DUBLIN INDEPENDENT SCHOOL DISTRICT
2026-2027 NUTRITION AND WELLNESS PLAN

Wellness Policy

The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

Development of Guidelines and Goals

The District shall develop nutritional guidelines and wellness goals in consultation with the local school health advisory council (SHAC) and with involvement from the representatives of the student body, school food service, school administration, representatives of the school, school health professional, the board, parents and the public.

Nutrition Goals

The District shall ensure that nutritional guidelines for reimbursable meals shall be at least as restrictive as federal regulations and guidance.

Nutrition Guidelines

● Campuses will comply with the current Competitive Food and Nutritional Standards.

● Provide each campus with education and guidelines on Smart Snacks in School.

● Encourage concessions after the school day at school related events to offer healthy food choices.

● The District encourages students to participate in school meal programs.

● The District will protect the identity of students that eat free or reduced meals.

● Sufficient time will be allowed to eat meals in lunchroom facilities that are clean, safe and comfortable.

● The District allows students to have outside food and/or beverages delivered to the office of each campus for their consumption. This food does not have to meet competitive food rules.

Nutrition Education Goals

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

Nutrition Education Guidelines

● Nutrition education will be a District wide priority and will be integrated into other areas of the curriculum, as appropriate.

● Nutrition messages promoted throughout school, including classrooms and cafeterias.

● The District will provide information to families that encourage healthy nutrition.

● Food service staff will submit weekly menus to local newspaper for publication and monthly menus for District webpage.

● The District will only market food and beverages that meet the federal Smart Snack standards.

● The District will locate where healthy marketing is displayed in the school.

● The District will evaluate to made sure all snacks are Smart Snack compliant.

● The District will replace any marketing that is not compliant.

● The District will implement new marketing material that is outdated or damaged.

Record Retention

The District will retain all Child Nutrition records on hand for five years, plus the current fiscal year.

Physical Activity Goals

The District shall implement, in accordance with law, a coordinated school health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grade levels.

Physical Activity Guidelines

● The District will provide an environment that fosters safe and enjoyable fitness activities for students, including those who are not participating in competitive sports.

● Physical education classes will regularly emphasize moderate to vigorous activity.

● Time allotted for moderate to vigorous physical activity will be consistent with state standards and district board policy and regulations.

● Schools will not remove or pull students from Physical Education classes unless for administrative or counseling issues.

● High school and middle school will offer interscholastic sports programs.

Other School-Based Activities Goals

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

Other School-Based Activity Guidelines

● Wellness for students and their families will be promoted at suitable school activities.

● Campuses will provide hand washing time or sanitizers prior to meal services to help control illnesses and promote healthy habits.

● The District will encourage all staff, administrators, students, parents and community members to serve as role models in practicing healthy eating and being physically active.

Monitoring and Implementation:

The coordinator of the District's School Health Advisory Council (SHAC) shall oversee the implementation of this policy. Each campus principal will ensure his/her campus is in compliance with the District's Wellness Policy.

Annually, the SHAC will assess the District's and each campus's progress toward meeting the goals of the policy and plan by reviewing District- and campus-level activities and events tied to the wellness program.