

CELINA INDEPENDENT SCHOOL DISTRICT

STUDENT HEALTH ADVISORY COUNCIL

SCHOOL WELLNESS POLICY

The CISD Board of Trustees recognizes that childhood obesity has reached critical levels in Texas and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The CISD Board of Trustees supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well being of our district's youth. Therefore, it is the policy of the Board to:

1. Provide students access to nutritious food;
2. Provide opportunities for physical activity and developmentally appropriate exercise; and
3. Provide accurate information related to these topics.

The Superintendent or designee shall develop and implement a comprehensive health/nutrition program/curriculum consistent with state and federal requirements for districts sponsoring the National School Lunch Program and the School Breakfast Program. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-8. The input of staff, students, parents or guardians and public health professions in the development of the curriculum is encouraged.

CISD shall create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The councils will also serve as resources to school sites for implementing those policies.

Nutrition, health, and fitness topics should be integrated within the sequential, comprehensive health education curriculum and coordinated with the district's nutrition and food services operation.

CISD shall take a proactive effort to encourage students to make nutritious food choices. The Superintendent or designee shall strongly encourage that:

1. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;
2. Food pricing strategies should be designed to encourage students to purchase nutritious items and/or reimbursable meals;
3. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

NUTRITION

Nutrition Standards

The Superintendent or designee shall establish rules for the sale of food during the school day to encourage the eating of nutritious breakfasts and lunches.

CISD shall provide school breakfasts and lunches that meet the nutritional standards required by state and federal school breakfast and lunch programs. Meals served in school before the end of the last lunch period shall conform to the current Texas Department of Agriculture's Texas Public School Nutrition Policy. Any food sales of an occasional nature and all vending machine items should conform to the regulation as outlined by the Department of Agriculture (revision 6/01/04).

Food Services Program

CISD supports the philosophy of the National School Lunch and Breakfast programs and shall provide wholesome and nutritious meals for children in the district's schools. The Board of Trustees authorizes the Superintendent or designee to administer the food services program, provided that any decision to enter into a contract with a private food service agency shall require the approval of the Board.

The food services program shall not accept donations of food other than is provided in this policy without the expressed approval of the Board because of the potential liability of the district. Should the Board approve a food donation, the Superintendent or designee shall establish inspection and handling procedures for the food and determine that the provisions of all state and local laws have been met before selling the food as part of the school lunch menu.

Free and Reduced-Price Food Services

CISD shall provide free and reduced-priced breakfasts and lunches to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state. The district shall inform parent/guardians of the eligibility standard for free or reduced priced meals. Reasonable efforts should be made to protect the identity of students receiving such meals. A parent or guardian has the right to appeal any decision with respect to his/her application for free or reduced price food services to the Superintendent or designee.

CISD may provide free, nutritious snacks to all children on statewide test days.

Surplus Commodities

CISD will use food commodities made available under the Federal Food Commodity Program for school menus.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the school principal/designee is responsible for encouraging that:

1. Nutrition education materials and meal menus are made available to parents/guardians;
2. Parents/guardians provide their children with healthy snacks/meals;
3. Families attend exhibitions of student nutrition projects of health fairs;
4. Nutrition education curriculum may include homework that students can do with their families (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc);
5. School staff cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate; and
6. School staff considers the various cultural preferences in development of nutrition education programs and food options.

PHYSICAL EDUCATION

Health and Fitness Curriculum

The Superintendent or designee shall adopt and implement a comprehensive health and fitness curriculum consistent with Senate Bill 19 (SB 19) and Texas Education Code, Sections 38.013 and 38.014 requiring school districts to participate in appropriate training for the implementation of approved coordinated school health program. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-8. Evaluation procedures will utilize classroom-based assessments or other strategies and will be in place as required by state timelines.

Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities.

In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. CISD shall provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play. The district will promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing physical education in the schools, the school principal/designee is responsible for encouraging that:

1. Physical education activity ideas that can be done with their families are sent home with students;
2. Parents/guardians set limits around sedentary activities (i.e. video games, TV times, and computer time as recommended by the American Academy of Pediatrics).
3. Parent/guardians promote their child's participation in the school's physical education programs and after school activities;
4. Families attend and participate in physical education activity programs and health fairs;
5. School staff consider the various cultural preferences in the development of physical education programs; and
6. School staff cooperates with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

School Wellness Development

CISD highly values the health and well being of every staff member and should plan and implement activities and policies that support personnel efforts by staff to maintain a healthy lifestyle. CISD will establish and maintain a staff wellness committee that could be a subcommittee of the School Health Advisory Council. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the School Health Advisory Council annually.

PROGRAM EVALUATION

Nutrition

In order to evaluate the effectiveness of the school health program in promoting healthy eating and to implement program changes as necessary to increase its effectiveness, the Superintendent/designee is responsible for evaluating and assessing whether all aspects of the board policy and procedure are implemented, including a periodic assessment of the school meal program with input from students, parents/guardians, and staff.

Physical Education

CISD physical activity/health and fitness programs will be monitored and assessed regularly in conjunction with other district academic and health-related programs using appropriate surveys and assessment tools. Results of these surveys and assessments shall be reported to the board, school sites, and made available to parents/guardians and community on an annual basis.