

REAGAN COUNTY ISD

Local Wellness Policy

DISTRICT # 192-901

CONTACT: SHAC COORDINATOR

Wellness:

The District shall develop nutritional 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 goal in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, administration, the board, parents and the public.

The primary goal of nutrition education is to influence students' eating behaviors. Good health fosters student attendance and education. Building nutrition knowledge and skills helps children make lifelong healthy eating and physical activity choices. To make a difference, Reagan County ISD shall provide nutrition education that is appropriate for students' ages; reflects students' cultures, is integrated into subjects such as math and reading, and provides opportunities for students to practice skills and have fun.

Nutrition Guidelines:

The District shall ensure that nutritional guidelines for reimbursable 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 Texas Public School Nutrition Policy.

In addition to legal requirements:

*The school district shall establish age-appropriate guidelines for food and beverages at classroom parties or school celebration. Texas School Nutrition Policy Guidelines

*The school district shall provide teachers with education and guidelines on the use of food as a reward in the classroom. Texas School Nutrition Policy and TEA Guidelines

*The school district shall establish guidelines for school sponsored fund-raising activities that involve serving or selling food.

*The school district shall require that healthy food and beverage options be included at concessions at school-related events outside of the school day. Sugar free or low sugar

and non-carbonated drinks offered such as water and Gatorade. Foods other than candy such as popcorn, pickles, chips, etc. be offered at all concessions. No fried foods available at any event.

*The school district shall require that lunches brought from home must follow the guidelines of food of minimal nutritional values and must contain nutritional foods.
Texas School Nutrition Policy Guidelines

Wellness Goals: Nutrition Education

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.

In addition, the District establishes the following goals for nutrition education:

*Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors. Enrichment, classroom education – student coordinator

*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. Any teacher needing assistance with nutrition promotion in the classroom can contact the food service staff and/or the SHAC coordinator. Posters and signage will be displayed around campus to promote messages.

*Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members. All nutritional education materials received from USDA, TDA and/or Square Meals will be distributed accordingly to staff and families.

Wellness Goals: 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.

In addition, the District establishes the following goals for physical activity:

- *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. TEKS are followed for all PE classes. PE activities are provided so that ALL children can succeed, no matter their abilities.
- *Physical education classes will regularly emphasize moderate to vigorous activity. TEKS
- *Teachers will be encouraged to integrate physical activity into the academic curriculum where appropriate. TEKS – curriculum coordinator
- *Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students. Curriculum Coordinator
- *The District will encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events. TEKS, CATCH

Wellness Goals: 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:

- *Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe and comfortable.
- *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.

Implementation:

The SHAC shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

Date: 08/31/2016

To: SHAC Committee

From: Joyce Wilde, Food Service

Please put the Local Wellness Policy on the next SHAC agenda so that the changes from TNSLP can be modified to current USDA and Smart Snack standards.

Thank you,

Joyce Wilde

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Nutrition Guidelines:

The district shall ensure that nutritional guidelines for reimbursable 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 Texas Public School Nutrition Policy.

In addition to legal requirements:

- *The school district shall establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations. Follow USDA and Smart Snacks Regulations
- *The school district shall provide teachers with education and guidelines on the use of food as a reward in the classroom. Follow USDA and Smart Snacks Regulations
- *The school district shall establish guidelines for school sponsored fund-raising activities that involve serving or selling food.
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Submitted for SHAC review and update: September 8, 2016 Approved: _____

Submitted for Board of Directors approval: September 12, 2016 Approved: _____