

# **Sterling City Independent School District Wellness Plan**

## **2017-2018**

- I. School Health Council
- II. Nutritional Quality of Foods and Beverages Sold on Campus
- III. Nutritional and Physical Activity Promotion and Food Marketing
- IV. Physical Activity Opportunities and Physical Education
- V. Monitoring and Plan Review

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Good health fosters student attendance and education;

Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

33% of high school students do not participate in sufficient vigorous activity and 72% of high school students don't attend daily physical education classes;

Only 2% of children (2-19 years) eat a healthy diet consistent with five main recommendations from My Plate;

Nationally the item most commonly sold in school include low-nutrition foods and beverages;

School districts around the country are facing significant fiscal and scheduling constraints; and

Community participation is essential to the development and implementation of successful school wellness policies;

Thus, Sterling City Independent School District is committed to providing a school environment that promotes and protects children's health, wellness, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the plan of Sterling City Independent School District that:

- The School District will engage students, parents, teachers, food service professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold and served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines of Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practical, all schools in our district will participate in available federal school meal programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs with related community services.

#### **I. School Health Councils**

The school district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The councils will also serve as resources to school sites for implementing those policies.

#### **II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes, and regulations;

- Offer a variety of fruits and vegetables;
- Serve only fat free chocolate, fat free strawberry, and 1% milk and nutritionally-equivalent non-dairy alternatives ( to be defined by USDA); and
- Ensure that grains served are whole wheat  
 Food service personnel will periodically have taste-tests of new entrees and obtain survey information from students for selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices.

To ensure that all children have breakfast made available to them in order to meet their nutritional needs and enhance their ability to learn:

- Sterling City Independent School District will operate the School Breakfast Program.
- This district will notify parents and students of the availability of the School Breakfast Program.
- The district will encourage parents to provide a healthy breakfast for their children through articles, take-home materials, or other means.

Sterling City Independent School District will make every effort to eliminate any school stigma attached to and prevent the overt identification of students who are eligible for free and reduced priced meals

Sterling City Independent School District will:

- Provide students with at least 20 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Schedule lunch between 10:40-12:46.
- Have access to hand washing or hand sanitizing before they eat meals or snacks:
- Take reasonable steps to accommodate tooth-brushing regiments of students with special oral health needs (e.g. orthodontia, high tooth decay risk);
- Discourage students from sharing their foods or beverages with one another during meals or snack times, given concerns about allergies and other restrictions on some children's diet.

As part of the school district's responsibility to operate food service program, we will provide continuing professional development for professionals in our school.

- In elementary, middle/junior high, and high school, all food and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte, snack lines, vending machines, student stores, or fundraising activities) during the school day, or through district sponsored school programs for students after the school day, will meet and follow the Texas Public School Nutrition Policy Developed by USDA.
- Foods or beverages, especially those that do not meet the nutritional standard for foods and beverages, sold individually will not be used as rewards for academic performance or good behavior, and will not be withheld (including food served through school meals) as punishment.
- Each campus has 6 exempt fundraiser days. Foods sold during an exempt day must not be sold in competition with school meals service or consumed in the school meal service area. Each campus must turn in their 6 exempt day to the cafeteria director at the beginning of the school year.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

Sterling City Independent School district aims to reach, encourage, and support healthy eating by students. We will provide nutritional education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Is part of not only health education classes, but also classroom instruction on subjects such as math, science, language arts, social studies, and elective subject.
- Promotes fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods, and health enhancing nutrition practices.
- Emphasizes calorie balance between food intake and energy expenditure (physical activity/exercise).
- Links with school meal programs and nutrition related community services.
- Teaches media literacy with an emphasis of food marketing and includes training for teachers and other staff.
- Will provide annually a list of foods that meet the district's snack standards and ideas for celebrations, parties, rewards, and fundraising activities.

Sterling City Independent School District will support and reinforce the nationally recommended amount of daily physical exercise (i.e at least 35 minutes per day\_ and help to instill personal behaviors that embrace regular physical activity beyond physical education classes.

- Classroom health education will compliment physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

#### **IV. Physical Activity Opportunities and Physical Education**

All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive at least 35 minutes of daily physical education. All High School students have at least 45 minutes of physical education and activity made available to them after they have completed their mandatory 1 credit for high school physical education. All K-12 students involved in physical education programs within our district will spend at least 50% of the class time participating in moderate to vigorous physical activity.

Certified physical education teachers teach physical education.

All elementary students receive at least 10 minutes of supervised recess each day outdoors as weather permits.

#### **V. Monitoring and Plan Review**

The superintendent or designee will ensure compliance with the established district-wide nutrition and physical activity wellness policies. Campus principals will ensure compliance with the district policies and will report on the school's compliance to the school district superintendent or designee.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal or superintendent.