

Somerville ISD Wellness Plan

WELLNESS

The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity.

DEVELOPMENT, IMPLEMENTATION AND REVIEW OF GUIDELINES AND GOALS

The local school health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public.[See BDF and EHAA]

WELLNESS PLAN

The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals;
4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
5. The manner of communicating to the public applicable information about the District's wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

NUTRITION GUIDELINES

The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules. [See CO and FJ]

1. Foods and Beverages Sold

In addition to legal requirements, the District shall:

- A variety of fresh fruits and vegetables are offered on all serving lines each day.
- Work to establish guidelines for school-sponsored fundraising activities that involve serving or selling food.

- Encourage fundraising activities that do not involve serving or selling food.
- Allow School Nutrition Services to require that no foods be sold during the school day except during the three pre-approved fundraising dates for each campus. Complete and return fundraising information form prior to fundraising event.
- Recommend that healthy food and beverage options be included at concessions at school related events outside of the school day. Recommendations for healthy food and beverage options include: bottled water, fresh fruit, animal crackers, pretzels, goldfish crackers, baked chips, etc.

2. Foods and Beverages Provided

The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the District's wellness plan. In addition to legal requirements, the District shall:

- Provide teachers with guidelines and alternatives to using food as a reward or punishment, and encourage the utilization of these concepts whenever possible. Foods, beverages or choices shall not be used as a form of punishment.
- Birthday Treats: Nutritious treats are permitted for student birthday celebrations. Birthday celebrations should be scheduled after the end of the lunch period for the class so that these celebrations will not replace a nutritious lunch.
- This policy does not restrict what parents may provide for their own child's lunch or snacks, however, it is encouraged that they not provide food or beverage items to other children at school.
- Foods of minimal nutritional value, candy and carbonated beverages are not provided to students during the school day.
- Foods are not served to students during the school day except during meal times by food service.
- Non-food celebrations are encouraged in the classroom.

WELLNESS GOALS

The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. [See EHAA] The District's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District

1. Nutrition Promotion

The District establishes the following goal for nutrition promotion:

- The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

- 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.
- Fliers regarding school food programs will be distributed within the first 2 weeks of the school year.
- Nutrition education information is prominently displayed in the serving line and cafeteria (CATCH signs, bulletin boards, posters, etc.).

2. Nutrition Education

The District establishes the following goal for nutrition education:

- The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors
 - Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
 - Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
 - 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.
 - Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members. o Health TEKS will be addressed in K-12 classrooms where deemed appropriate [P.E., Science classroom, etc.].
 - The school district will strive to incorporate a health curriculum at the middle school level [7-8] to include life skills training, DARE, nutrition, health issues, BMI, teen sexuality, etc.

3. Physical Activity

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]

The District establishes the following goal for physical activity:

- The District shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, playgrounds, and the like, that are available outside of the school day. [See GKD]
- 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.
- Physical education classes will regularly emphasize moderate to physical activity at least 85% of their time while in P.E.

- The physical activity component of CATCH is utilized during physical education classes (Elementary level).
- The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
- Teachers and other school staff will be encouraged to promote enjoyable, life-long physical activity for themselves and students.
- The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
- Recess at every PK-6 campus is encouraged for a time span of 15-25 minutes every day to build physical, mental, and social wellbeing of the child. Physical activity is strongly encouraged as it also promotes learning and memory retention among students.

4. School Based Activities

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

- The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. The District encourages mealtime to be conducive to social interaction among students, teachers, and occasional visitors.
- The District shall promote employee wellness activities and involvement at suitable District and campus activities.
- Employee wellness education and involvement will be promoted through electronic messaging.
- The District will utilize its health insurance providers and wellness centers in order to encourage wellness by communicating the preventive services covered during each open enrollment period and through the fiscal year.
- It is recommended that classroom party foods and beverages be commercially purchased rather than homemade. Food and nutrition labels on commercial products allows students with restrictive diets (calorie controlled, food allergies, etc.) to be informed on what they are consuming.
- Campuses publicize extra events and encourage parents to participate or be involved.

IMPLEMENTATION

The school nutrition services director shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

EVALUATION

The District shall comply with federal requirements for evaluating this policy and the wellness plan

PUBLIC NOTIFICATION

The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment RECORDS RETENTION The District shall retain all the required records associated with the wellness policy, in accordance with law and the District's records management program. [See CPC and FFA(LLEGAL)]