

CISD Wellness Policy

Date: 12-06-2017

Wellness

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

Setting Nutrition Education Goals

- Nutrition messages are shared with the community through menus, website, and publications
- The cafeteria staff are professionally prepared in the area of nutrition and nutrition education and serve as a resource to classroom teachers

Setting Physical Activity Goals

- Physical education will be required for graduation in accordance with Texas State Law.
- Pre-K through 8th grade will participate in 135 minutes/week and or 30 minutes/day in Physical Education which may include recess activities and classroom-based physical activities.
- 9th through 12th grade is required to have 1 credit of Physical Education which may include band, Athletics or PE.
- All PE classes will be conducted by staff certified in physical education.
- Annual activity to promote physical activity which may include field day.
- Time allotted to physical education is consistent with research, national and state standards and will include moderate to vigorous activity and will not be used as a reward or punishment.
- Student/teacher ratios in physical education classes are in accordance with Texas State Law.
- Physical activity/movement is integrated across the curriculum and teachers are professionally prepared to implement appropriately (Fuel up to Play 60)

- Credentialed physical education instructors teach physical education.
- School facilities are available outside the school day to encourage physical activity.
- Students will participate in the Fitness gram as required.

Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

- Foods sold in vending machines, snack bars, concession stands and school stores shall be consistent with USDA's All Foods Sold in School Policy
- School lunches meet the menus criteria as defined by USDA's Healthy, Hunger Free Kids Act of 2010
- Food and beverages are not used as rewards or punishment
- Fundraising sponsored by the school or school groups shall be limited to non-food sales or food sales after school hours unless food or non food items are sold on one of the six exempt days
- Provide healthy meal to accommodate students with special diet as required in 504 plan or special ed. plan for example celiac disease.

Setting Goals in the School Meals Program

- Students at all grade levels shall have choices daily menus and choices within food items represented on the day's menu (offer vs served)
- Food served in a school meal program shall be evaluated for sodium, fat, and calories
- Students will have adequate time to eat school meals after being seated. (20 min)
- Healthy food options consistent with the 2010 Dietary Guidelines for Americans are available
- Frying as a means of food preparation for school meals shall be limited; items should be baked rather than fried
- Fortified foods/beverages shall be evaluated for nutrients
- Drinking water is available free of charge to students at meals and throughout the day
- CISD promotes breakfast as a means to enhance academic achievement
- Breakfast is free to all students at CISD

- Foods served in the school meal program are developmentally appropriate
- Educate our diabetic students on proper nutrition, foods to avoid, and how to count carbohydrates.
- Lunch is scheduled as near to the middle of the school day as possible
- Serving areas are adequate to ensure students do not have to wait too long in line
- Food storage and preparation facilities and equipment are adequately funded and available to meet the needs of preparing and storing healthy foods
- Dining areas are attractive
- Staff who supervise student dining are trained to encourage healthy eating patterns through a positive daily experience
- All foods available on campus adhere to food safety standards
- Each preparation site is represented by at least one person credentialed in food safety
- Sanitation deficiencies cited on local inspections are corrected immediately, including facility deficiencies

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

- CISD has a School Health Advisory Council Committee
- The after-school ACE Program includes physical activity and promotes healthy eating habits
- CISD recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being
- CISD will support parents' efforts to provide a healthy diet and daily physical activity for their children
- CISD encourages parents to pack healthy lunches and snacks and refrain from foods or drinks with low or no nutritional value
- CISD will provide information to families, community based organizations and general public about ways to promote healthy lifestyles
- CISD will as has scheduled visits from Fantastic Teethe Program (sponsored by local Masonic lodge) to educate students and promote good oral health

and educate students about good food choices and foods to avoid to promote healthy teethe.

- CISD along with County extension office and SHAC committee will organize and schedule annual health fair to promote proper nutrition and physical health.

Setting Goals for Measurement and Evaluation

- Establish and support School Health Advisory Council (SHAC) that addresses all aspects of a coordinated school health program, including a school wellness policy
- Revise the school health policy as necessary