promotion of lifelong healthy nutrition habits.
3. The School District will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
4. Parents and Community members will be consulted in the decision-making process and be well-informed about the nature and extent of commercial activity in the school.
5. Nutrition education will be provided to parents beginning at the elementary level. Nutrition education may be provided in the form of handouts, postings on the District website, articles and information provided in District and School Newsletters, Presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

6. Educators, Administrators, Parents, Health Practitioners, and the Communities must consider the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met.
7. Nutrition education instructional activities shall stress the appealing aspects of healthy eating and be participatory, developmentally appropriate, and enjoyable.

Staff Wellness

1. All staff are encouraged to model healthy eating by offering healthier choices at school meetings and events and to refrain from using candy and snacks of minimal nutritional value as rewards to students.
2. All school staff will be encouraged to improve their own personal health and wellness, improve staff morale, and create positive role modeling.
3. All school staff will portray a commitment to promote the health of students and help improve the school nutrition and physical activity environment.
4. All school staff will be given the option to exercise during their lunch and conference period.

SETTING GOALS FOR MONITORING AND REVIEW

Monitoring

1. 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 policies in his/her school and will report on the school's compliance to the School District Superintendent or Designee.
2. 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).

Policy Review

1. A review of policy compliance will be conducted every three years. As part of that review, the School District will review our 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 implementation. Access to the PISD Wellness Plan is accessible through the Poolville ISD website.

Funding

1. Funding will come from the allotted local school budget.

Initial Policy Adopted by PISD Board – 2006

Board Review of Policy Updates – November 19, 2015

Board Review of Policy Updates – October 18, 2018

Board Review of Policy Updates – January 20, 2022