Sweeny ISD - Wellness Policy

Preamble

SWEENY ISD is committed to the optimal academic and personal development of every student. SWEENY ISD believes that for students to have the opportunity to achieve success we need to create positive, safe, health-promoting learning environments throughout the school year. The district will align health and wellness efforts with other school improvement endeavors to ensure the optimal health and academic success of all students.

This Wellness Policy outlines SISD'S approach to advance student health, reduce childhood obesity, and promote the general wellness of students by implementing measurable goals to promote sound nutrition and health through nutrition education, physical activity, and other school-based activities. Specifically, this Policy establishes guidelines to ensure that:

- SISD students have access to healthy foods throughout the school day;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- SISD schools engage in nutrition and physical activity promotion and other activities that promote student, family, and staff wellness; and
- SISD staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.

This policy applies to all students in SWEENY ISD.

I. Wellness Policy Implementation

To be compliant with the USDA final rule and other applicable law, SISD will convene a representative District Wellness Council (DWC) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including the development, implementation and periodic review and update of this Local Wellness Policy (LWP).SISD has chosen to utilize the National Healthy Kids Here Committee as the local school health advisory council (SHAC) and DWC to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law.

SISD'S wellness plan must address, at a minimum:

1. Strategies for soliciting involvement by and input from individuals interested in the wellness plan and policy;
2. Activities, benchmarks, and objectives for implementing wellness goals;
3. Methods for measuring implementation of wellness goals;
4. SISD'S standards for foods and beverages provided (but not sold) to students during the school day and while on campus; and
5. Methods for communicating to the public information about SISD'S local wellness plan.

In developing, implementing, and reviewing the guidelines and goals of SISD'S LWP, the SHAC / DWC will allow participation by parents, students, representatives of SISD'S food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC / DWC will also solicit involvement and input from these other interested people:

1. Superintendent or designee
2. Executive Director
3. Director of Mental Health and Social Emotional Learning
4. Senior VP of Program Innovation
5. Healthy Kids Here Sr. Program Manager
6. Child Nutrition Program- Nutrition designee
7. Child Nutrition Program- Operations designee
8. Child Nutrition Program- Farms designee
9. Child Nutrition Program- Compliance designee
10. VP of Student Health & Wellness
11. Physical Education & Health Curriculum Manager
12. Finance Office representative
13. Internal Communications Manager or Marketing designee
14. National Advancement Manager or Advancement designee
15. Family Advisory Council Member or designee

All schools in SWEENY ISD shall implement the LWP. Individual schools may choose to implement a more restrictive local policy, but must, at a minimum, meet these standards. SISD requires that each school establish an ongoing School Wellness Committee, known as the Campus Healthy Kids Here Committee, that supports LWP implementation as well as LWP monitoring and reporting. Schools can refer to the Campus Healthy Kids Here Committee Toolkit for guidance.

II. Nutritional Quality of Foods and Beverages Served on Campus

Children consume as many as half of their daily calories at school. Schools play an important role in providing access to meals that contain vital nutrients to support growth, development, and academic performance while simultaneously shaping students' eating habits. The USDA Child Nutrition Programs (CNP) aim to improve the health of students, mitigate hunger and food related disease, and model healthy eating patterns by providing meals that are low in saturated fat and sodium, and are abundant in fruits, vegetables, lean proteins, and whole grains. CNP supports the development of lifelong healthy eating patterns while considering cultural food preferences and accommodating special dietary needs.

School Meals. To be compliant with the USDA final rule, all SISD schools will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and will provide meals that meet the nutrition standards for school meals by including:

- fruits and vegetables, including a variety of fruits and vegetables that meet the required vegetable subgroups (dark green, red and orange, beans, peas and legumes, starchy, and "other")
- grains (80% of which are whole grain-rich)
- meats and meat alternates
- fat-free and low-fat milk
- access to free drinking water

SISD schools will also:

- offer a variety of foods and beverages that are appealing and attractive to children
- ensure that eating settings are clean and inviting

Breakfast. To ensure that all children are offered breakfast to meet their nutritional needs and enhance their ability to learn:

- Schools will operate universal breakfast which is offered at no cost to students
- Schools will, to the extent possible, utilize methods to serve school breakfasts that maximize participation, including serving breakfast in the classroom or hallway, "grab-and-go" breakfast, or breakfast during morning break or recess.

Mealtimes and Scheduling. To ensure that all children have meals with adequate and reasonable time to consume them:

- Schools will provide student with at least 10 minutes to eat after sitting down with their food in front of them for breakfast and 20 minutes after sitting down with their food in front of them for lunch
- Schools will provide time for students to eat if participating in activities such as tutoring or clubs during mealtimes
- School meals will not be withheld as punishment
- School meals are meant to encourage socialization among students and silence during meals should not be used as punishment
- Schools will provide students access to hand washing stations and will advocate for hand washing before they eat meals or snacks
- Schools will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk)

Sharing of Foods and Beverages. To ensure the health and safety of children with food allergies, intolerances, special diets, and religious beliefs, schools will discourage students from sharing their foods or beverages with one another during meal or snack times.

III. Nutritional Quality of Foods and Beverages Sold on Campus

Competitive Foods and Beverages. Competitive foods and beverages include those items sold as à la carte and in vending machines, school stores and snack or food carts, as well as any food-based fundraising meant for consumption during the school day. These foods are called competitive foods because students may choose to eat them instead of more nutritionally dense foods offered through the school meal programs.

To be compliant with the USDA final rule, SISD will ensure that all foods and beverages sold to students on the school campus during the school day support healthy eating, including those provided outside of the school meal programs. All foods and beverages sold outside of the school meal programs, during the school day will, at a minimum, meet USDA Smart Snacks guidelines. These standards will apply in all locations and through all services where foods and beverages are sold, which may include but are not limited to à la carte, vending machines, school stores and snack or food carts, as well as any food-based fundraising meant for consumption during the school day.

Concession Stands. It is recommended though not required that food and beverages available for purchase on campus after school hours offer a variety of items that meet USDA Smart Snacks guidelines. Concession stands must remain closed during the school day to ensure they do not compete with CNP school meal programs.

Smart Snacks. To ensure that snacks make a positive contribution to children's diets and health, all schools will emphasize serving fresh fruits and vegetables as the primary snack and water as the primary beverage.

All snacks sold must follow USDA Smart Snacks rules 1and should meet the following standards:

[1] https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf

Foods

- Be a grain product that contains 50% or more whole grain; 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
- Meet the nutrition standards for calories, sodium, fats, and sugar as indicated below:

Nutrient	Snack
Calories	200 calories or less
Sodium	200 mg or less
Total Fat	35% of calories or less
Saturated Fat	Less than 10% of calories
Trans Fat	0g
Sugar	35% by weight or less

Beverages
SISD requires that:

- free, safe, and unflavored drinking water is available to students during the school day and during the extended school day (including during out-of-school time/and before and after school),
- water cups/jugs are available in the cafeteria if a drinking fountain is not present
- students can bring and carry approved water bottles filled with only water before, during and after the school day across the school campus
- all water sources and containers (e.g., drinking fountains, water jugs, hydration stations and water jets) will be maintained regularly to ensure adherence to health and safety standards

Allowed beverages include:

- Plain water (with or without carbonation), unflavored low-fat milk, unflavored fat free milk and milk alternatives, 100% fruit or vegetable juice, 100% fruit or vegetable juice diluted with water and no added sweeteners.
- There is no portion size limit for plain water.
- Elementary schools may sell up to 8-ounce portions of milk and juice.
- Middle and high schools may sell up to 12-ounce portions of milk and juice.

Not allowed:

- soft drinks containing caloric sweeteners or artificial sweeteners; sports drinks*; iced teas; fruit-based drinks or any that contain additional caloric sweeteners; beverages containing caffeine.

  *Diet sodas, sports drinks and low in sugar and calories iced tea is allowed for Grades 9-12. Sports drinks must have five calories or fewer per fluid ounce.

Smart Snacks Calculator

- To find out if your snack meets the USDA Smart Snacks Guidelines visit: https://foodplanner.healthiergeneration.org/calculator/

Portion Sizes
If a nutrition label is unavailable to allow use of the Smart Snack Calculator, limit portion sizes of foods and beverages sold individually to:

- 1.25 ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky
- 1-ounce cookie
- 2 ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other, bakery items
- 4 oz. for frozen desserts, including, but not limited to, low-fat or fat-free ice cream
- 8 oz. for non-frozen yogurt

The portion size of à la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion size limits.

Fundraising Activities. A fundraiser is an event that includes any activity during which currency, tokens, tickets, donation for, or other forms of payment are exchanged for the sale or purchase of a product. Giving away food but suggesting a donation would be considered a fundraiser since funds will be raised as a result. Purchasing tickets or tokens to be exchanged later during the school day for food items would also be considered to be a sale of food for a fundraiser.

To support children's health and school nutrition education efforts, school fundraising activities during the school day will only sell non-food items or foods and beverages that meet or exceed the USDA Smart Snacks guidelines. Schools will also encourage fundraising activities that promote physical activity.

Campuses are allowed to organize offsite fundraising activities at food establishments, as this does not compete with Child Nutrition Program meals. Marketing for these events can be posted on school social media.

The National Healthy Kids Here Committee will provide schools with a fundraiser toolkit. This toolkit will include a list of compliant fundraising ideas, and steps to execute such events. Schools are encouraged to use this toolkit as a list of suggestions and should not feel limited to the ideas provided.

Exempt Fundraisers. As SISD participates in the NSLP and/or SBP, food and/or beverages that do not meet the Smart Snacks Guidelines may be sold as part of a fundraiser during the school day for a maximum of five days per school year on each school campus. Food and/or beverages sold during an exempt fundraiser must not be sold in competition with school meals in the food service area during the school meal service, so items can only be sold outside of designated breakfast, lunch, and supper mealtimes.

Listed below are the designated exemption days for school fundraisers at SISD Texas schools. In addition, the Executive Director can select the fifth exemption day to accommodate for regional holidays or celebrations. The exact dates for each region will be confirmed by the Executive Directors during the first month of school and will be communicated to the business office to ensure a smooth requisition approval process.

- Halloween or Friday before
- Last day of school before winter break
- Valentine's Day
- One day during the last week of school

IV. Rewards, Celebrations, and Events

Celebrations and positive reinforcement are an important part of IDEA's culture of supporting students. Research shows that providing food as a reward, primarily foods that are not nutrient dense such as chips, sweets, or sodas or withholding food as a punishment undermines healthy eating habits and interferes with

children's ability to self-regulate their eating.

Food as punishment. Schools will not withhold food or beverages as punishment.

Celebrations during the school day. Schools are encouraged to be creative in holding celebrations without food, or solely involving foods that meet the USDA Smart Snacks guidelines (see Section III). It is suggested that schools leverage some of the ideas in the fundraiser toolkit for school celebrations as well.

On-Site Events. Foods and beverages offered or sold at events on campus outside of school meal programs during the school day will, at minimum, meet the nutrition standards enumerated in Smart Snacks (See section III). The LWP does not apply to offsite events such as recruitment events and field lessons.

Donations. Foods or snacks donated for on-site events must, at minimum, meet the USDA Smart Snacks guidelines and cannot be offered during campus mealtimes.

V. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education Goals. SISD has established the following goals for nutrition education:

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education will be a system-wide priority and will be integrated into other areas of the curriculum, as appropriate.
3. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
4. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
5. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

Nutrition Education and Promotion. SISD aims to teach, encourage, and support healthy eating. Schools should provide nutrition education and engage in nutrition promotion that:

- Offers each grade level a nutrition program at least once a semester which promotes and protects their health which includes but is not limited to special promotions (NSLW, NSBW), campus-based taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy, low sodium products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (moderate to vigorous physical activity/exercise);
- Connects school meal programs with nutrition-related community services.

Communication with Parents. SISD will support and encourage parents' efforts to provide a healthy diet and daily physical activity for their children.

- Schools will provide information about physical education and other school-based physical activity opportunities available before, during, and after the school day.
- Schools will share results of FitnessGram3 twice a year, pretest and posttest, with parents
- Schools will share their individual wellness policies that, at a minimum, meet the standards set out

[2] https://squaremeals.org/Portals/8/files/publications/Non%20Food%20Ways%20to%20Reward.pdf

in this policy.
- Schools will share ideas and recommendations for allowable awards and celebrations.
- Schools will share guidance on what foods/snacks are allowable for parents to bring to campus.
    - Food deliveries for students (including snacks) that do not meet USDA Smart Snack guidelines will not be accepted on campus.
    - Any food delivered to campuses for students that does not meet Smart Snack guidelines will be sent home with the parent or student after school.

Additionally, SISD shall share educational nutrition information with families and the public to promote healthy nutrition choices and positively influence the health of students.

Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually that meet USDA Smart Snacks guidelines (See section III)

VI. Physical Education and Health Education

Physical Education (P.E.) K-12. To ensure the health and wellness of our students and compliance with the state's physical education requirements:[3]

- All students in PE grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive on average 135 minutes/week of physical education.
- Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

Space. To ensure that students participate in school physical education class, the campus will, to the extent possible, provide an environment that is safe, enjoyable, and developmentally appropriate for all students, whether they are participating in the physical activity taking place during physical education.

Clothing. To ensure that students participate in physical activity during physical education class and that students' hygiene is maintained during the school day, students will to the extent possible be provided with a space to change clothing. Grades 6th- 12th.

Health Education. To meet the coordinated health program component of the state's education requirement:

- Schools will deliver integrated health education at least once a semester that fosters the adoption and maintenance of healthy habits
- Schools will make health education a priority and shall integrate it into other areas of the curriculum as appropriate and where applicable to do so.
- IDEA shall provide annual professional development so that teachers and other staff responsible for health education programming are proficiently trained to deliver the program.

VII. Physical Activity Opportunities

Recess. ELEMENTARY school students will have a form of supervised recess, preferably outdoors, during which schools will encourage moderate to vigorous physical activity verbally and through the provision of space, equipment, and choice play.

Physical Activity Opportunities Before and After School. All schools will offer extracurricular physical activity programs, such as athletics, non-competitive physical activity clubs and/or intramural programs. Every effort will be made by the school to provide ample opportunity before and after the school day for students to participate.

Physical Activity and Punishment. Campus administrators will not endorse or authorize campus personnel, especially teachers, to use physical activity or withhold opportunities for physical activity,

including choice play, as a form of behavioral punishment.

Safe Routes to School. SISD will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school.

Additional Physical Activity Opportunities. Teachers and staff are encouraged to integrate physical activity into the academic curriculum where appropriate. Additionally, SISD will offer appropriate training and other activities annually to employees to promote enjoyable, lifelong physical activity for SISD employees and students; schools shall do the same.

Communication with Parents. Schools will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events. Additionally, schools shall include parents in before- and after-school programs involving physical activity, when appropriate.

Moreover, schools should encourage all students, parents, staff, and community members to use their recreational facilities (such as tracks, playgrounds, fields, etc.) that are available outside of school hours and as allowed by Board policy.

VIII. Monitoring and Policy Review

Monitoring. The National Healthy Kids Here Committee listed above will ensure compliance with established SISD'S nutrition and physical activity wellness policies. In each school, the campus designee or Principal will ensure compliance with those policies in their school and will report on the school's compliance to the National Healthy Kids Here Committee.

SISD will develop a summary report every three years on compliance with SISD'S established wellness policies based on input from all SISD schools. That report will be provided to the Board of Directors and distributed to school health councils, parent/teacher organizations, school principals, and school health services personnel.

Policy Review. SISD shall comply with federal requirements for evaluating this policy and the wellness plan. Generally, SISD'S compliance with the wellness policy shall be assessed at least once every three years. The evaluation will consider the extent to which each SISD school is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. SISD will use measures aligned with Alliance for a Healthier Generation's Healthy Schools Award to track schools' compliance and progress.

SISD must annually inform and update the public about the content and implementation of the LWP and make the policy and any updates, along with the wellness plan and program assessments, available to the public.