

Channelview Independent School District

Student Nutrition/Wellness Plan

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006, all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

Purpose:

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staffs establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

Mission Statement:

All students shall possess the knowledge and skills necessary to make nutrition and enjoyable food choices for a lifetime. In addition, staffs are encouraged to model healthy eating and physical activity as a valuable part of daily life. The Channelview Independent School District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, take in into consideration differences in cultural norms.

Component 1: A Commitment to Nutrition and Physical Activity

- A. The Channelview ISD Board of Trustees shall appoint a School Health Advisory Committee (SHAC). One of its missions shall be to address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually or more often if necessary.
- B. Principals will address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education, and physical activity.
- C. Nutrition education shall be integrated across the curriculum following standards and guidelines as stated by the Texas Education Agency.
- D. Schools will adopt and implement state standards for daily physical activity.

- E. Schools will provide opportunities for students to regularly participate in physical activity.
- F. The school nutrition service staff will participate in making decisions and guidelines that will affect the school nutrition environment.

Component 2: Quality School Meals

- A. Channelview ISD will offer breakfast, lunch, and after school snack programs. Student and staff are highly encouraged to promote and participate in these programs.
- B. School nutrition service staff that is properly qualified according to current professional standards and regularly participates in professional development activities will administer the Child Nutrition Programs.
- C. Food safety will be a key part of the school nutrition service operation.
- D. Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- E. Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
- F. School personnel, along with parents, will encourage students to choose and consume full meals. Positive nutrition statements will be provided to students on a daily basis.

Component 3: Other Healthy Food Options

- A. The SHAC will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions. See Attachment A.
- B. No foods or beverages other than those provided through the school nutrition services department may be made available to elementary school students at anytime (exemptions on page 8). Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during lunchtime) under the teacher's guidance. The snack may be provided by the school nutrition service, the teacher, parents or other groups and should be at no cost to the students. Foods other than those provided through the school nutrition service department may not be available to junior high or high school students until the end of the last lunch period. See Attachment A for serving size restrictions.
- C. The withholding of food as punishment for students is prohibited. For example, restricting a child's selection of flavored milk at mealtime due to misbehavior in the classroom.
- D. The use of foods of minimal nutritional value (See Attachment B) as learning incentives should not be practiced, and healthy food choices or non-food items should be substituted.

- E. The district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
- F. Organizations shall only use non-food items or foods designed for delivery and consumption after school hours as fund-raisers in elementarys. For example, barbecue plate sales after school hours would be acceptable. Fund-raisers for grade 7 through 12 should occur after last lunch period and must meet nutrition guidelines.

Component 4: Pleasant Eating Experiences

- A. Facility design will be given priority in renovations and new construction.
- B. Drinking fountains will be available for students to get water at meals and throughout the day.
- C. A short snack-free recess for elementary campuses is encouraged to be scheduled sometime before lunch so that children will come to lunch less distracted and ready to eat.
- D. School personnel will assist all students in developing the healthy practice of washing hands before eating.
- E. School personnel will schedule enough time so students do not have to spend too much time waiting in line.
- F. Schools should not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during meal times.
- G. Adequate time to eat in a pleasant dining environment should be provided. The minimum recommended eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch.
- H. Schools will encourage socializing among students, and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level. Parents are highly encouraged to dine with students in the cafeteria.
- I. Creative, innovative methods will be used to keep noise levels appropriate.

Component 5: Nutrition Education

- A. Channelview ISD will follow health education curriculum standards and guidelines as stated by the Texas Education Agency. Schools will link nutrition education activities with the coordinated school health program.
- B. Students in pre-kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.
- C. Nutrition education will be offered in the school dining room and in the classroom, with coordination between school food service staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.

Component 6: Marketing

- A. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
- B. Schools will consider student need in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
- C. Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.
- D. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, PTO meetings, Open Houses, Health Fairs, teacher in-services, etc.
- E. Schools will work with a variety of media to spread the word to the community about a healthy school nutrition environment, such as local newspaper and television stations.

Component 7: Implementation

- A. The SHAC shall be composed of the public, board members, parents and school district staff. Each campus principal shall invite parents and one staff member, such as teacher, nurse, counselor, or administrator to represent the campus. Permanent members of the committee shall include the Student Services Director, Athletic Director, and the Food Service Director.
- B. The SHAC members from each campus will conduct a review of their respective campuses in the Fall semester of each year to identify areas for improvement. These groups will report their finding to the campus principal and develop with him/her a plan of action for improvement.
- C. The SHAC will assign campus groups, excluding classroom teachers, to do peer reviews of another campus in the Spring semester of each year.
- D. The SHAC will hear reports from each campus group after each review period. Before the end of each school year the committee will recommend to the Superintendent any revisions to the Student Nutrition/Wellness Plan it deems necessary.

***-Approved Times for the Availability of Foods and Beverages other than School Meals (Competitive Foods)**

Elementary Schools - no access any time on school premises until after the last scheduled class. (Exemptions page 9)

Junior High School - not during meal periods.

High School - not allowed during meal periods in areas where reimbursable meals are served and consumed.

NUTRITION EDUCATION GUIDELINES

GOAL#1 SCHOOLS WILL PROMOTE NUTRITION EDUCATION TO ALL STUDENTS.

Guidelines:

Nutrition education is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social studies and electives.

The school cafeteria will display posters to promote healthy eating and display other nutrition education materials.

Nutrition education includes training for teachers and staff.

GOAL#2 CHANNELVIEW ISD WILL FOLLOW HEALTH EDUCATION CURRICULUM STANDARDS AND GUIDELINES AS STATED BY THE TEXAS EDUCATION AGENCY.

Guidelines:

Schools will implement curriculum from MacMillan/McGraw-Hill Health and Wellness; Glencoe Health, Texas Edition

PHYSICAL ACTIVITY GUIDELINES

GOAL#1 THE SCHOOLS WILL ADOPT AND IMPLEMENT STATE STANDARDS FOR PHYSICAL ACTIVITY.

Guidelines:

Schools will provide 135 minutes of PE per week.

Elementary schools will implement physical activities from Texas Essential Knowledge and Skills.

GOAL#2 SCHOOLS WILL PROVIDE OPPORTUNITIES FOR STUDENTS TO REGULARLY PARTICIPATE IN PHYSICAL ACTIVITY.

Guidelines:

Students are given opportunities for physical activity during the school day through physical education classes, daily recess periods for primary and elementary school students, and the integration of physical activity into the academic curriculum.

Schools provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

NUTRITION STANDARDS GUIDELINES

See attached Texas Public Schools Nutrition Policy.

OTHER SCHOOL BASED ACTIVITIES GUIDELINES

GOAL#1 THE SCHOOL DISTRICT ENCOURAGES PARENTS, TEACHERS, SCHOOL ADMINISTRATORS, STUDENTS, FOOD SERVICE PROFESSIONALS, AND COMMUNITY MEMBERS TO SERVE AS ROLE MODELS IN PRACTICING HEALTHY EATING AND BEING PHYSICALLY ACTIVE, BOTH IN SCHOOL AND AT HOME.

Guidelines:

The district will encourage healthy eating and physical activity by distributing monthly menus with health related information from the School Nutrition Department.

Schools may conduct their own physical activity promotions.

Signature _____ **Date** _____
Board President

Signature _____ **Date** _____
Board Secretary

Attachment A

Channelview Independent School District Student Nutrition/Wellness Plan Guidelines for Food and Beverages Offered to Students at School and School Function

All foods and beverages, other than school meals, made available to students during allowable times must meet the following maximum portion size and nutrition standards.

<u>Food Items:</u>	<u>Primary/Elementary</u>	<u>Junior High</u>	<u>High School</u>
Chips (regular)	1 oz	1 oz	1.25 oz
Baked Chips, Crackers, popcorn, Trail mix, seeds, Dried fruit, jerky, Pretzels.	1.5 oz	1.5 oz	1.5 oz
Cookies/cereal bars	2 oz	2 oz	2 oz
Baked Goods (Pastry/muffin)	3 oz	3 oz	3 oz
Frozen Desserts, Ice cream Pudding, Jell-O	4 oz	4 oz	4 oz
Yogurt	8 oz	8 oz	8 oz
Whole Milk	8 oz	8 oz	8 oz
Reduced/Fat Free Milk	16 oz	16 oz	16 oz
Beverages other than Milk or FMNV (water exempt)	12 oz	12 oz	12 oz
Fruit Drinks/slushes (50% juice minimum)	6 oz	12 oz	12 oz
All other food/beverages	No more than 9 grams of fat per package. (except nuts & seeds) and no more than 35% by weight or 15 grams per serving of added sugar.		

Attachment B

Channelview Independent School District Student Nutrition/Wellness Plan Foods of Minimal Nutritional Value

Students may not be in possession of any of the foods or beverages listed below at school except during times approved by this policy.*

- **Soda Water** - any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.
- **Water Ices** - any frozen, sweetened water such as "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.
- **Chewing Gum** - any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- **All Candies** - any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of other ingredients, including powdered drink mix (i.e., Kool-Aid).
- **Certain Chips and Snack Foods** - any portions larger than or nutritional content other than those indicated on Attachment A.

Any of the above items that are found in the possession of any student during unapproved times will be collected.

Exemption:

Three days will be exempt from the inaccessibility of the Foods of Minimal Nutritional Value listed above. These items may not be made available during meal times in the areas where school meals are being served and/or consumed. The designated days will be:

For Grades Pre-K - 6th Grade:

*The last day before Christmas Holidays

*The last day of school before Easter
Holidays

*The last day of school

For Grades 7th - 12th Grades:

*The last day before Christmas Holidays

*Valentines Day or the Friday before if it
falls on a weekend

*The last day of school