

Tidehaven ISD
Local
Wellness Policy

Goals:

1. Provide a school environment that enhances learning.
2. Provide a school environment that develops lifelong wellness practices.

Commitment Statement:

The Tidehaven Independent School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages made available on campus (including vending, concessions, a la carte, student sales, parties, fundraisers, etc.) during the school day are consistent with the Healthy, Hunger-Free Kids Act (HHFKA) of 2010.
- All foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.

Nutrition Education:

- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- Nutrition education information will be reviewed by a qualified, credentialed nutrition professional (e.g. Region III's School Food and Nutrition Specialist)

- The school cafeterias will serve as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- Tidehaven ISD will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- Students will be encouraged to start each day with a healthy breakfast. Tidehaven ISD will continue to provide a free breakfast to all Tidehaven ISD students.

Physical Activity:

- Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies, language arts, etc.
- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Tidehaven ISD will strive to ensure that state-certified physical education instructors teach all physical education classes.
- Tidehaven ISD will strive to ensure that state physical education classes have a student/teacher ratio similar to other classes.
- Time allotted for physical activity will be consistent with research, national and state standards. For example, the National Association for Sport and Physical Education (www.aahperd.org/naspe/) includes recommendations for at least 60 minutes and up to several hours of physical activity per day for children 5 to 12 years of age. Children should have several opportunities for physical activity lasting 15 minutes or more approximately every two hours, especially during the daytime hours. See Tips for Increasing Physical Activity located at the United States Department of Agriculture (USDA) website for more information. (<http://www.usda.gov/wps/portal/usdahome>).
- Tidehaven ISD will strive to provide a daily recess period, which is not used as a punishment or a reward. Elementary campuses will consider planning recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.
- Physical activity participation will take into consideration the "balancing equation" of food intake and physical activity.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

- Adequate equipment will be available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- Tidehaven ISD will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families to help them incorporate physical activity into their student's lives.
- Campuses are encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.
- Campuses encourage families and community members to institute programs that support physical activity, such as a walk to school program.

Other School Based Activities:

- After-school programs will encourage physical activity and healthy habit formation.
- Tidehaven ISD's Wellness Goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- Support for the health of all students is demonstrated by hosting health clinics, health screenings, helping enroll eligible children in Medicaid and other state children's health insurance programs.
- Campuses will organize local wellness committees comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activity in the school environment.

Nutrition Guidelines for All Foods on Campus:

- All foods made available on all Tidehaven ISD campuses will comply with the Healthy, Hunger-Free Kids Act of 2010.
Examples:
 - ▶ Vending Machines
 - ▶ A la carte
 - ▶ Beverage contracts
 - ▶ Fundraisers
 - ▶ Concession stands
 - ▶ Student sales
 - ▶ School parties/celebrations
- Food providers will take every measure to ensure that student access to foods and beverages meet federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, intermediate school and high school.

- Nutrition information for products offered in snack bars, a la carte, vending machines, and school sales is readily available near the point of purchase.
- Families, teachers, students and school officials are engaged in choosing the competitive food selections for their local campuses.
- Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.
- Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
- Classroom snacks will feature healthy choices.
- Nutrition education is incorporated during classroom snack times, not just during meals. Foods and beverages sold at fundraisers include healthy choices and provide age appropriate selections for elementary schools, middle schools and high schools.
- Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of Tidehaven ISD.
- Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.

Eating Environment:

- The National Association of State Boards of Education (www.nasbe.org/) recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- Lunch periods are scheduled as near the middle of the school day as possible. Tidehaven ISD elementary campuses will strive to schedule recess before lunch.
- Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students.
- Drinking water is available for students at meals.
- Food is not used as a reward or a punishment for student behavior, unless it is detailed in a student's Individualized Education Plan (IEP).

Child Nutrition Operations:

- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- Tidehaven ISD will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after-school snack and summer foodservice programs.)
- Tidehaven ISD will continue to employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.
- All food service personnel shall have adequate pre-service training in food service operations.
- Students are encouraged to start each day with a healthy breakfast. Tidehaven ISD will continue to offer a free breakfast to all Tidehaven ISD students.

Food Safety/Food Security:

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.

Responsibilities:

- Tidehaven Campus Principals Joey Rosalez (High School), Emily Gardner (Jr. High), Estela Reyes (Blessing), Stacie Murry, (Markham) and Tidehaven ISD Cafeteria Director Mariah Langston will be responsible for implementing, maintaining, and evaluating this program on their respective campuses.