

Follett Independent School District Wellness Policy on Physical Activity and Nutrition

Whereas, children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive, and

Whereas, good health will improve student attendance and education, and

Whereas, 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, and

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity often are established in childhood, and

Whereas, high school students do not participate in sufficient vigorous physical activity and high school students do not attend daily physical education classes, and

Whereas, only a few children eat a healthy diet consistent with the five main recommendations from the Choose Myplate, and

Whereas, 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, therefore be it

Resolved, that the Follett Independent School District is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. It is the policy of the Follett Independent School District to implement the following goals:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades Pre-K through 12 will have the opportunity, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendation of the Texas Public School Nutrition Policy.
- 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.

- All schools in our district will participate in available federal school meal programs, including the School Breakfast Program, School Lunch Program, and Fruit and Vegetable Snack Program.
- 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.

To achieve these Goals the following guidelines will be implemented:

I. School Health Advisory Council (SHAC)

The school district will create, strengthen, or work within a school health advisory council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council will serve as a resource for implementing these policies.

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

School Meals

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

- Be appealing and attractive to children,
- Be served in clean and pleasant settings,
- Will meet the nutrition requirements established by local, state, and federal statutes and regulations,
- Serve only 1 % and fat free milk and nutritionally-equivalent non-dairy alternatives,
- Ensure that the grains served are whole grain.

Schools shall share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, or other point-of-purchase materials.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.

- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-Price Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price school meals. Schools may utilize a paper accounting system for the cashiers to accomplish this.

Meal Times and Scheduling

- Schools will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Schools shall schedule meal periods at appropriate times. Lunch will be scheduled between 11:00 am and 1:00 pm.
- Schools will not schedule tutoring, clubs, or organizational meetings or activities during mealtimes unless students may eat during such activities.
- Schools will provide students with access to hand washing or hand sanitizing before they eat meals or snacks.
- Elementary school will schedule recess to immediately follow lunch periods.

Qualifications of School Food Service Staff

Nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, the district will provide continuing professional development opportunities for all nutrition professionals in school. Staff development programs will include appropriate training programs for child nutrition directors, managers, and cafeteria workers according to their levels of responsibility.

Sharing of Foods and Beverages

Schools shall discourage students from sharing foods or beverages with one another during meal or snack times to reduce concerns about allergies and other restrictions on individual children's diets.

Elementary Schools

The school food service program may provide water and 100% juice for sale to students in elementary school. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Middle School and High School

In middle school and high school, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through the a la carte lines, as fundraising activities during the school day, or through programs for students after the school day) will meet the FMNV policy.

A choice of at least two fruits and or non-fried vegetables will be offered for sale at any location on the school where foods are sold. Such items could include, but are not limited to, fresh fruits, vegetables, 100% fruit or vegetable juices, and fruit-based drinks that are at least 50 % fruit juice and do not contain additional calorie sweeteners.

Fundraising Activities

To support children's health and school nutrition education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The food service manager will make available a list of ideas for acceptable fundraising activities.

Snacks

Snacks served during the school day or in after school care or enrichment programs will make a positive contribution to children's diets and health. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other considerations.

Rewards

Schools will not use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations

Schools should limit celebrations that involve food during the school day to no more than three parties per class per year. Foods and beverages sent to parties should be of a healthy nature.

School-Sponsored Events

Foods and beverages offered or sold at school-sponsored events (such as, but not limited to, athletic events, dances or performances) outside the school day may meet the nutrition standards for meals or for foods and beverages sold individually.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

The Follett Independent School District will strive to teach, encourage, and support healthy eating by students. Schools should ensure nutrition education and promotion:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with knowledge and skills necessary to promote and protect their health.
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and electives.
- Includes enjoyable, age-appropriate, culturally relevant, participatory activities, such as contests, promotions, taste-testing.
- Promotes fruits, vegetables, whole grains products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).
- Links with school meal programs, other school foods, and nutrition-related community services.
- Includes training for teachers and staff.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

- Classroom health education will complement 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, such as watching television.
- Opportunities for physical activity will be incorporated into other subject lessons.
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents

The district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The food service manager will offer nutrition information that will be sent home and post nutrition tips on menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards. The food service manager will provide parents a list of foods that meet the districts snack standards and ideas for healthy celebration/parties, rewards, and fundraising activities.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. Schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Staff Wellness

The Follett Independent School District highly values the health and wellness of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

IV. Physical Activity Opportunities and Physical

Education Daily Physical Education (P.E.) in K-

12

Students in grades K-12, including students with disabilities, special health care needs, and in alternative educational settings, will receive physical education for the entire school year. A certified teacher will teach all physical education classes. Student involvement in interactive music and/or other physically active classes may be used to meet part of the required minutes in physical education in the elementary school. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic

breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities before and after School

All elementary, middle and high schools may offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. High school and middle school will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys and girls, students with disabilities, and students with special healthcare needs.

Physical Activity and Punishment

Teachers and other school personnel will not use physical activity (running laps, pushups) or withhold opportunities for physical activity (recess, physical education) as punishments.

Use of School Facilities Outside of School Hours

School facilities should be available to students, staff, and community members before and after the school day, on weekends, and during school vacations. These facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

V. Monitoring and Policy

Review Monitoring

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. School principals will ensure compliance with those policies in his/her school and will report on the school's compliance to the superintendent or designee.

The food service director will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent. The food service director will report on the most recent USDA School Meal Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent will develop a summary report every three years on district wide compliance with the district's established nutrition and physical activity wellness policies, including input from schools within the district. That report will be provided to the school board, all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the district

will review nutrition and physical activity policies, provision of an environment that supports healthy eating and physical activity, and nutrition and physical education policies and program elements. The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.