

Commerce ISD

Student Welfare

FFA

Wellness and Health Services

(Regulation)

WELLNESS

REGULATION

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District School Health Advisory Council (SHAC), Health Services, Food and Child Nutrition Services, Physical/Health Education, Family Services, Administration, and Communications Departments will provide guidance and act in advisory capacity for oversight of the Student Wellness Regulations. In addition, the District will solicit involvement and input of other interested persons by:

1. Posting on the District's website the dates and times of SHAC and/or Board meetings at which the wellness policy and plans are scheduled to be discussed.
2. Listing in the student handbook the name and position of the person responsible for oversight of the District's wellness policy and plan along with an invitation to contact that person if the reader is interested in participating in the development, implementation, and evaluation of the wellness policy and plan.

IMPLEMENTATION

AND MONITORING

The Superintendent of Schools or designee will ensure compliance with established District wide wellness policies. The District SHAC, Health Services, Food and Child Nutrition Services, Physical/Health Education, and Communications Departments will advise the administration with recommendations for the development of administrative procedures for periodic measurement of progress on implementation and goal achievement as stated in the wellness policy [see FFA(LOCAL)].

Each campus principal is responsible for the implementation of FFA (LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.

The Superintendent of Schools or designee will provide an Annual Report to the Board on the Wellness Policy Initiatives to include no less than one response to each of the following goals:

1. Integration of a standardized health curriculum program that incorporates nutrition education;
2. Promotion of physical activity initiatives
3. School menu information
4. Wellness Policy Scorecard for each campus [see FFA (EXHIBIT)] *or addendum A* at end of plan
5. Annual health fitness screening report for grade levels as appropriate.
6. Teacher training to ensure classroom implementation of the required health education standards.
7. Family and Community Involvement /Communication influencing the health of students, their families and community members.

Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials. The District Wellness Policy and regulation will be reviewed and updated by the District and the SHAC as needed but no less than triennially, as required by law.

NUTRITION

EDUCATION

The District will implement a state-approved health curriculum as part of the Coordinated School Health Program that emphasizes the importance of proper nutrition. Additionally, the District will establish the following goals for nutrition education:

1. Maintenance of healthy eating behaviors;
2. Nutrition education integrated at all levels across the curriculum;
3. Professional development activities to prepare teachers to effectively deliver scientific-based nutrition information.
4. Coordinated nutrition messages in the cafeteria and school community;
5. Family and school community material to positively influence the health of students and community members; and
6. Adherence to state and federal guidelines and USDA Biosecurity Guidelines for School Food Service.

NUTRITION

GUIDELINES AND

ENVIRONMENT

The District along with the Food and Child Nutrition Services will recommend age-appropriate guidelines for healthy food and beverage choices during the regular and extended school day that follow Healthier U.S. School challenge criteria and dietary guidelines for Americans, as well as meet federal , state, and local nutrition and health requirements. The goal is to create a healthy school environment that encourages and reinforces healthy eating and will not be

dependent on revenue from high fat, low-nutrition dense foods to support school programs.

The following goals were established to create a healthful eating and physical activity environment:

1. Meal time schedules will be based on enrollment, cafeteria serving, and seating capacity to minimize wait time and allow sufficient time to eat.
2. The minimum recommended eating times after being served are:
 - a. Ten minutes for breakfast; and
 - b. Twenty minutes for lunch
3. Lunch will be scheduled as close to midday as possible with special consideration of time between meals for the elementary students.
4. Dining room facilities are maintained for safety, cleanliness, and comfort and provide for adequate seating.
5. Students are always provided an opportunity to eat, even if meetings or activities are scheduled during meal time.
6. Handwashing is facilitated.
7. Water is available during meals and encouraged throughout the day.

FOOD SAFETY

AND SECURITY

USDA Biosecurity Guidelines for School Foodservice will be followed to ensure food and facility safety and security. Hazard Analysis and Critical Control Points plans and guidelines will be implemented by the Food and Child Nutrition Services to maintain food safety. Access to food service facilities will be limited to authorized personnel. All foods made available on school campus must comply with state and local food, safety, and sanitation regulations. Individually packaged items from approved vendors are recommended for safety and sanitation purposes.

SCHOOL

MEALS

The District Food and Child Nutrition Services will provide school meals to students each day that school is in session as well as a la carte items consistent with the state and federal regulations to meet the Healthier U.S. Schools criteria and adhere to or exceed USDA Food Security Guidelines.

COMPETITIVE

FOODS

“Competitive Foods” are defined as foods and beverages sold or made available to students that compete with the school’s operation of the National School Lunch Program, which includes the Summer Food Program, and/or School Breakfast Programs. This definition includes, but is not limited to, food and

beverages sold or provided in vending machines, in school stores, or as part of school fundraisers.

Competitive Foods are not allowed in elementary schools during the regular or extended school day if state or federally funded. Competitive foods are allowed 30 minutes after the end of the last lunch period in middle school. High school competitive foods are not allowed before school or during meal periods with the exception of school Marketing Stores. All competitive foods sold in permitted Marketing Stores and vending machines or given away must comply with state and federal nutrition standards and portion size limits.

FOOD AND

BEVERAGES

PROVIDED

There are no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. However, each school district must set its own standards. The District will comply with state law, which allows a parent, grandparent, or designated adult to provide a food product of his or her choice to classmates of the child or grandchild on the occasion of the student's birthday or school designated function. School staff should be able to identify and verify that the person leaving the item has been approved to do so, prior to providing it to students (i.e. do not accept food from an unidentified person). It is recommended that parents/sponsors only provide food items prepared by an authorized vendor and/or individually wrapped items for celebrations, approved instructional activities, or after school fundraisers to reduce risk of food contamination. School staff should also be able to identify healthy allergies, needs, or exemptions from outside foods. These parties are encouraged to be scheduled after the end of lunch so that they do not replace a nutritious meal. All outside provided foods must be prior approved by campus administration. Each campus may establish more strict guidelines than the District recommendations at Principal's discretion.

Foods may be used for instructional purposes as long as they are not foods of minimal nutritional value (FMNV). (FMNV provided to students as part of a cultural event, for instruction, or enrichment purposes are allowed). FMNV may not be given during meal times in areas where school meals are being served or consumed, and regular meal service must continue to be available to all students in accordance with federal regulations. While allowed, this should be on an occasional basis and with approval by campus administration.

REWARDS AND

INCENTIVES

Food and beverages will not be used as a reward or withholding as a punishment, with the exception of such specification in a student's individualized education plan (IEP) or 504 Accommodation Plan.

AFTER-SCHOOL

PROGRAM SNACKS

Sale of competitive food is not allowed during any meal period, including when after-school snacks are served if state or federally funded. When allowed, all competitive foods for sale outside of the school meals program during the regular and extended school day must meet the state and federal nutrition standard and Healthier U.S. Schools criteria.

FUNDRAISING

ACTIVITIES

School fundraisers include food sold by school staff, students groups/clubs, parents or parent groups, or any other person, company or organization, and/or affiliated organizations, and must comply with state and federal competitive food rules in time, place, portion size, and nutrient content as well as Healthier U.S. Schools criteria during the regular and extended school day if state or federally funded. These groups/organizations are encouraged to engage in fundraisers that reinforce healthy behaviors. However, state rules adopted by the Texas Department of Agriculture allow an exemption to the Smart Snacks requirements for up to six days per year per campus when food or beverage is sold as part of a District fundraiser.

CONCESSIONS

Concessions at school-related events outside the school day are encouraged to include healthy options, to offer plain water, and limit portion sizes to those recommended in state and federal nutrition standards and Healthier U.S. Schools criteria.

NUTRITION

PROMOTION

Healthy eating promotion activities may include visual cues, marketing materials, food service line placement, and incentives to encourage healthy food selection. In addition, wellness information will also be promoted at school activities.

HEALTHY

EDUCATION

The District Health and Physical Education Department will implement, in accordance with the law, a Coordinated School Health Program to include health education consistent with nutrition, exercise, and prevention. Campuses will

utilize Curriculum Planning Guides to deliver sequential and developmentally appropriate curriculum that includes state requirements. The Health and Physical Education and Health Services Department will coordinate sharing information with students, teachers, and nurses.

PHYSICAL

EDUCATION

The District Curriculum and Instruction and Health and Physical Education Departments will implement a Coordinated School Health Program that meets the requirements of the law. Physical education and physical activity components will offer at least the required amount of physical activity for all grades. In addition, the District establishes the following goals for physical activity that foster safer and enjoyable fitness activities for all students, including non-competitive activities and special needs students.

1. Physical education curriculum will address lifelong health and wellness in the form of activities that promote such learning and behavior and will not disproportionately emphasize team sports.
2. Campuses will utilize Physical Education Curriculum Planning Guides to teach sequential and developmentally appropriate curriculum.
3. Physical education classes will emphasize daily moderate to vigorous activity at least 50 percent of class time.
4. Qualified physical education staff provides developmentally appropriate physical education instruction.
5. CPR/AED training will be available to staff and provided to all 12th grade students prior to graduation.
6. Physical fitness assessments will be conducted annually as age and grade appropriate.

PHYSICAL ACTIVITY

OPPORTUNITIES

Timeframe requirements for moderate or vigorous activity:

- All students in elementary school should have an opportunity to engage in unstructured recess daily, weather/space permitting, in addition to 135 minutes per week of state-required structured physical activity. It is recommended that either recess or physical education, but not both, should be scheduled prior to lunch each day, unless medically precluded. Recess may not reduce the required 20 minutes for eating lunch. Recess should be supervised by individuals who have received instruction on best practices of free play and other relevant issues.
- Students in 6-8 must participate in moderate or vigorous daily physical activity for at least 30 minutes for at least four semesters during those grade levels as part of the physical education curriculum OR 225 minutes

during each period of two school weeks if the campus uses a block schedule.

Exemptions to moderate or vigorous activity:

- At all levels, students who are ill
- At all levels, students who have a disability that hinders or prohibits participation
- At middle school, students who participate in an extracurricular activity with a component that includes structured activities that fulfill this requirement
- At middle school, students who participate in a school-related activity or an activity sponsored by a private league or club that meets these requirements, is certified by the Board and the student must provide proof of participation.

The District will provide resources and encourage all classroom teachers to integrate physical activity into the academic curriculum where appropriate.

The District will encourage students, parents, staff, and community members to use the District's recreational facilities that are available outside the school day.

PUNISHMENT

School and/or community personnel working in the school will not use physical activity/physical education as punishment nor will physical activity/education be withheld except for physical health reasons, IEP, or 504 Accommodation Plan implementation.