

MISSION: To coordinate, educate and support district and community efforts that will promote the physical, social, and emotional well-being of students, staff and families. PISD adopted a wellness plan during the fall of 2006. The CATCH program was implemented beginning with the 2006-2007 school year. In 2015-2016, the Wellness Policy was revised to include new Nutritional Program guidelines needed for meeting the requirements. PISD has continued to place an emphasis on children's health in many ways such as:

- Offering healthy choices
- Adhering to the National School Lunch and Breakfast Programs
- Striving for 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 the Princeton ISD community, family, and students.

PISD-SHAC continues to evaluate the CATCH Program and Implementation through the annual reports to the school board.

DISTRICT WELLNESS PLAN: PISD is committed to a comprehensive district wellness plan. The SHAC started with school year 2015-2016 assessing health and safety in the district and community. The plan for development of the district wellness plan followed the following course for approval: the drafts of plan being presented were posted to the district SHAC website page(s) for a minimum of 30 days for public opinion. Reviewed by SHAC, forwarded for management review and approval (with adjustments) and then sent to the PISD School Board in April 2016, and approved then.

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 AND 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 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: PISD 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 guideline 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 first day of school each school year.
- Teachers will not use food as a reward per Texas Department of Agriculture and USDA guidelines.
- 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) TDA goals and guidelines for Nutritional Standards that promote dietary guidelines.
- No Foods of Minimal Nutritional Value (FMNV's) – 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/grandparent 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.
- 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, the 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 (elementary and junior high schools) 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.
- 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 themselves and students.
- 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 implementation of the CATCH Program in addition to other curriculum sources that offer the highest level of education opportunities for students of PISD.

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.
- District will communicate to staff and staff to students about making healthy choices for school meals, nutrition education & importance of consistent vigorous physical exercises. i.e. aerobic exercise.

IMPLEMENTATION: The Deputy Superintendent Finance/Community Support 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 DATES FOR 19-20:

1-30-2020

3-19-2020

4-23-2020