

Wellness Policy Statement

I. The Harris County Board of Education recognizes that student wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

II. The Harris County Board of Education has established the following goals to promote student wellness:

A. Nutrition Education

- Students shall receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.
- Nutrition education shall be offered in the school cafeteria as well as in the classroom with coordination between school nutrition staff and other personnel.
- Students shall receive consistent nutrition messages from all aspects of the school program.
- All employees will be encouraged to complete some type of pre-approved health/wellness activity during each re-certification period.
- School menus are reviewed and analyzed using USDA-approved software/guidelines.
- Students are offered a variety of milk, including fat-free, low-fat, flavored and unflavored, on a daily basis.
- Students are offered a variety of meats/poultry, Georgia Grown fruits & vegetables, and whole grains on a daily basis.
- A registered dietitian will be consulted as needed for special diets and Individual Health Plans (IHP) and/or Individual Education Plans (IEP). In order to accommodate a student's special dietary needs, a doctor's statement must be on file in the School Nutrition Manager's office, and it must be included in the student's IHP. These records must be updated annually.

B. Physical Activity

- Daily recess shall be provided for all K-5 students except on days of schedule physical education.
- Physical activities will be introduced in physical education that involves lifetime skills.
- A walking program will be encouraged in all Harris County Schools.
- Removal from physical education will not be used as punishment.
- Students are provided many choices of physical activity, including cooperative and competitive games that account for gender and cultural differences among students.
- Students are given opportunities for physical activity through school programs including interscholastic athletics and activity clubs.
- The benefits of physical activity as well as the health issues related to inactivity are taught as life skills across the curriculum.

- Parents, district personnel, and community stakeholders are encouraged to be role models for physical activity.
- Attention will be focused on the knowledge of physical activity behaviors, body composition (BMI) and cardiovascular risk factors in health classes.
- Elementary school students may participate in *Kids in Motion*.

C. Other School Based Activities

Celebrations:

- Two parties per year - Christmas and Valentine
- Two non-nutritional items are allowed for these parties such as cupcakes, candy, etc.
- All other celebrations - one non-nutritional item may be allowed at the discretion of the Principal.

Foods of Minimal Nutritional Value (FMNV) Guidelines:

Elementary Schools

Elementary school campuses may not serve or sell FMNV at any time anywhere on school premises from 12:01 a.m. until the end of the last scheduled class.

Middle and High Schools

Middle and High school campuses may not serve or sell FMNV at any time anywhere on school premises from 12:01 a.m. until the last academic bell.

Nutrition Standards

The following specific nutrition standards pertain to all foods and beverages served or made available to students during the defined school day. This includes school meals and classroom snacks.

Competitive Foods and Snacks:

A “competitive food” is defined by 7 Code of Federal Regulations (CFR) 210.11 and 220.12 as any food item that is sold to children other than foods sold or served as part of the National School Lunch (NSLP) and School Breakfast (SBP) Programs on the school campus during the school day. Also referred to as Smart Snacks in Schools or All Foods Sold in Schools.

Competitive foods include, but are not limited to, foods sold in vending machines, snack bars, student stores, a la carte, at school activities, fundraisers and other venues.

Foods and beverages that meet the standards may be sold at anytime and anywhere on the school campus.

All schools shall ensure that food and beverage fundraisers at a minimum meet the requirements as outlined in the Nutrition Standards for All Foods Sold in Schools as required by the Healthy Hunger Free Kids Act of 2010:

- All foods and beverages that meet the nutrition standards may be sold at fundraisers at anytime and anywhere on the school campus.

- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events. The standards do not apply to fundraisers in which the food or beverage is clearly not for consumption on the school campus during the school day.
- The standards allow the State Board of Education (SBOE) to set an infrequent number of exemptions for school-sponsored fundraisers that do not meet the nutrition standards. The SBOE has set the number of exempted fundraisers as no more than thirty (30) per school per school year.
 1. The number applies to all organizations, programs or entities selling foods to students on the school campus during the school day.
 2. Each exempted fundraisers may operate no more than three (3) days. This means during the course of the year exempted fundraisers could operate no more than 90 days. This includes all exempted fundraising activities, including sale of and delivery of items.
 3. No exempted fundraiser may operate 30 minutes prior to meal service until 30 minutes after meal service is completed anywhere on the school campus.
 4. The number of exemptions is set at the school level and organizations, programs and entities within schools could work together and profit share if they would like to host an exempted fundraiser. Schools also have the discretion to set thirty (30) fundraising event days where any organization, program or entity that wishes to host an exempted fundraiser could participate on that day. Note these exempted fundraiser event days may operate no more than three (3) days.

Rewards/Awards:

The denial of food will not be used to punish a student.

Teaching Tools:

A list of pre-approved items will be available from the Nutrition Department.

Foods Brought from Home:

- Parents will be encouraged to promote their child's participation in the School Meals Program. If their child does not participate in the School Meal Program, parents will be encouraged to provide and purchase healthy alternatives.
- All nutrition standards will be explained to parents. A flyer containing these expectations will be distributed during the student registration process. Parents will continuously be provided with nutrition education through newsletters, wellness workshops, family nights, etc.
- Due to national statistics that show the relationship between fast food consumption and childhood obesity, parents are encouraged not to bring commercial foods into the school.

After-School Programs:

- The Afterschool Enrichment Program will encourage physical activity and healthy habit formation.
- The Afterschool Enrichment Program will be encouraged to serve nutritious snacks that are listed on a pre-approved list.

D. Child Nutrition Operations:

- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, and after-school snack).
- A food service director will be employed. The director will be fully qualified, certified and/or credentialed according to current professional standards to administer the school food service program and satisfy reporting requirements.
- All food service personnel shall have adequate pre-service training in food service operations.
- Students are encouraged to start each day with a healthy breakfast.
- The School Nutrition Program will only offer low-fat and non-fat flavored milk as a choice.
- Students will be provided adequate time to eat school meals, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- Lunch periods are scheduled as near the middle of the school day as possible.

E. Food Safety/Food Security

- All foods made available on campus by school nutrition employees must comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.

- 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 US Department of Agriculture food security guidelines.

F. Hand Sanitation

Hand sanitizer dispensers will be available at every school in different stations throughout the building. Signs promoting proper hand washing will also be placed in key areas. The Harris County Health Occupations Class will be available to present their Germinator X-terminator program to schools.

G. Implementation and Evaluation

1. The Harris County Schools Wellness Policy will be reviewed periodically by a committee consisting of community representatives, parents and guardians, students, physical education teacher, school health professional (school nurse), school administrators, school board members, and representatives of the School Food Authority. Implementation, compliance, and effectiveness of this policy will be reviewed. Participation in this progress will be open to the general public and school community through announced meetings of the Board of Education and/or any other related meeting opportunities.
2. This policy and any approved updates will be available to the public on the Harris County Board of Education's website.
3. The Superintendent and the Assistant Superintendent of Support Services will develop an evaluation summary report on district-wide compliance with this policy at least once every two years. This report shall be provided to the Board of Education and will be posted on the Harris County School District website.
4. Principals or their designee shall be responsible for the contents of this policy, implementing, and assessing compliance in their respective schools. Schools will report wellness policy compliance and progress annually to the Assistant Superintendent of Support Services.
5. The Director of School Nutrition shall be responsible for the nutritional component of this wellness policy to ensure compliance with the nutrition polices with school food service programs, provide training as needed to school food service personnel, and oversee the daily operation of the District's school nutrition program.
6. This policy will be reviewed and revised as necessary.

Harris County Schools

Last Revised Date: 07/22/2019

Original Adopted Date: 6/08/2006

Policy Reference Disclaimer: These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

Federal Reference
Rule 160-5-6-.01

Description
[Statewide School Nutritional Program](#)

**Board Policy
Wellness Program**

**Descriptor Code: EEE R-1
Revised/Reviewed: 08/01/2019**

Federal Reference	Description
07 CFR 210.11	<u><i>Competitive Food Service and Standards</i></u>
07 CFR 210.12	<u><i>Student, parent, and community involvement</i></u>
07 CFR 210.18	<u><i>Administrative Reviews-School Nutrition</i></u>
07 CFR 210.31	<u><i>Local school wellness policy</i></u>
42 USC 1758	<u><i>Program requirements-School Lunch Programs</i></u>
42 USC 1758b	<u><i>Local School Wellness Policy</i></u>
42 USC Chapter 13	<u><i>School Lunch Programs</i></u>
42 USC Chapter 13A	<u><i>Child Nutrition</i></u>