Mathis ISD School District's Wellness Policies on Physical Activity and Nutrition

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Mathis ISD School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

GOALS

Therefore, it is the policy of the Mathis ISD School District that:

- The school district will engage 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 PK-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 Federal and State guidelines. *See exemptions for foods and beverages*
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition 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.

APPROVED
SEP 2 0 2021

- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs including the School Breakfast Program, National School Lunch Program, Dinner Program, Summer Food Service 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.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Advisory Council

The school district will create, strengthen, or work within existing school health advisory council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council also will serve as resources to school sites for implementing those policies. The school health advisory council may consist of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.

II. Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the Mathis ISD Food Service Department will:

- be appealing and attractive to children;

- be served in clean and pleasant settings;

- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;

- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that half of the served grains are whole grain.

- Ensure that no foods are deep fried.

APPROVED
SEP 2 0 2021

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals

Mathis ISD is a Community Eligibility Provision 2 district which services all students a free reimbursable meal for breakfast, lunch, and dinner. For all activities, within school hours and afterschool, that students attend outside the district will be provided breakfast, lunch, and or dinner. (For example), Tennis tournament, group leaves at 6:30 am. The coach must notify the food service director to ensure meals are prepared and packed for pickup before departure for any meals that would be missed during the school day.

Meal Times and Scheduling.

Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times.
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.,* orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff.

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, Mathis ISD will provide continuing professional development for all nutrition professionals in schools. Staff

APPROVED
SEP 2 0 2021

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.

Sharing of Foods and Beverages

Given concerns about allergies and other restrictions on some children's diets, students will be prohibited from sharing outside food or beverages with one another during meal or snack times. Parent/guardian or grandparent may bring outside food for their child ONLY.

Foods and Beverages Sold in Schools

The following guidelines apply to food and beverages **sold** outside of reimbursable school meals, such as through vending machines, cafeteria a la carte (snack) lines, fundraisers, school stores, etc. on school grounds. (See Fundraising Activities)

All foods sold in schools must comply with the **USDA "Smart Snacks in Schools**." The following guidelines apply:

Beverages

- Allowed: plain water; unflavored low-fat milk; unflavored or flavored fat-free milk and milk alternatives permitted by the NSLP/SBP; 100% fruit or vegetable juice; and 100% fruit or vegetable juice diluted with water, and no added sweeteners
- Portion Sizes: Elementary campuses may sell up to 8-ounce portions of water, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.
- Not allowed: soft drinks; sports drinks; iced teas; fruit-based drinks that are not 100% real fruit juice; and beverages containing caffeine but may be sold if smart snack approve.

Foods

Any food sold in school must:

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber). As of July 1, 2016, foods may not qualify using the 10% DV.
- Foods must also meet the following nutrient guidelines:

APPROVED
SEP 2 0 2021

NUTRIENT	SNACK SIZE	ENTREE SIZE
Calorie Limit	≤ 200 calories	≤ 350 calories
Sodium Limit	≤ 230 mg	≤ 480 mg
Fat Limits: Total fat Saturated fat Trans fat	 ≤ 35% of calories < 10% of calories zero grams	
Sugar limit	≤ 35%of weight from total sugars in foods	

Fundraising Activities

Where food or nonfood items may be sold by school administrators or staff, students or student groups, parents or parent groups, or any other person, company or organization to raise money for the school or non-school needs. The standards do not apply outside the school day, on weekends, and at off-campus fundraising events. (See below M. Exemption)

Snacks

- Snacks rules are exempt on STAAR testing days, otherwise any snack tha is provided to students must meet the guidelines.
- The district will provide the Smart Snack Product Calculator website to ensure that snacks items meet the Smart Snack Initiative. The Calculator will be posted on the district website. https://foodplanner.healthiergeneration.org/calculator/
- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Campus Wide Celebrations

Each campus principal will approve food and beverages for any celebrations. The food or beverages will be provided to the students, not sold. Celebrations on general, will be planned after lunch at all campuses. Only parents, grandparents, or guardians are allowed to bring approved foods or beverages to the campuses.

Exceptions

Field day concession may be allowed to operate during meal service as long as a healthy option is sold and is listed as an exempt day for the campus.

With the approval of the campus administrator, teachers may provide food to students in the classroom for instructional purposes. After receiving administrator approval, the teacher should consult the campus nurse to ensure any student's health restrictions or food allergies are considered.

Foods and beverages offered or sold at school-sponsored events outside the school day (such as dances, athletic events, and concession stands) are allowed. With the criteria of offering a healthy option.

APPROVED
SEP 2 0 2021

Each campus may have up to six exempt days per year. Food and beverage items sold for exempt fundraising can't be sold in competition with school meal service or consumed in areas for school meal service.

Days of exempt days from individual campuses.

High School
October 29, 2021
December 15, 16, & 17, 2021
May 25-26, 2022

Middle School
October 29, 2021
December 17, 2021
February 11, 2022
April 14, 2022
May 26-27, 2022

Intermediate School
October 28, 2021
December 17, 2021
February 11, 2022
April 14, 2022
May 26, 2022

Early Scholars & Elementary
October 28, 2021
December 17, 2021
February 11, 2022
April 14, 2022
May 26, 2022

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

Mathis ISD School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health- enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition- related community services;

APPROVED
SEP 2 0 2021

- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

Communications with Parents

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will send home nutrition information, post nutrition tips on school websites, and provide nutrient analysis of school menus upon request. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, or special events.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) PK-12

In accordance with policies at EHAB, EHAC, EHBG, and FFA, the district will ensure that students in full-day prekindergarten through grade 5 engage in moderate or vigorous physical activity for at least 30 minutes per day or 135 minutes per week. Students in middle or junior high school will engage in 30 minutes of moderate or vigorous physical activity per day for at least four semesters OR at least 225 minutes of moderate or vigorous physical activity within each two-week period for at least four semesters.

Daily Recess

All elementary school students will have supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Fitness Assessment

The FITNESSGRAM assessment will be administered to students grades 3-12 in a course that satisfies the curriculum requirements for physical education.

The District is not required to assess a student for whom, as a result of disability or other condition identified by Commissioner Rule, the assessment instrument is inappropriate.

APPROVED
SEP 2 0 2021

FITNESSGRAM is a physical assessment. The assessment is not to become a competitive sport. The assessment is not to be used as a grade.

The District shall provide the results of individual student performance on the physical fitness assessment to TEA. The results may not contain the names of individual students or teachers or a student's social security number or date of birth.

The results of individual student performance on the physical fitness assessment instrument are confidential and may be released only in accordance with state and federal law.

V. Monitoring and Policy Review

Monitoring and Review

In order to review policy compliance, assess progress, and determine areas in need of improvement the Mathis ISD Wellness Policy will be reviewed, assessed, and revised annually by the SHAC. Also, each campus must measure the effectiveness and the implementation of the Wellness Policy. Feedback and suggestions from students, parents, staff members, and administrators for modifying the Wellness Policy, as needed, should be considered in the guidelines evaluation as described below:

The superintendent will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the campus principal will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

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.

APPROVED
SEP 2 0 2021