Kennedale ISD Wellness Guidance

Kennedale ISD is committed to the development of every student. KISD believes for students to achieve personal, academic and developmental success, we need to create a positive, safe, and health-promoting learning environment throughout the school year.

This policy outlines KISD's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in KISD have access to healthy foods throughout the school day -- both through reimbursable school meals and other foods available throughout the school campus -- in accordance with federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other setting for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.
- These guidelines apply to all students, staff, and schools in the District.

Guidelines and Goals

KISD will maintain nutritional guidelines and wellness goals in consultation with the local school health advisory committee ("SHAC"). The SHAC consists of representatives from the Child Nutrition Department, school administration, the school board, parents, and the public. A part of KISD's mission is to provide nutritious, quality meals and encouraging students to develop lifelong skills and knowledge to make healthy food choices. The Mission shall be accomplished through nutrition education, physical education and activity, and food served in our schools.

Nutrition Guidelines

The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance, and that all foods available on each campus are in accordance with the Healthy Hunger Free Kids Act of 2010.

- Comply with all policies in Healthy Hunger Free Kids Act as well as any applicable Texas regulations.
- Ensure that Child Nutrition Programs are accessible to all children.
- Promote nutritious choices of all food brought into the school for student consumption.
- Encourage healthy food and beverage options in concessions at school-related events.

Nutrition Education

KISD shall implement, in accordance with the law, a coordinated school health program with a nutritional education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

In addition, it shall be the goal of KISD, that students receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Physical Activity

The District shall implement, in accordance with law, a coordinated school health program and that the state-mandated time for daily/weekly physical education is provided. Students in high school shall meet the physical education component as required for graduation. The district will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.

The time allotted for moderate to vigorous physical activity will be consistent with state standards and district board policy and regulations, to include at a minimum:

- Grades K- 4: 150 minutes weekly
- Grades 5-6: 200 minutes weekly
- Grades 7-8: 250 minutes weekly in 7th and/or 8th grade
- Grades 9-12: 1 credit to fulfill graduation requirements.

School-Based Activities

The District establishes the following goals to create an environment conducive to healthful eating and physical activity, and to express a consistent wellness message through other school-based activities:

- In accordance with the school's bell schedule, the campus will provide a scheduled time for eating breakfast and a minimum of **30** minutes for eating lunch.
- Schools will not use foods or beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
- Wellness for students and their families' will be promoted at suitable school activities.
- Employee wellness education and involvement will be promoted at suitable school activities.

Nutrition

School Meals

Our school district is committed to serving healthy meals to students, with plenty of fruits, vegetables, whole grains, and fat-free and low fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification); while meeting the nutrition needs of school children within their calorie requirements.

All schools within the District participate in USDA child nutrition, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), ACE Student Dinner Program and Snack Program (SP). All schools within the District are committed to offering reimbursable school meals through the NSLP and SBP Programs and other applicable federal child nutrition programs that meet or exceed current USDA nutrition standards established by local, state, and federal statutes and regulations.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages sold and served outside the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA "Smart Snacks in School" nutrition standards, at a minimum. 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: A la carte options in cafeterias, vending machines, school stores, and snack or food carts. Food items that do not meet the "Smart Snacks in schools" nutrition standards must be sold outside of the school day.

Fundraisers: The following are examples of allowable fundraisers that may occur during the school day:

- Any food items not meant for consumption on the school campus during the school day (e.g. cookie dough to be prepared at home, candy sales).
- Any food items that meet the Federal Competitive Rule requirements.
- Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus, not to compete with breakfast and lunch service provided by the school.

Exemptions:

Each campus will have up to 6 exempt days to be used for fundraising (during school hours), campus parties, or field days, as determined by the campus administration. These exempt days are not to compete with breakfast or lunch service provided by the school. The sale of prepackaged food items as fundraisers that do not meet the nutrition standards are allowed on the exempt day. The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.

Any food items including concessions sold after the end of the school day (defined as midnight the night before until 30 minutes after the end of instruction) on school campuses (all areas of the property under the jurisdiction of the school that is accessible to students during the school day).

Classroom Party Food: Food provided for free may be consumed at a time determined by the campus administrator. This is not to compete with school breakfast or lunch. All food brought into the school for student consumption must be commercially processed, in original packaging, with a prominent ingredient label which would include allergen information.

Field Trips: Campus-approved field trips are exempt from nutrition policy. All meals provided by KISD Child Nutrition department will meet the nutrition standards.

Recordkeeping: The campus personnel is responsible for documenting all receipts and nutritional information for items sold on the campus during the school day. This information must be readily available for review during an Administrative review of the Child Nutrition Program.

Monitoring and Implementation

The SHAC Committee shall oversee the development, implementation, and review these wellness guidelines with input from: parents, students, Director of Child Nutrition, physical education teachers, school health professionals, members of the Board, school administrators and members of the public. The responsible party at the campus for implementation of the local wellness policy will be the campus administration.