

Mathis ISD Wellness Policy Addendum

Goals and Procedures	Implemented		Comments
	Fall	Spring	
NUTRITION GUIDELINES			
School Meals			
MISD participates in the USDA child nutrition programs offering reimbursable school meals that meet or exceed current USDA nutrition standards			
MISD will promote healthy food and beverage choices.			
MISD CN program will accommodate students with special dietary needs when possible.			
Students will be allowed adequate time to eat breakfast and lunch			
Students will be served lunch at a reasonable and appropriate time of day.			
Participation in the Federal Child Nutrition program will be promoted to ensure families know what programs are available to the schools.			
Staff Qualifications and Professional Development			
All school cafeteria staff will meet or exceed hiring and annual continuing education/training requirements in USDA professional standards.			
Water			
MISD will make drinking water available where school meals are served during school mealtimes.			
Students will be allowed to bring and carry water bottles filled with only water only throughout the day.			
Items sold for fundraisers will not be sold during meal serving times in the cafeterias.	Yes		
NUTRITION PROMOTION			
Students and staff will receive consistent nutrition messages throughout the schools, classrooms, hallways, and cafeteria. Messages may be oral, written or visual. (i.e.,	Yes		

Use of morning announcements, posters in the hallway, etc.)			
Promoting foods and beverages that meet the USDA Smart Snacks in school nutrition standards will be encouraged.	Yes		
NUTRITION EDUCATION			
MISD students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	Yes		
PHYSICAL ACTIVITY			
MISD has implemented, in accordance with law, an age appropriate, sequential physical education curriculum consistent with state and national standards.	Yes		
MISD elementary students in each grade will receive physical education throughout the school year.	Yes		
MISD secondary students are required to take the equivalent of one academic year of physical education.	Yes		
MISD physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.	Yes		Fitness Gram
Students will be moderately to vigorously active at least 50% of class time during most or all physical education class sessions.	Yes		
MISD elementary will offer recess on most days during the school year for student in grades PK – third.	Yes		
Outdoor recess will be offered when feasible.	Yes		