

**1. 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.

**2. WELLNESS GUIDELINES**

The District shall maintain nutritional guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school nutrition services, school administration, the board, parents and the public.

**3. NUTRITION GUIDELINES**

The district shall ensure that nutrition guidelines for reimbursable school 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 USDA Smart Snacks standards and district established standards.

**3a. ESTABLISH AGE-APPROPRIATE GUIDELINES FOR FOOD AND BEVERAGES AT CLASSROOM PARTIES OR SCHOOL CELEBRATIONS**

**ELEMENTARY SCHOOLS**

**Nutrient Standards:**

FMNV (foods of minimal nutritional value as defined by USDA) and all forms of candy may not be sold or distributed to students during the school day.

French fries and other fried potato products must not exceed 3 oz per serving and may not be served more than once per week in elementary school. Only one serving may be purchased at a time.

No product using onsite frying as a method of preparation will be permitted for either school meals, a la carte or competitive foods.

Foods that have been flash fried by the manufacturer will be baked or heated by another method.

Trans-fat information will be requested on all product specifications to assist the district in reducing the amount of products containing trans fats to a goal of zero trans-fat.

All snack items sold will contain  $\leq 200$  calories,  $\leq 230$  milligrams sodium,  $\leq 35\%$  of weight from total sugars, and  $\leq 35\%$  total fat/  $\leq 10\%$  saturated fat/ no trans-fat.

**Other:**

Fruit and/or vegetables will be offered daily on all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water or light syrup.

Schools must offer 1 percent or skim milk at all points where milk is served.

Elementary schools must serve only milk, unflavored water and 100 percent fruit and/or vegetable juice. No electrolyte beverages may be served or sold.

**Competitive Foods And Snacks:**

All elementary school campuses may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises until 30 minutes after the last scheduled class. This does not pertain to food items made available by the School Nutrition Services. Food items may not be purchased from School Nutrition Services and then redistributed to students. Competitive foods may not be distributed to students in the afterschool program until after the district provided snack has been served.

Elementary schools may allow one nutritious snack during the school day under the teacher's supervision. The snack may be in the morning or afternoon but may not be at the same time as the regular meal periods for that class. The snack may be provided by school nutrition services, the teacher, parents or other groups and should be of no cost to students.

The snack may not contain any FMNVs or consist of candy or dessert type items (cookies, cakes, cupcakes pudding, ice cream or frozen desserts). Please see Attachment 1 for a list of recommended snacks.

**Classroom Birthday Parties:**

Birthdays are encouraged to be celebrated with non-food items or special school recognitions. Campuses are encouraged to celebrate birthdays on a monthly basis. If food is used as part of the event these guidelines should be followed:

Birthday parties must be celebrated during the last period of the day.

Activity must first be coordinated with child's teacher.

Food must be either commercially prepackaged or prepared in a licensed facility. No items may be cooked or prepared at home. Food items offered should be healthy, low-fat items. Food items offered are to be individual portions such as snack-size bags or

granola bars. Items that are temperature sensitive are not allowed. Please see Attachment 1 for a list of recommended snacks.

**After School Snacks:**

Students should be offered only one after school snack per day. All snacks must be consumed on site. Food will not be accepted from outside sources for distribution to students (parties, holidays, etc).

**MIDDLE SCHOOLS**

**Nutrient Standards:**

FMNV (foods of minimal nutritional value as defined by USDA) and all forms of candy may not be sold or distributed to students during the school day.

French fries and other fried potato products must not exceed 3 oz per serving and no more than 3 times per week. Only one serving may be purchased at a time.

No product using onsite frying as a method of preparation will be permitted for either school meals, a la carte or competitive foods.

Foods that have been flash fried by the manufacturer will be baked or heated by another method.

Trans-fat information will be requested in all product specifications to assist the district in reducing the amount of products containing trans fats to a goal of zero trans-fat.

All snack items sold will contain  $\leq$  200 calories,  $\leq$  230 milligrams sodium,  $\leq$  35% of weight from total sugars, and  $\leq$  35% total fat/  $\leq$  10% saturated fat/ no trans-fat.

**Other:**

Fruit and/or vegetables will be offered daily on all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits will be packed in natural juice, water or light syrup.

Schools must offer 1 percent or skim milk at all points where milk is served.

**Competitive Foods and Snacks:**

All middle school campuses may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises until 30 minutes after the last

scheduled class. This does not pertain to food items made available by the School Nutrition Services. Food items may not be purchased from School Nutrition Services and then redistributed to students.

Middle schools may allow one nutritious snack during the school day under the teacher's supervision. The snack may be in the morning or afternoon but may not be at the same time as the regular meal periods for that class. The snack may be provided by School Nutrition Services, the teacher, parents or other groups and should be of no cost to students.

The snack may not contain any FMNVs or consist of candy or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts). Please see Attachment 1 for a list of recommended snacks.

#### **After School Snacks:**

Students participating in the district after school program should be offered only one after school snack per day. All snacks must be consumed on site. Food will not be accepted from outside sources for distribution to students (parties, holidays, etc).

### **HIGH SCHOOLS**

#### **Nutrition Standards:**

**Foods of Minimal Nutritional Value** - High Schools may not serve or provide access to FMNV during the school day.

Beverages made available through vending machines on high school campuses will be limited to plain water, calorie-free flavored water or tea, 100% fruit or vegetable juice, low-fat or fat-free milk, and low-calorie electrolyte beverages.

#### **Fats and Fried Foods:**

French Fries and other fried potato products must not exceed 3 ounces per serving, and students may only purchase one serving at a time.

No product using onsite frying as a method of preparation will be permitted for either school meals, a la carte or competitive foods.

Foods that have been flash-fried by the manufacturer may be served but will be baked or heated by another method.

Trans-fat information will be requested in all product specifications to assist the district in reducing the amount of products containing trans fats to a goal of zero trans-fat.

All snack items sold will contain  $\leq$  200 calories,  $\leq$  230 milligrams sodium,  $\leq$  35% of weight from total sugars, and  $\leq$  35% total fat/  $\leq$  10% saturated fat/ no trans-fat.

**Other:**

Fruit and/or vegetables should be offered daily on all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits will be packed in natural juice, water or light syrup.

Schools must offer 1 percent or skim milk at all points where milk is served.

**Competitive Foods:**

High schools may not serve or provide access to competitive foods during meal service. This does not pertain to food items made available by the Department of School Nutrition Services. Food items may not be purchased from School Nutrition Services and then be redistributed to students.

**ALL GRADE LEVELS**

On the average meals will be planned to have no more than 30% of the total calories from fat and no more than 10% of the total calories from saturated fat.

**Nutritional Analysis:**

Nutritional analysis and nutrient information will be conducted on the breakfast and lunch menu for elementary, middle and high school and will be posted on the District website.

**Food Safety:**

All food distributed or sold to students must be prepared in a licensed facility.

In special circumstances when food is prepared in the classroom, teachers are responsible to insure the food safety of products prepared in the classroom. Teachers are responsible for enforcement of food sanitation principles to include: adequate handwashing facilities, temperature control for heating, reheating and cooling.

**Special Event Days:**

Schools may have **no more than two** special event days per year. These school events are to be determined by the school principal at the beginning of the school year. Breakfast and lunch must still be available to all students.

### **3b. GUIDELINES ON THE USE OF FOOD AS A REWARD IN THE CLASSROOM**

Food will not be used as a reward or punishment. The distribution of a food item to reward such performance as attendance, testing success, and behavior is considered a reward.

Students should be allowed to make their own food selections in accordance with federal and state child nutrition program policies and school cafeteria operations and availability.

### **3c. GUIDELINES FOR SCHOOL-SPONSORED FUND-RAISING ACTIVITIES THAT INVOLVE SERVING OR SELLING FOOD**

Fundraising involving the sale of prepared foods must be consistent with district standards for portion size and approved items. Less than half of school fund raisers may be food related.

Candy will not be allowed. Prepackaged gift items with candy are allowed provided they are part of a fund raising project that includes a majority of other gift items (nuts, jewelry, etc) or in catalog sale.

### **3d. FOOD AND BEVERAGE OPTIONS AT CONCESSIONS AT SCHOOL-RELATED EVENTS OUTSIDE OF THE SCHOOL DAY**

#### **Other Food Sales/Concessions:**

Water, 100% juice and/or fruit must be available at all school concessions. It is encouraged that drinks other than water shall be no larger than 12 ounces and candy shall not exceed 1.25 oz. Concessions are encouraged to offer healthy low fat snacks.

## **4. 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 emphasis the importance of proper nutrition.

### **4a. NUTRITION EDUCATION THAT FOSTERS THE ADOPTION AND MAINTENANCE OF HEALTHY EATING BEHAVIORS**

Students in grades pre-kindergarten through grade 12 will receive nutrition education that provides the knowledge they need to adopt healthy lifestyles.

Kindergarten through grade 5 will teach the Texas Essential Knowledge and Skills for health through campus implementation plans for their coordinated school health program which is in accordance with state and district board policies.

Students in grades 6 will be required to take a one-semester health course.

Students who entered high school in 2012-13, must take the Healthy Lifestyles course for graduation.

Beginning the 2013-14 school year, students in grade 9 and beyond must take a one-semester health course which is in accordance with local graduation requirements.

Students cannot be exempt or test-out for their health credit.

Health classes will have similar student/teacher ratios as other classes.

Secondary level health maximum: 1 teacher to 32 students.

Secondary level health classes will be taught by state-certified health instructors. The Healthy Lifestyles course will be taught by state-certified physical education and health instructors.

Each campus will have a coordinated wellness team that meets at least once a semester to address health and wellness issues and the implementation of the wellness policy on the campus. Members of the health team should include:

Elementary/Middle School: Coordinated Approach To Child Health (CATCH) team + nurse.

High School: School nurse, Physical Education teachers, School Nutrition/Cafeteria representative, parent, health teacher, science teacher, counselor, and administrator.

Each year, campuses will provide at least one nutrition education in-service for their staff.

**4b. NUTRITION EDUCATION WILL BE A DISTRICT-WIDE PRIORITY AND WILL BE INTEGRATED INTO OTHER AREAS OF THE CURRICULUM, AS APPROPRIATE STAFF RESPONSIBLE FOR NUTRITION EDUCATION WILL PARTICIPATE IN PROFESSIONAL DEVELOPMENT ACTIVITIES TO EFFECTIVELY DELIVER THE PROGRAM AS PLANNED**

The District will provide opportunities for staff to attend staff development activities on nutrition and health education.

**4c. 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**

CATCH (Coordinated Approach to Child Health) is the state approved program that the elementary and middle schools are implementing to help meet the state requirements for a coordinated health program.

**4d. EDUCATIONAL NUTRITION INFORMATION WILL BE SHARED WITH FAMILIES AND THE GENERAL PUBLIC TO POSITIVELY INFLUENCE THE HEALTH OF STUDENTS AND COMMUNITY MEMBERS**

School district will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

Campuses will host at least one event, such as a health fair, to educate and promote to their students and their families the benefits of healthy lifestyle choices.

**5. PHYSICAL ACTIVITY**

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

**5a. 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**

Time allotted for moderate to vigorous physical activity will be consistent with state standards and District Board Policy and Regulations, to include at a minimum:

Elementary (K-5): 30 minutes daily or 135 minutes weekly of structured physical activity as part of the PE curriculum

Middle School (6-8): 30 minutes daily for four semesters. Students shall complete one-semester each year (6-8) with the fourth semester flexible(complete anytime during 6-8).

High School: 2 – ½ credits (1 credit total) of physical education

All medical exemptions and substitutions for middle and high school will be in accordance with District Board policy and State mandates.

Schools will not remove or pull students from physical education classes unless for administrative reasons such as discipline issues or counseling issues.

All physical education courses will be taught by state-certified physical education instructors who participates in professional staff development opportunities that are aligned with district requirements.

Physical education classes will have student/teacher ratio similar to others.

Elementary maximum: 1 teacher to 44 students

Middle School maximum: 1 teacher to 40 students



High School Maximum: 1 teacher to 40 students

**Provide a regularly scheduled daily recess at the elementary level that is a minimum of twenty minutes of recess, of which at least 15 minutes is unstructured.** The recess cannot be used for punishment, study hall or tutoring.

Schools that choose to have a lunch recess are encouraged to schedule the recess before lunch because it can increase nutrient intake and reduce food waste.

District Physical Education Schedule Guidelines will be implemented to ensure that students enrolled in physical education classes receive regular, age-appropriate physical education.

**5b. PHYSICAL EDUCATION CLASSES WILL REGULARLY EMPHASIZE MODERATE TO VIGOROUS ACTIVITY**

Physical education courses will follow state guidelines and program recommendations for coordinated health programs.

Physical education courses will be an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.

All students enrolled in physical education classes or physical education substitution classes in grades 3 – 12 will participate in fitness testing using the state approved assessment tool. Fitness test results will be shared with the parents.

Physical education courses will provide instruction that meets the Texas Essential Knowledge and Skills and national standards.

Adequate equipment is available for all students and safe, appropriate facilities are provided for physical education classes.

**5c. THE DISTRICT WILL ENCOURAGE TEACHERS TO INTEGRATE MOVEMENT AND/OR PHYSICAL ACTIVITY INTO THE ACADEMIC CURRICULUM WHERE APPROPRIATE**

Core content and elective teachers are encouraged to build student's capacity for learning through movement and physical activity.

**5d. BEFORE-SCHOOL AND/OR AFTER-SCHOOL PHYSICAL ACTIVITY PROGRAMS WILL BE OFFERED AND STUDENTS WILL BE ENCOURAGED TO PARTICIPATE**

**5e. AFTER-SCHOOL PROGRAMS WILL ENCOURAGE PHYSICAL ACTIVITY AND HEALTHY HABIT FORMATION**

**5f. TEACHERS AND OTHER SCHOOL STAFF WILL RECEIVE TRAINING TO PROMOTE ENJOYABLE, LIFE-LONG PHYSICAL ACTIVITY FOR THEMSELVES AND STUDENTS**

Each campus will have a coordinated wellness team that meets at least once a semester to address health and wellness issues and the implementation of the wellness policy on the campus. Members of the health team should include:

Elementary/Middle School: Coordinated Approach To Child Health (CATCH) team + nurse.

High School: School nurse, Physical Education teachers, School Nutrition/Cafeteria representative, parent, health teacher, science teacher, and administrator.

**5g. THE DISTRICT WILL ENCOURAGE PARENTS TO SUPPORT THEIR CHILDREN'S PARTICIPATION, TO BE ACTIVE ROLE MODELS, AND TO INCLUDE PHYSICAL ACTIVITY IN FAMILY EVENTS**

Schools will hold family events that will promote the benefits of physical activity and healthy lifestyle choices. Information will be provided to families to help them make healthy choices and incorporate physical activity into their daily routines.

**5h. THE DISTRICT WILL ENCOURAGE STUDENTS, PARENTS, STAFF, AND COMMUNITY MEMBERS TO USE THE DISTRICT'S RECREATIONAL FACILITIES AS AVAILABLE**

**6. SCHOOL-BASED ACTIVITIES:**

The District established the following goals to create and environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school based activities.

**6a. SUFFICIENT TIME WILL BE ALLOWED FOR STUDENTS TO EAT MEALS IN LUNCHROOM FACILITIES THAT ARE CLEAN, SAFE AND COMFORTABLE**

Schools will set schedules that allow a minimum of 10 minutes to eat breakfast and 20 minutes to eat lunch. This time will not include the time a student waits in line.

All cafeterias, drinking fountains, and concession areas will be clean and well maintained.

**6b. WELLNESS FOR STUDENTS AND THEIR FAMILIES WILL BE PROMOTED AT SUITABLE SCHOOL ACTIVITIES**

After school programs will encourage physical activity and healthy habit formation.

School based communications and advertising will be consistent with a message of health and wellness.

Health and wellness goals will be considered in planning all school based activities such as school events, field trips, dances and assemblies.

Support for the health of all students will be demonstrated by hosting health fairs and health screenings.

**6c. EMPLOYEE WELLNESS EDUCATION AND INVOLVEMENT WILL BE PROMOTED AT SUITABLE SCHOOL ACTIVITIES**

**7. IMPLEMENTATION**

The Superintendent or his designee shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

The responsible party at the campus for implementation of the local wellness policy will be the Principal with input from the Campus Improvement Council.

The responsible party at the district will be the Superintendent with input from the School Health Advisory Council to include as a minimum School Health Services, School Nutrition Services and PE/Health/Athletics

Each school shall participate in a District designated wellness environment survey to assess implementation of wellness practices. A report shall be conducted and submitted to the SHAC designee every two years and every two years thereafter. The SHAC will review the reports and submit a summary of their review and recommendations to the Superintendent or his designee for approval. Upon approval the summary and recommendations will be distributed at a minimum to the Board of Trustees, the School Health Advisory Council and principals for implementation the following school year.

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## ADDENDUM

### WELLNESS POLICY GLOSSARY

1. **After School Program** – KIN (Kids' Involvement Network) is North East ISD's after school program which provides enrichment activities and supervision for elementary and middle school students enrolled in the program.
2. **A La Carte** - Individually priced food items provided by the school food service department. These items may or may not be part of the reimbursable school meal.
3. **CATCH (Coordinate Approach to Child Health)** - The state approved program that the elementary and middle schools are implementing to help meet the state requirements for a coordinated health program.
4. **Competitive Foods** – Foods and beverages sold or made available to students that compete with the school's operation of the National School Lunch Program, which includes the Summer Food Service Program, After School Care Program and School Breakfast Program. This definition includes, but is not limited to, foods and beverages sold or provided in vending machines, in school stores or as part of school fundraisers. School fundraisers include food sold by school administrators or staff (principals, coaches, teachers, etc.), students or students groups, parents or parent groups, or any other person, company or organization.
5. **Coordinated School Health** - Coordinated School Health (CSH) is a systemic approach of advancing student academic performance by promoting, practicing and coordinating school health education and services for the benefit and well-being of students in establishing healthy behaviors designed to last their lifetime ([Texas Department of State Health Services](#)).
6. **FMNV (Food of Minimal Nutritional Value)** – FMNV are defined in federal regulations as having less than 5 percent of the RDA per serving for eight key nutrients (calories, total fat, saturated fat, protein, calcium, iron, vitamin A, vitamin C). These foods have little nutritional value and are restricted by the U.S. Department of Agriculture under the child nutrition programs. Students in all grade levels should not be allowed to have access to FMNV at any time or anywhere on school premises until 30 minutes after the end of the last scheduled class. Examples of FMNV include: diet and regular carbonated drinks, water ices including popsicles, chewing gum, mints, lollipops, cinnamon candies, candy-coated popcorn, jelly beans, and gummy candies. [Foods of Minimal Nutritional Value Resource](#)
7. **Healthy Lifestyles Course** - The course's curriculum is geared toward encouraging healthy lifestyle choices. Personal fitness, mental and physical health issues, the human body and the functions of the systems, drug abuse, diseases, pollution, nutrition, and human sexuality and abstinence education are among the many topics that are fundamental to this course.
8. **Moderate to vigorous physical activity (MVPA)** – Moderate physical activity could be brisk walking while vigorous physical activity could be jogging.

- 9. Party vs. Special Event Differentiation** – Birthday parties are encouraged to be celebrated monthly and must be celebrated during the last period of the day and coordinated with the teacher. If food items are provided at the party, they should be healthy and low-fat foods and must be prepared commercially or in a licensed facility. Food items offered are to be individual portions such as snack-size bags or granola bars. Please see Attachment 1 for a list of recommended snacks. Items that are temperature sensitive are not allowed. Restricted foods like candies and other FMNV are not allowed at birthday parties.

On designated special event days, students may be given FMNV, candy items or other restricted foods during the school day. The special event days must be submitted by the Principal to the Executive Director of School Nutrition. The request must be made in writing and in advance of the designated day. Schools are allowed no more than 2 special event days per school year. During these events, FMNV may not be given during meal times in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students.

- 10. Reimbursable Meal** - A meal provided under the National School Lunch Program, which includes the After School Care Program, and/or School Breakfast Program that meets all USDA requirements and guidelines and for which the schools receive reimbursement.
- 11. School Day** – The school day definition for USDA Smart Snacks standards begins at midnight and continues until 30 minutes after the end of the last instruction period of the day. The district after school KIN program is considered part of the school day for students enrolled in the program.
- 12. SHI (School Health Index)** – A self-assessment and planning tool schools can use to improve their health and safety policies and programs. The SHI allows campuses to assess the extent to which their school implements the types of policies and practices recommended by the CDC (Centers for Disease Control).
- 13. [Texas Essential Knowledge and Skills](#)** - The state standards for what students should know and be able to do.
- 14. USDA Smart Snacks standards** – All US schools that participate in the federal child nutrition programs (such as the National School Lunch Program and School Breakfast Program) are required to follow the Smart Snacks standards. The standards establish nutrient and portion standards, for food items provided through the food service operation AND other organizations during the school day. The standards vary by grade level (Elementary, Middle School and High School). School districts are allowed to have stricter standards than those established in the Smart Snacks standards.
- 15. Temperature-Sensitive Foods** – These are foods that require a temperature-controlled environment because they are capable of causing food-borne illnesses. Any food that needs to be kept cold or hot (such as cold salads or pizza) is considered a temperature-sensitive food and is not allowed at classroom birthday parties.

## ATTACHMENT 1

### HEALTHY SNACK RECOMMENDATIONS

- **Popcorn (low-fat or fat-free)**
- **Whole grain cereal bar**
- **Whole grain crackers**
- **Baked chips**
- **Animal crackers**
- **Graham crackers**
- **Whole grain, low-fat muffins**
- **Low-fat granola bars**
- **Dried fruit**