

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

**SALADO INDEPENDENT SCHOOL DISTRICT WELLNESS POLICY**

The Salado Independent School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, the Salado Independent School District's Wellness Policy is as stated below.

Purpose and Goal:

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well planned and well implemented school nutrition programs have been shown to positively influence students' eating habits.

All students possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. The Salado Independent School District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff.

Component 1: A Commitment to Nutrition and Physical Activity

A. The Salado Independent School District Board of Trustees shall ensure the existence of a School Health Advisory Committee (SHAC). Membership shall be composed of district personnel, administrators, school health professionals, school nutrition staff, parents, community members, district students, and a school board representative. One of its missions shall be to address nutrition and physical activity issues and advise our School Board of any guidelines or issues concerning a healthy school nutrition environment. This committee shall offer revisions to these guidelines as necessary.

B. SHAC will address concerns such as nutrition, sufficient mealtime, nutrition education, and physical activity consistent with mandates from governmental authorities.

C. Nutrition education shall be integrated through the coordinated school health program and physical activity will be in accordance with state guidelines.

D. The assistant superintendent and school nutrition director will work together to develop, implement, assess and update the wellness policy.

## Component 2: Quality School Meals/Pleasant Eating Experience

- A. The Salado Independent School District will offer breakfast and lunch programs. Students and staff are highly encouraged to promote and participate in these programs.
- B. Food safety will be a key part of the school food service operation.
- C. Students will have a menu that is tasty, attractive, of excellent quality, and is served at the proper temperature in a clean and pleasant setting. The Director of Food Services shall visit with students, giving them the opportunity to provide input on menu choices.
- D. Students will also be given the opportunity to have a student representative member on the SHAC committee.
- E. School personnel, along with parents, will encourage students to choose and consume full meals. F. Breakfast will be encouraged every day, either at home or through the School Breakfast Program, in order to meet the nutritional needs of students and enhance their ability to learn. G. Schools will notify parents and students of the availability of the School Breakfast Program. H. Schools will provide students with ample time to eat after sitting down for breakfast (at least 10 minutes) and lunch (at least 20 minutes).

## Component 3: Smart Snacks Guidelines

Smart snacks are science-based nutrition standards for food and beverages provided to students at school during the day. Smart Snacks guidelines pertain to a la carte, competitive foods, fundraisers, and classroom snacks provided to students in the elementary and middle schools. However, this policy shall only pertain to food **sold** in schools. Smart Snacks shall not apply to food sold from midnight the night before until 30 minutes after the last bell, weekends, and off-campus fundraising events.

Food items shall:

- Be a grain product that contains 50 percent or more whole grain.
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food (meat, beans, poultry, seafood, eggs, nuts, seeds, and the like);
- List the second ingredient as one of the above if water is the first ingredient.
- Contain ten percent of the daily value (DV) of a naturally occurring nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber);
- Be a combination food that contains at least one-fourth cup of fruit or vegetable; or

Food shall also meet several nutrient requirements as follows:

- Calorie limits:
  - o Snack items: 200 calories or less
  - o Entrée items: 350 calories or less
- Sodium limits:
  - o Snack items: 230mg or less

- o Entrée items: 480mg or less
- Fat limits:
  - o Total fat: 35 percent of calories or less
  - o Saturated fat: Less than ten percent of calories
  - o Trans fat: Zero grams
- Sugar limits: 35 percent of weight from total sugars in food or less

The following nutrition standards for beverages shall apply:

All schools may sell

- Plain water (with or without carbonation);
- Unflavored low-fat milk;
- Unflavored or flavored fat-free milk and milk alternatives permitted by the National School Lunch Program (NSLP)/School Breakfast Program (SBP);
- 100 percent fruit or vegetable juice; and
- 100 percent fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners.

Elementary schools may sell up to eight ounces portions, while middle and high schools may sell up to 12 ounce portions of milk and juice. There is no portion size limit for plain water.

In addition to legal requirements, the District shall establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations and for competitive foods, as well as school-sponsored fundraising activities that involve serving or selling food as specified within the USDA Smart Snacks in Schools guidelines.

The following guidelines shall apply:

1. Competitive foods are food and beverages sold or made available to students that compete with the school's operation of the NSLP, SBP, and/or After-school Care Program (ASCP). This includes, but is not limited to, food and beverages sold or provided in vending machines, in school stores, or as part of school fundraisers during the school day.
  - a. Parent involvement activities (i.e. "Muffins for Mom" and "Donuts for Dad"): Not allowed to be provided to students during meal periods in areas where reimbursable meals are served and consumed.
  - b. Middle schools: Not allowed to be provided to students anywhere on school grounds from 30 minutes before to 30 minutes after meal periods.
  - c. High schools: Not allowed to be provided to students during meal periods in areas where reimbursable meals are served and consumed.
2. Fundraisers are considered by the USDA to be events that include any activity during which tokens, currency, tickets, and the like are exchanged for the sale/purchase of a product in support of the school or

school-related activity. These activities that involve the sale of food items for consumption during the school day must be in accordance with USDA Smart Snacks in School Standards. If items sold (via catalog sales) do not meet the Smart Snack guidelines, they must not be distributed to the students until the end of the school day. Students who ride the bus and/or are picked up by a daycare provider may take the catalog sale items home as long as they are not opened and consumed. However, items sold (via catalog sales, such as cookie dough, frozen pizza, and the like) that cannot be consumed may be distributed to the students after the last bell.

All school-sponsored (or other nonprofit organizations selling items on school property) fundraising food and beverage items and items sold in vending machines shall be submitted to the school nutrition office using the District Fundraising and Vending Request Form. The request shall include the nutritional values of the item(s) so they can be evaluated using the Smart Snacks calculator tool.

3. Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during meal times) under the teacher's guidance. The classroom snack may be provided by school nutrition staff members, teachers, parents, or other groups and should be at no cost to students. Snacks provided to students shall be in accordance with the USDA Smart Snacks in Schools Standards. The only exception shall be for parents, who may provide any type of snack(s) they wish for their child only.

The District shall establish the following exemptions:

1. Smart Snacks "Free Dates": Up to six "free" days or events during the school year shall be allowed in which students may be **given** candy items or other restricted food and beverages during the school day. These days or events shall be reported to the school nutrition director by September 1 of each school year and shall be published on the school calendar. However, during these days or events, the items may not be given during meal times in areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) shall continue to be available to all

2. School nurses: This policy shall not apply to the school nurses' provision of health care to individual students

3. Accommodating Students with Special Needs: This policy shall not apply to special needs students whose individualized education program (IEP) indicates the use of a restricted food item for behavior modifications (or other suitable need).

4. Field Trips: This policy shall not apply to school-approved field trips. A school official shall approve the dates and purposes of the field trips in advance.

5. State-Mandated Assessment Test Days: Parents, teachers, and administrators may provide one additional snack to the entire class. These snacks shall follow the Smart Snacks policy. The only exception shall be for parents, who may provide any type of snack(s) they wish for their child only.

6. Instructional Use of Food in Classroom: Students may consume food prepared in class for instructional purposes. This should be done on an occasional basis, and these items may not be provided or sold to other students or other classes. Food and/or beverages provided for students as part of a class or cultural heritage event for instructional or enrichment purposes shall be exempt from the policy. However, these food and/or

beverages may not be served during the meal periods in areas where school meals are served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students.

7. Athletic, UIL, Band, and Other Competitions: This policy shall not apply to students who leave campus to travel to athletic, UIL, band, or other competitions or functions. The school day shall be considered to have ended for these students.

8. Food from Home: This policy shall not restrict what parents may provide for their own child's lunch and/or snack, but they may not provide restricted items to other children at school.

9. Lauren's Law states: A parent/legal guardian or grandparent may bring in any food product (cakes, cupcakes, etc.) for the classroom on his or her child's birthday.

a. Food provided for the whole class in birthday party celebrations, must have a nutritional label and ingredients list. Failure to provide labels will result in food not being shared.

It does not:

- Require the teacher to stop instruction to allow for the birthday party;
- Allow the parents/legal guardians or grandparents a right of access to the classroom; or · Allow balloons, decorations, gifts, and the like.

The principals shall have discretion on when to allow the consumption of the food products. Usually this can be done at the end of lunch, before instruction begins, or at the end of school (30 minutes after the last bell). This way, there is no disruption of learning.

Competitive foods sold to students cannot be consumed or provided to students during meal periods in areas where reimbursable meals are served and consumed.

#### Component 4: Other Healthy Food Options

A. Students will be asked not to share such food or beverages with other students. No sharing food policy.

B. The withholding of food as punishment for students is prohibited.

C. The school district shall make available nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children. Menus for the school are published on the SISD website.

D. Organizations shall only use smart snack approved items, or non-food items or foods designed for sale, delivery and consumption after school hours for fundraisers.

E. The School District will provide a list of healthy party snack options to teachers and parents.

### Component 5: Nutritional Education

- A. Salado Independent School District will follow health education curriculum standards and guidelines as stated by the Texas Education Agency. Schools will link nutrition education activities with the coordinated school health program.
- B. Schools will encourage parents to pack healthy lunches and snacks and encourage them to refrain from including beverages and foods that do not meet the above nutrition standards.

### Component 6: Physical Activity and Physical Education

- A. Students will participate in physical activity as defined by the State Board of Education.
- B. All students, including students with disabilities, special health care needs, and alternative educational settings will receive opportunities for daily physical activity.
- C. Teachers will encourage moderate to vigorous activity during supervised recess periods.
- D. Ample space and equipment will be provided for physical activity during recess.
- E. During mandatory tests, inclement weather, and other times when students need to remain indoors, students will be given periodic breaks with opportunities to be moderately active.
- F. The Superintendent, Board of Trustees, and campus Principals will ensure compliance with established district wide nutrition and physical activity wellness policies.
- G. School foodservice staff will ensure compliance with nutrition policies within the food service and will report to the Superintendent.
- H. The district and individual schools within the district will revise the Wellness Policy as needed and develop work plans to facilitate their implementation.

### Component 7: Marketing

Salado ISD will not promote non smart snack compliant foods or drinks verbally or on graphics throughout district facilities.

### Component 8: Implementation

- A. The SHAC Committee will review the Wellness Policy and suggest changes as needed.
- B. All changes made are subject to Salado ISD Board of Trustee approval.
- C. Assessments: triennial and yearly

