

*Marlin I.S.D.*

*WELLNESS*

*POLICY*

*DRAFT*

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Marlin Independent School District's Wellness Policies on Physical Activity and Nutrition.

## Preamble

The link between good nutrition and learning is well documented. It is essential for students to have access to healthful foods and opportunities to be physically active in order to grow, learn and thrive. Good health fosters student attendance and education. To promote healthy nutrition, Marlin ISD is now Community Eligibility Provision - all students may eat breakfast and lunch for free.

A healthy diet reduces the risk for many chronic diseases such as heart disease, cancer, stroke, and diabetes.

Schools have a responsibility to help students and staff to develop and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits. The knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime shall be promoted by Marlin I.S.D.

- The school district will involve 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*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

- 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).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

## I. School Health Councils

- Marlin I.S.D. shall have a School Health and Advisory Council (SHAC). One mission will be to address nutrition and physical activity issues. It will develop, implement and evaluate guidelines that support a healthy nutrition environment. This committee shall revise these guidelines as necessary.
- Principals will address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education and physical activity.
- Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
- The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.

## II. Nutritional Quality of Foods and Beverages

- **School meals** served through the National School Lunch and Breakfast Programs will:
  - A. be appealing and attractive to children;
  - B. be served in clean and pleasant settings;
  - C. meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
  - D. offer a variety of fruits and vegetables
  - E. serve low-fat (1%) and fat-free milk and provide a fluid milk substitute for students that are allergic to milk, (Dr. note required for allergies.);
  - F. potable water will be available in all cafeterias;
  - G. bottled water will be available for purchase in all cafeterias
  - H. serve 51% or more whole grain-rich products beginning July 1, 2012. Beginning July 1, 2014 all grains will meet the whole grain-rich criteria.
  - I. schools will discourage students 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.

Schools should engage students through taste-tests of new entrees and surveys in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. Schools should share information about the nutritional content of meals with parents and students. Such information will be posted in each cafeteria.

- **Breakfast.** To ensure that all children have breakfast in order to meet their nutritional needs and enhance their ability to learn.
  - A. Schools will, to the extent possible, operate the School Breakfast Program.
  - B. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
  - C. Schools serving breakfast will notify parents and students of the availability of the School Breakfast Program.
  - D. Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.
  
- **Lunch.** To ensure that all children have lunch in order to meet their nutritional needs and enhance their ability to learn.
  - A. Schools will, to the extent possible, operate the School Lunch Program.
  - B. Schools will notify parents and students of the availability of the School Lunch Program. Information will be given to the newspaper and sent home in student packages.
  - C. Parents will be encouraged to provide a healthy lunch for their children.
  - D. Schools will not govern what a parent sends for their child to eat. However, it is not allowed for students to share food from home with other students. This is based on the allergies of other students and the responsibility of Food Service in providing safe food for our students.
  
- **Summer Food Service Program.** Schools in which more than 50% of students are eligible for free or reduced-price meals will sponsor the Summer Food Service Program unless a participation waiver is approved by the state.
  
- **Meal Times and Scheduling.** Pleasant Eating Environment
  - A. Drinking fountains will be available for students to get water throughout the day.
  - B. A short snack-free recess for elementary campuses is encouraged to be scheduled sometime before lunch so that children will come to lunch less distracted and ready to eat.
  - C. School personnel will schedule enough time so students do not have to spend too much time waiting in line.
  - D. Schools should not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during meal times.
  - E. Adequate time to eat in a pleasant dining environment should be provided. The minimum eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch.
  - F. Schools will encourage socializing among students and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level, and by eating with the students. Parents are highly encouraged to dine with students in the cafeteria.

- **Nutrition Education**

- A. Marlin ISD will follow health education curriculum standards and guidelines as stated by the Texas Education Agency.
- B. Schools will link nutrition education activities with the coordinated school health program.
- C. Students in PK-12 will receive nutrition education that teaches the skills they need to adopt healthy eating behavior. Teachers are encouraged to integrate nutrition education into core curriculum.
- D. Marlin I.S.D. will participate in USDA nutrition programs such as “Team Nutrition” and conduct nutrition education activities and promotions that involve students and parents

- **Qualifications of School Food Service Staff.** A qualified food service director will administer the school meal programs. As part of the school district’s responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility. Managers and assistant managers will take a state approved food service managers course and must pass the test.

- **Marketing of Foods.**

- A. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
- B. Schools will consider student need in planning a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
- C. Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.
- D. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, Open Houses, teacher in-services, etc.

Schools will work with a variety of media to spread the word about a healthy school nutrition environment. Newspapers, web pages, menus with nutrition information are examples of such media.

### **III. Implementing Wellness/Monitoring**

- A. SHAC will be composed of parents, school district staff, students, and participants from the local community.
  - i. Administrators (district and/or school)
  - ii. Community members
  - iii. School Health Professional
  - iv. School Nutrition Staff

- B. School principals or appointed designee will review the campuses in the fall of each year to identify areas for improvement. They will report their findings to the superintendent and develop a plan of action for improvement.
- C. School principals or appointed designee will monitor in the spring the status of such improvements and report back to the superintendent.
- D. School principals or appointed designee will report quarterly to the superintendent the progress of the committee and the status of compliance by the campuses.
- E. SHAC Assigned Responsibilities:
  - Must assign a staff position or positions to be responsible for the following tasks:
    1. Development of the LWP
    2. Implementation of the LWP
    3. Assessment of the LWP
    4. Update of the LWP

May assign one person to take responsibility for all tasks or may assign multiple people.

#### IV. Physical Activity

For students to receive the nationally-recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

#### V. Triennial Assessment

Must establish a plan to assess the effectiveness of the implementation of its LWP at least every three years including, but not limited to, an assessment of the following:

1. compliance with its LWP
2. alignment to model, evidence-based LWPs
3. progress made toward attaining the goals described in its LWP

Must distribute the results of the assessments to the public.

May assess the implementation of its LWP more frequently and may include other areas or issues in its assessment.

Must complete the first triennial assessment must be completed by June 30, 2020 and the second triennial assessment by June 30, 2023.

Attachment #1  
Marlin I.S.D.  
Wellness Policy  
Food and Beverage Information

## USDA’s Competitive Food Nutrition Standards

All food items sold during the school day on the school campus that are not part of the reimbursable meal must meet the Beverage Standards, General Food Nutrition Standards, and the Nutrient Standards:

Information Box 1	
Common Nutrition Measurement Abbreviations	
fl = fluid	≤ = equal to or less than
g = gram	≥ = equal to or greater than
mg = milligram	
oz = ounce	

Competitive Food Nutritional Standards Chart			
<i>Beverage Standards</i>			
Type of Beverage	School Level		
	Elementary	Middle	High
<i>Water</i>			
• Plain water	Any Size	Any Size	Any Size
• Plain Carbonated Water	Any Size	Any Size	Any Size
<i>Milk</i>			
• Plain low fat milk	≤8 fl oz	≤12 fl oz	≤12 fl oz
• Plain or flavored fat-free milk and approved milk alternatives	≤8 fl oz	≤12 fl oz	≤12 fl oz
<i>Fruit or Vegetable Juice</i>			
• 100% Fruit or vegetable juice	≤8 fl oz	≤12 fl oz	≤12 fl oz
• 100% fruit or vegetable juice diluted with water – with or without carbonation— with no added sweeteners	≤8 fl oz	≤12 fl oz	≤12 fl oz
<i>Other Beverages for High School Students<sup>3</sup></i>			
<i>Non-carbonated Beverages</i>			
• Other flavored beverages without carbonation with a label indicating ≤5 calories per 8 fl oz or ≤10 calories per 20 fl oz	–	–	≤20 fl oz
• Other flavored beverages without carbonation with a label indicating ≤40 calories per 12 fl oz or ≤60 calories per 8 fl oz	–	–	≤12 fl oz
<i>Carbonated Beverages<sup>4</sup></i>			
• Other carbonated beverages with a label indicating ≤5 calories per 8 fl oz or ≤10 calories per 20 fl oz without natural or artificial sweeteners	–	–	≤20 oz
• Other carbonated beverages with a label indicating ≤40 calories per 12 fl oz or ≤60 calories per 8 fl oz without natural or artificial sweeteners	–	–	≤12 fl oz

<sup>3</sup> Residential Child Care Centers (RCCIs) only, at the high school level: calorie-free may serve flavored and/or carbonated water and other calorie-free beverages that comply with the USDA requirement of less than five calories per 8 oz serving (or less than or equal to 10 calories per 20 fl oz), in no more than 20 oz servings. Beverages of up to 40 calories per 8 fl oz (or 60 calories per 12 fl oz) in no more than 12 oz servings are also allowed.

<sup>4</sup> See the definition for *soft drink* in the *Definitions* subsection in this section.



## When Competitive Food Nutrition Standards Apply

The Competitive Food Nutrition Standards apply only to food or beverages *sold* during the *school day* on the *school campus*.

**Transactions that Constitute a Sale.** A sale of a food or beverage item includes all situations where students are (1) given tokens, currency, or tickets to exchange for food and beverages or (2) make a contribution for food and beverages. If there is any form of payment or contribution in exchange for a student receiving a food or beverage item, sale of the item must meet the Competitive Food Nutrition Standards.

However, if the student is given the food and/or beverage at no charge (i.e., no exchange or contribution), items are not subject to the Competitive Food Nutrition Standards.

*(NOTE: An accompaniment or condiment intended to be used with a competitive beverage or food item is considered to be part of the competitive beverage or food item—even if the accompaniment or condiment is provided at a different location in the serving area.)<sup>2</sup>*

**School Day.** School day is defined as the period from the midnight before to 30 minutes after the end of the official instructional day.

*Afterschool Programs.* The Competitive Food Nutrition Standards do not apply to afterschool programs, events, or activities unless they take place within the 30 minutes after the end of the official instructional day.

**School Campus.** School campus is defined as all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

*Combined Campuses.* Combined campuses must follow guidance for the youngest age/grade group unless access to food and beverages are separated by age/grade group.

*Locations Other Than the Cafeteria.* If food and beverages are sold in any location where students have access, the food and beverages must meet the Competitive Food Nutrition Standards. This includes performing arts centers and sports facilities. This does not include any area restricted to adults or staff as long as students are not allowed to have access to the area.

## Exceptions to the Competitive Food Nutrition Standards

Food or beverages sold or served in the following special situations are not required to meet the Competitive Food Nutrition Standards:

**Accommodating Students with Special Needs.** The requirements in this section do not apply to special needs students whose Individualized Education Program (IEP) plan indicates the use of a food or beverage item of any type for behavior modification (or other suitable need).

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<sup>2</sup> See the *Accompaniments or Condiments* subsection in this section for additional information on this topic.



Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs – Jan. 2012

Meal Pattern	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 <sup>a</sup>	Grades 6-8 <sup>a</sup>	Grades 9-12 <sup>a</sup>	Grades K-5	Grades 6-8	Grades 9-12
<b>Meal Pattern</b>	<b>Amount of Food<sup>b</sup> Per Week (Minimum Per Day)</b>					
Fruits (cups) <sup>c,d</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) <sup>c,d</sup>	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark green <sup>f</sup>	0	0	0	½	½	½
Red/Orange <sup>f</sup>	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) <sup>f</sup>	0	0	0	½	½	½
Starchy <sup>f</sup>	0	0	0	½	½	½
Other <sup>f,g</sup>	0	0	0	½	½	¾
Additional Veg to Reach Total <sup>h</sup>	0	0	0	1	1	1½
Grains (oz eq) <sup>i</sup>	7-10 (1) <sup>j</sup>	8-10 (1) <sup>j</sup>	9-10 (1) <sup>j</sup>	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) <sup>l</sup>	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>						
Min-max calories (kcal) <sup>m,n,o</sup>	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) <sup>n,o</sup>	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) <sup>n,p</sup>	< 430	< 470	≤ 500	< 640	< 710	< 740
Trans fat <sup>n,o</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

<sup>a</sup>In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013, only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).

<sup>b</sup>Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ½ cup.

<sup>c</sup>One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

<sup>d</sup>For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii).

<sup>e</sup>The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).

<sup>f</sup>Larger amounts of these vegetables may be served.

<sup>g</sup>This category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

<sup>h</sup>Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

<sup>i</sup>At least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).

<sup>j</sup>In the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).

<sup>k</sup>There is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

<sup>l</sup>Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

<sup>m</sup>The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

<sup>n</sup>Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

<sup>o</sup>In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

<sup>p</sup>Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfast