Hamshire Fannett ISD
District's Local Wellness Policy
Physical Activity and Nutrition

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Hamshire Fannett ISD 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.

Hamshire-Fannett Wellness Policy Mission Statement:

The Mission of the Hamshire-Fannett Independent School District wellness policy is to provide a school environment that enhances the learning and development of lifelong wellness practices.

GOALS
Therefore, it is the policy of the Hamshire Fannett ISD School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district wide nutrition and physical activity policies.

- All students in grades PK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious,

ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

- To the maximum extent practicable, all schools in our district will participate in available Federal School Meal programs including the School Breakfast Program & National School Lunch Program.

- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Advisory Council

The school district will create, strengthen, or work within existing school health advisory council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council also will serve as resources to school sites for implementing those policies. The school health advisory council 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. The District will convene a representative district wellness committee (hereto referred to as the SHAC committee) that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

Leadership
The designee(s) will convene the SHAC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.
The designated official for oversight is Assistant Principal @ Intermediate School.

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

II. Foods and Beverages Sold and Served on Campus

A. School Meals

Meals served through the Hamshire Fannett ISD Food Service Department will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;

- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that all of the served grains are whole grain (exception of products on WG exceptions waiver) see attached
- 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:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

C. Free and Reduced-priced Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price school meals. Hamshire Fannett ISD will utilize electronic identification and payment systems. Hamshire Fannett ISD will set charging policy for meals.

D. Meal Times and Scheduling.

Schools:

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

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 certification 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

Given concerns about allergies and other restrictions on some children's diets, students will be prohibited from sharing their food or beverages with one another during meal or snack times. Parent/guardian or grandparent may bring outside food for their child **ONLY**.

G. Foods and Beverages Sold in Schools

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The District encourages all foods and beverages sold to students (within the 6 exempt days) and served outside of the school meal programs (e.g., "competitive" foods and beverages) be Smart Snack compliance. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

TDA now allows these schools to sell any foods and beverages during the school day as part of a fundraiser for up to six days per school year on each school campus. The foods and beverages sold for fundraisers on allowable days are not required to meet applicable nutritional standards outlined in the Code of Federal Regulations, provided that no specially exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service.

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

All foods sold in schools by the **Child Nutrition Department** must comply with the **USDA "Smart Snacks in Schools**." 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; and 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: Regular soft drinks; sports drinks (with sugar); iced teas (regular); fruit-based drinks that are not 100% real fruit juice;

Foods

Any food **sold** in school must:

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- The food must meet the nutrient standards for calories, sodium, sugar and fats.

- Foods must also meet the following nutrient guidelines:

Nutrient	Snack Size	Entrée Size
Calorie Limit	≤ 200 calories or less	≤ 350 calories or less
Sodium Limit	≤ 200 mg or less	≤ 480 mg or less
Fat Limits Total Fat Saturated Fat Trans Fat	 ≤ 35% of calories or less < 10% of calories or less Zero Grams	
Sugar Limit	≤ 35% by weight or less	

H. Time & Place Restrictions

What can Be Sold?
All foods sold at all grade levels must meet the nutrition requirements.

Who Can Sell Competitive Foods? Competitive foods are foods **SOLD** during the school day that are not part of the reimbursable meal.

Elementary School – Food Service Department Only **(except on the 6 designated fundraising days)** after meal periods **only.**
Middle School – Food Service Department & groups and Individuals after meal periods **only**.
High School – Food Service Department & Groups and Individuals after meal periods **only**.

I. Fundraising Activities

No food items can be sold during meal service. Any food item sold **after** meal service must meet the "Smart Snacks in Schools" guidelines (concession stands or other events) with the exception of the 6 exempt days. 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 for the district not campus. (See Exemptions)

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day* after meal periods. The District will make available to parents and teachers a list of healthy fundraising ideas [*examples from the Alliance for a Healthier Generation and the USDA*].

It is recommended that schools will use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.).

J. Snacks

- On STAAR testing days, students may be provided a snack prior to lunch meal period.
- The classroom teachers may or may not permit students to have a snack

time during the school day.

- The only beverage that students may drink in class is water or 100% fruit or vegetable juice.
- The district will provide a list of healthy snack items to teachers and parents. The list will be posted on the district website.

K. Rewards

Schools may use foods or beverages (recommend Smart Snack items) as rewards for academic performance or good behavior outside the regular meal period times. Schools will not withhold food or beverages including food served through school meals as a punishment. Example: restricting a child's selection of flavored milk at mealtime due to misbehavior in the classroom.

L. Birthday Parties

The parent or grandparent may provide food that has been approved by their child's teacher to celebrate the birthday. **All classroom parties will be planned after lunch.**

M. Campus wide Celebrations

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
2. Classroom snacks brought by parents. The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.7
3. Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

N. Exemptions

Field Day: Field Day may occur during meal service and will count as one of the six exempt days. Food may be purchased or provided by the Food Service Department.

Classroom Instruction: With approval from the campus administrator, teachers may provide food to students in the classroom for instructional purposes. Teachers must ensure these foods are healthy and consult the campus nurse to accommodate any student health restrictions or allergies.

School-Sponsored Events: Foods and beverages may be offered or sold at school-sponsored events outside the regular school day (e.g., dances, athletic events, concession stands).

Exempt Days: Each campus may select additional exempt days during the school year when special celebrations or events may include food. These exempt days are:

- **Elementary:**
    - Winter Holiday Celebration – 12/19/2025
    - Easter Party – 4/2/2026
    - End-of-Year Party – 5/21/2026
- **Intermediate:**
    - Halloween – 10/31/2025
    - Polar Express Day – 12/17/2025
    - Winter Holiday Celebration – 12/19/2025
    - Valentine's Celebration – 2/13/2026
    - Easter Party – 4/2/2026
    - Luau – 5/13/2026
- **Middle School:**
    - Halloween – 10/31/2025
    - Thanksgiving Celebration – 11/20/2025
    - Winter Holiday Celebration – 12/18/2025
    - Valentine's Celebration – 2/13/2026
    - Spring Break – 3/5/2026
    - End-of-Year Celebration – 4/2/2026
- **High School:**
    - Dodgeball Tournament – 11/21/2025
    - Winter Holiday Celebration – 12/19/2025
    - Valentine's Celebration – 2/23/2026
    - Spring Break Splash – 3/6/2026
    - Easter Celebration – 4/2/2026
    - Cinco de Mayo Celebration – 5/5/2026

III. Nutrition and Physical Activity Promotion and Food Marketing

A. Nutrition Education and Promotion

Hamshire Fannett School District 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 an emphasis on food marketing; and includes training for teachers and other staff.

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the

product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

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. Toward that end:

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

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

D. Staff Wellness

Hamshire Fannett School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each campus should maintain a staff wellness committee. The staff wellness committee will be a subcommittee of the SHAC committee. 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 council annually.

IV. Physical Activity Opportunities and Physical Education

A. Daily Physical Education (P.E.) PK-12

In accordance with policies at EHAB, EHAC, EHBG, and FFA, the district will ensure that students in full-day prekindergarten through grade 5 engage in moderate or vigorous physical activity for at least 30 minutes per day or 135 minutes per week.
Students in middle or junior high 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 schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
Schools should discourage extended periods (*i.e.,* periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

C. Fitness Assessment

The FITNESSGRAM assessment will be administered to student's grades 3-12 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.

FITNESSGRAM 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.

CATCH

CATCH (Coordinated Approach To Child Health) is an evidence-based, coordinated school health program designed to promote physical activity and healthy food choices, and prevent tobacco use in children from preschool through grade 8.The program is11 currently being implemented in over 7,500 schools and after-school programs across the United States and Canada.

V. Monitoring and Policy Review

A. Monitoring and Review

In order to review policy compliance, assess progress, and determine areas in need of improvement the HFISD Wellness Policy will be reviewed, assessed, and revised annually by the SHAC. Also, each campus must measure the effectiveness and the implementation of the Wellness Policy. Feedback and suggestions from students, parents, staff members, and administrators for modifying the Wellness Policy, as needed, 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. In each school, the 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 on this matter to the superintendent.

Glossary:

Extended School Day – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

This institution is an equal opportunity provider, employer, and lender.

Hamshire-Fannett ISD
Local Wellness Policy
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