

**Woodsboro Independent School District  
Local Wellness Policy  
Physical Activity and Nutrition**

**2020/21 School Year Goals and Objectives:**

**Health Promotion**

**Goal:** During the 2020/21 school year, WISD will promote nutrition education to students, families, staff, and community members.

**Objective 1:** Throughout the 2020/21 school year, Woodsboro ISD's food service staff will promote healthy nutrition in the cafeteria and on the district website by posting healthy tips and/or messages to be seen by 100% of students, staff, and community members entering the cafeteria.

**Objective 2:** Each nine weeks of the 2020/21 school year, the school nurse will post on the district website and send home with elementary students a newsletter containing topics of health concerns and healthy tips to promote nutrition education at home and in the community.

**Objective 3:** On a daily basis, Woodsboro ISD's food service staff will ensure that food and beverage advertisements accessible to students during the school day contain only products that meet the federal guidelines for meals and competitive foods.

**Objective 4:** During the month of October of the 2020/21 school year, Woodsboro ISD will advertise on the district website and encourage attendance in the local health fair hosted by Refugio County Memorial Hospital.

**Nutrition Education**

**Goal:** Woodsboro ISD will educate, encourage and support healthy eating to students, families, staff, and community members.

**Objective 1:** Quarterly throughout the 2020/21 school year, parents, staff, and community members will be encouraged to attend the SHAC and yearly wellness policy meetings to evaluate nutrition and education at Woodsboro ISD.

**Objective 2:** During the second semester of the 2020/21 school year, 100% of Woodsboro ISD students will be encouraged to participate in creating a healthy square meal poster or essay contest.

**Objective 3:** During the second semester of the 2020/21 school year, all students, parents, staff, and community members will be encouraged to attend a Nutrition Night in the elementary cafeteria for an opportunity to learn about healthy eating options and their benefits.

## **Physical Activity**

**Goal:** Woodsboro ISD will provide opportunities for students, staff, and community members to participate in a regular physical activity to promote personal lifelong behavior and maintain physical well-being.

**Objective 1:** Throughout the 2020/21 school year, Woodsboro ISD will provide the students, staff, parents, and community with recreational facilities such as the track, playground and weight room outside of the school day.

**Objective 2:** During the 2020/21 school year, 100% of all students who are physically capable, will participate in a physical education class and will also participate in the Annual FitnessGram.

**Objective 3:** Throughout the 2020/21 school year, Woodsboro ISD will provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

**Objective 4:** Throughout the 2020/21 school year, physical education classes will emphasize on a daily basis developmentally appropriate TEKS-based physical activity to all students.

## **Other School Related Activities**

**Goal:** Woodsboro ISD will create an environment that is conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities.

**Objective 1:** On a daily basis, Woodsboro ISD will provide 100% of the students eating in the school cafeteria with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch in a cafeteria facility that is clean and safe.

**Objective 2:** During the Fall of the 2020/21 school year, Woodsboro ISD will provide opportunities for students, staff, parents and community members to participate in a Turkey Trot or the equivalent, to promote physical activity.

**Objective 3:** Throughout the 2020/21 school year, Woodsboro ISD will provide opportunities for the students, staff, parents and community members to donate blood at a Bloodmobile that will be parked in front of the high school building.

**Objective 4:** Throughout the 2020/21 school year, Woodsboro ISD will continue to participate in the available federal school meal programs including the School Breakfast Program, National School Lunch Program and this year, the Community Eligibility Program, which is a free breakfast and lunch program for the entire district due to the high percentage of low income families.

**Objective 5:** During the 2020/21 school year, the school nurse will present at least four different health education opportunities for the elementary students, during their health days (Wednesdays).

# **Woodsboro Independent School District Local Wellness Policy**

## **I. School Health Advisory Council (SHAC)**

The school district will create, strengthen, and work within the existing school health advisory council to develop, implement, monitor, review and as necessary, revise school nutrition and physical activity policies. The council will also serve as resources to school sites for implementing those policies. The SHAC 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**

### **A. School Meals**

Meals served through the Woodsboro ISD Food Service Department will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet nutrition requirements established by local, state and federal regulations;
- Offer a variety of fruits and vegetables;
- Serve low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
- Ensure that half of the served grains are whole grain; and
- Ensure that foods are not deep fried.

### **B. 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, the district will:

- offer the School Breakfast Program to all students enrolled in WISD
- arrange bus schedules and utilize methods to ensure that all students have the opportunity to have breakfast
- notify parents/students at the beginning of each school year about the availability of the School Breakfast Program
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

### **C. Free and Reduced Meals**

Woodsboro Independent School District will maintain confidentiality of those students who are eligible for free and reduced-price school meals. The district will utilize electronic identification and payment systems. Woodsboro ISD will set charging policy for meals.

#### D. Meal Times and Scheduling

- The district will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- The district will schedule meal periods at appropriate times;
- The district will not schedule tutoring, club or organizational meetings or activities during meal times unless students may eat during these activities;
- The district will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- The district 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.)

#### E. 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, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certifications and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

#### F. Sharing of Foods and Beverages

Students are prohibited from sharing their food or beverages with one another during meal times or snack times due to the possibility of food allergies and dietary restrictions. Parent/guardian may bring outside food for their child ONLY.

#### G. Foods and Beverages Sold in Schools

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

All foods sold in schools must comply with the **USDA "Smart Snacks in Schools Guidelines."**

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, 100% fruit or vegetable juice diluted with water, and no added sweeteners.
- Portion Sizes: elementary campuses may sell up to 8-ounce portions, 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

## **Foods**

Any food sold in school must:

- Be a “whole grain rich” grain product;
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food;
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable;
- 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); and
- Foods must also meet the following nutrient guidelines:

<u>NUTRIENT</u>	<u>SNACK SIZE</u>	<u>ENTRÉE SIZE</u>
Calorie Limit	≤ 200 Calories	≤ 350 Calories
Sodium Limit	≤ 230 mg	≤ 480 mg
Fat Limits: Total Fat Saturated Fat Trans Fat	≤ 35% of Calories <10 % Calories Zero grams	<u>same</u>
Sugar Limit	≤ 35% of weight from total sugars in foods	<u>same</u>

## **H. Fundraising Activities**

No fundraiser food items can be sold during meal service. Any food item sold after meal service must meet the “Smart Snacks in Schools” guidelines. The standards do not apply outside the school day, on weekends, and at off-campus fundraising events. For the purpose of this policy, the school day is defined as midnight until thirty minutes after the last bell. (See Exemptions)

## **I. Snacks**

- Other than the three celebration days and STAAR testing days, any snack that is *provided* to students must meet the guidelines.
- The classroom teachers may or may not permit students to have a snack time during the school day. If the students bring a snack from home, the snack must be a “smart snack”. The only beverages that students may drink in class are water and 100% fruit juice.
- The district will provide a list of healthy snack items to teachers and parents. The list will be posted on the district website.

## **J. Rewards**

Schools may use foods or beverages that meet the nutrition standards for foods and beverages sold individually, (Smart Snacks Guidelines) as rewards for academic performance or good behavior, and will not withhold food or beverages including food served through school meals as a punishment.

## **K. Birthday Parties**

The parent/guardian may provide a food that has been approved by their child’s teacher to celebrate the birthday. All classroom parties will be planned after lunch, preferably during the last thirty minutes of the school day.

## **L. Campus Wide Celebrations**

Each campus will designate celebration days, not to exceed six per year, where food that does NOT meet the “Smart Snacks in Schools” guidelines will be allowed, provided that they are given to students, not sold. Celebrations will be planned after lunch.

## **M. Exemptions**

- STAAR testing days are exempt from any restrictions on foods that are provided as snacks to students.
- Teachers may provide foods to students in the classroom for instructional purposes if approved by the campus administrator. 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 out side of the school day (such as dances, athletic events, and concession stands) are allowed.

## **III. Nutrition and Physical Activity Promotion and Food Marketing**

### **A. Nutrition Education and Promotion**

Woodsboro ISD 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;
- Teaches media literacy with emphasis on food marketing; and
- Includes training for teachers and other staff

### **B. Integrating Physical Activity into the Classroom Setting**

For students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spend on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

### **C. Communications with Parents**

The district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district will send home nutrition information, post nutrition tips on the school website, and provide nutrient analyses of school menus upon request. The district will 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 will provide opportunities for parents to share their healthy food practices with others in the school community.

The district 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 support will include sharing information about physical activity and physical education through a website, newsletter, other take-home materials or special events

### **D. Staff Wellness**

Woodsboro ISD values the health and well-being of every staff member and will encourage participation in activities that will support and help maintain a healthy lifestyle, encourage healthy eating and increase physical activity.

## **IV. Physical Activity Opportunities and Physical Education**

### **A. Daily Physical Education (PE) for PK-12**

In accordance with policies at EHAB, EHAC, EHBG and FFA, the district will ensure that students in full-day pre kindergarten through 6<sup>th</sup> grade will engage in moderate or vigorous physical activity for at least 30 minutes per day or 135 minutes per week.

Students in middle or junior 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.

### **B. Daily Recess**

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which the district should encourage moderate to vigorous physical activity with plenty of space and equipment to use.

### **C. Fitness Assessment**

The Fitness Gram assessment will be administered at least once during the school year to students in grades K-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.

Fitness Gram 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.

#### IV. **Monitoring and Policy Review**

##### A. **Monitoring and Review**

In order to review policy compliance, assess progress, and determine areas in need of improvement, the WISD Wellness Policy Goals will be reviewed, assessed and revised annually by the SHAC and the Wellness Policy will be reviewed, assessed and revised triennially. Also, each campus must measure the effectiveness and the implementation of the Wellness Policy. Feedback and suggestions from students, parents, staff members and administration, about the Wellness Policy, 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. Each 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 the results to the superintendent.

Woodsboro ISD Health Services  
List of Approved Snacks

The following snacks have been approved for students attending elementary campuses that will be consumed on campus and are allowed to be brought from home.

The list was comprised in accordance with the new state guidelines and approved by USDA, along with recommendations by squaremeals.org and CDC.

The portions are based on a single serving of the recommended serving size.

SMART SNACKS

Drinks:

Water (no serving size limit)                      8oz serving-100% fruit juice

Foods:

Pretzels	Animal Crackers
Fresh Fruit	Graham Crackers
Wheat/Saltine Crackers	English Muffin
Fruit Grain Bars	Rice Cakes (not Rice Crispy Treats)
Fruit/Grain Muffin	Dry Cereal
Bagels	Fig Bars
Vanilla Wafers	Granola Bars
Gold Fish/Cheese Crackers	Applesauce
Pudding Cups	½ Sandwich or Wrap (meat/cheese/veggie)
Yogurt	Raisins/Craisins/Yogos
Dried Fruit	String Cheese
Raw Vegetables w/low fat dip	Popcorn