



## PRINCETON ISD

School Health  
Advisory Council

# District Wellness Plan

### History

The PISD SHAC has a history of coordinating, educating and supporting both district and community efforts that promote the physical, social and emotional well-being of students, staff and families. PISD first adopted a Wellness Plan in the fall of 2006 with the CATCH program implemented that same school year. In 2015-16, the Wellness Plan was revised to include new nutritional program guidelines needed for meeting mandated requirements. In the following years, PISD has continued to place an emphasis on children's health in many ways with the following goals:

- offering healthy food choices
- adhering to the National School Lunch and Breakfast programs
- striving for an increase of fresh food options (produce) each year
- students in grades below high school receive 30 minutes physical activity daily (or 135 minutes per school weekly)
- promoting fitness throughout the district
- developing community partnerships to bring more health and wellness events to Princeton ISD students, staff and families.

### District Wellness Plan

PISD is committed to a comprehensive district wellness plan. The SHAC started with the 2015-16 school year assessing health and safety in the district and community. Development of the district wellness plan proceeded through the following steps: the drafts of the plan were posted to the district SHAC website page for a minimum of 30 days to allow for public comment. Reviewed by the SHAC, forwarded for management review and approval (with adjustments) and then sent to the PISD School Board in April 2016 for ratification.



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### **Wellness**

The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity and other school based activities.

### **Development of Guidelines & Goals**

The District has developed policies, procedures and protocol for nutritional guidelines of the National School Lunch and Breakfast Programs. Wellness goals, objectives and programs are developed in consultation with the local School Health Advisory Council and with involvement from representatives of the student body, school food service, school administration, the board, parents and the public.

### **Nutrition Guidelines & Promotion**

The District ensures nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Department of Agriculture and USDA guidelines.

- In addition to legal requirements, the District has: established age-appropriate guidelines for food and beverages at classroom parties or school celebrations including utilizing the nutritional guidelines for no more than 3 district approved exempt days, designated by campus. Each campus will have the designated days they wish to have, submitted for approval to the Nutrition Department no later than the 1st day of school each school year.
- Teachers will not use food as a reward per Texas Department of Agriculture and USDA guidelines.



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- To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the USDA/TDA nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.
- Require that healthy food and beverage options be included at concessions at school-related events outside of the school day.
- Meet USDA/TSA goals and guidelines for Nutritional Standards that promote dietary guidelines.
- No Foods of Minimal Nutritional Value (FMNV) – any item that has sugar or corn syrup as the first ingredient. No FMNV/s on campuses except on district approved exempt dates and by parent / guardian provided birthday foods on designated days.
- Promote water as an affordable option for drinks available on campus.
- District Child Nutrition Department involved with making healthy snacks and beverage choices to students.

### **Nutrition Education**

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition. In addition, the District establishes the following goals for nutrition education:

- Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors. The CATCH curriculum, in addition to other curriculum resources, will be incorporated into the district curriculum.



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- Nutrition education will be integrated into other areas of the curriculum, as appropriate.
- Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
- The food service staff, teachers and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, classroom and other appropriate settings.
- Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

### **Physical Activity**

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.

- The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
- Physical education classes will regularly emphasize moderate to vigorous activity.
- All students below the secondary level will receive the required amounts of physical activity each week (currently identified as 30 minutes daily or 135 minutes per school week).
- Teachers will be encouraged to integrate physical activity into the academic curriculum where appropriate.



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- Before-school and after-school physical activity programs will be offered and students will be encouraged to participate.
- Teachers and other school staff will receive training through in-services & training to promote enjoyable, life-long physical activity for students and themselves.
- The District will encourage parents to support their children's participation, to be active role models and to include physical activity in family events.
- The District will encourage students, parents, staff and community to use the District's recreational facilities that are available outside of the school day.
- The District will permit some district facilities to be available after and before school hours for the purpose of promoting community physical activity.
- The District will support the continuation of the CATCH Program in addition to other curriculum sources that offer the highest level of educational opportunities for PISD students.

### **School-Based Activities**

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

- Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe and comfortable.
- Wellness for students and their families will be promoted at suitable school activities.
- Employee wellness education and involvement will be promoted at suitable school activities.
- The District will communicate to staff and staff to students about making healthy choices for school meals, nutrition education and the importance



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of consistent vigorous physical exercises.

### **Implementation**

The District Coordinator for Mental and Physical Wellness with the support of the School Health Advisory Committee (SHAC) shall oversee the implementation of this plan and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

SHAC Meeting Dates for the 2023 - 2024 School Year:

- Monday, September 11, 2023
- Thursday, October 26, 2023
- Tuesday, November 14, 2023
- Tuesday, January 9, 2024