School Health Index
Summary Report
2016-2017
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BACKGROUND:

HEALTHY, HUNGER FREE KIDS ACT OF 2010

Section 204 of the Healthy, Hunger Free Kids Act of 2010, Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), Local School Wellness Policy Implementation. The provisions set forth in Section 204 expanded upon the previous local wellness policy requirement from the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265). The Child Nutrition and WIC Reauthorization Act of 2004, required each local education agency participating in the National School Lunch Program to develop and implement a school wellness policy. All schools receiving Child Nutrition Program funds were to have an approved wellness policy in place no later than the first day of the 2006 – 2007 school year.

Additional requirements for the local school wellness policy under the 2010 Reauthorization are as follows:

1. The local wellness policy must include goals for nutrition promotion.

2. Local education agencies are required to permit teachers of physical education and school health professionals to participate in the development of the local wellness policy.

3. Local education agencies are required to permit all stakeholders named above and in 2004 (parents, students, school food service, school board, school administrators, and the public) to participate in the implementation and periodic review and update of the local wellness policy.

4. Local education agencies are required to inform and update the public about the content and implementation of the local wellness policy.

5. Local education agencies are required to measure periodically and make available to the public an assessment on the implementation of the local wellness policy, including the extent to which schools are in compliance with the policy, the extent to which the policy compares to a “model” policy, and to describe the progress made in attaining the goals of the policy.

6. Local education agencies are required to designate one of more district officials to ensure that each school complies with the local wellness policy.

Districts may choose to include additional components or integrate a school wellness policy with other ongoing programs. The specific language and standards are under the control of the local schools.

The Congressional mandate for local school wellness policies is part of a larger effort to address growing concerns about the health of America’s children. A major objective is to reduce childhood obesity and Type 2 diabetes and increase physical activity. Congress recognized that schools play a critical role in creating a healthy environment for students and in combating these potentially serious and long-term health problems. The law placed the responsibility of developing a school wellness policy with each district so the specific needs of each school community can be addressed most efficiently.

The school board approved the NEISD Wellness Policy in June 2006. The wellness policy and regulation are presented to school administrators during August Leadership annually.

The method that the district regulation, FFA(R), established to monitor the implementation of the Wellness Policy was the School Health Index.
IMPLEMENTATION:

THE SCHOOL HEALTH INDEX

The School Health Index (SHI) is an online self-assessment and planning tool developed by the Centers for Disease Control and Prevention (CDC) that enables schools to:

1. Identify the strengths and weaknesses of their school health promotion policies and programs for promoting health and safety;
2. Develop an action plan for improving student health and safety; and
3. Engage teachers, parents, students, and the community in promoting health-enhancing behaviors and better health

The SHI currently addresses physical activity, healthy eating, tobacco use prevention, safety, and asthma and includes cross-cutting questions which address policies and practices that apply to all five health topic areas. It consists of eight self-assessment modules and a process to plan for improvement. The eight modules are:

1. School Health and Safety Policies and Environment
2. Health Education
3. Physical Education and Other Physical Activity Programs
4. Nutrition Services
5. Health Services
6. Counseling, Psychological, and Social Services
7. Health Promotion for Staff
8. Family and Community Involvement

The items in the SHI are based on the CDC’s research-based guidelines for school health programs which identify the policies and practices most likely to be effective in improving youth health risk behaviors. The eight components correspond to the CDC’s eight component model of a coordinated school health program.

The SHI is designed to be completed by a team on each campus. Suggested team members include school administrators, school nurse, cafeteria manager, coach, and counselor.

The self-assessment modules and team approach help the District determine what is currently in place to promote good health and identify the strengths and weaknesses in programming and services. After the self-assessment is complete, the findings are presented to a group of parents, community members, and administrators to identify recommended actions the District can implement to improve performance in areas that received lower scores.

The SHI is available in an elementary version and a secondary version. The majority of the items in the two versions are identical but there are some minor variations.
Copies of the SHI are available free of charge from the CDC. It can be completed interactively on the computer, downloaded, printed, or ordered from the CDC. The CDC does not require schools to report their scores. It is an assessment process designed to help schools determine their strengths and weaknesses and develop a self-improvement plan specific to each individual campus.

The SHI was field tested for readability and user-friendliness. No validity and reliability data is available because it is a community organizing and education tool as opposed to a research tool. Several articles have been published in scientific journals that have evaluated the SHI implementation process and many studies have used items from the SHI as indicators of best practices in school health practices and programming.

“Promoting healthy and safe behaviors among students is an important part of the fundamental mission of schools, which is to provide young people with the knowledge and skills they need to become healthy and productive adults. Improving student health and safety can increase student’s capacity to learn, reduce absenteeism, and improve physical fitness and mental alertness.” (Centers for Disease Control and Prevention, 2004)
RESULTS:

School Completion of School Health Index

District administrators were asked to complete the School Health Index and to submit their summary results to representatives of the School Health Advisory Council. The surveys were completed during October 2016-January 2017. In the assessment process, administrators were asked to identify whether the status of activities were either fully in place, partially in place, under development or not in place. The information gained through this assessment process can be used by District administrators to develop goals and action plans for improving overall school health in North East Independent School District.
Module 1: School Health and Safety Policies and Environment

Module 1 focuses on school health safety policies and environment. It is used to assess the use of school health committees, safety policies, adequacy and use of physical facilities, the use of food as rewards, recess, tobacco use and disease prevention.

Areas listed as fully in place:

**Elementary**
- Active supervision of students
- Adequate physical activity facilities
- Access to free drinking water
- All foods sold during the school days meet USDA’s Smart Snacks in School nutrition standards
- All beverages sold during the school day meet USDA’s Smart Snacks in School nutrition standards
- All foods and beverages sold during the extended school day meet the USDA’s Smart Snacks in School nutrition standards
- Prohibit tobacco use among students
- Prohibit tobacco use among school staff members and visitors
- Enforce tobacco-use policies
- Prohibit tobacco advertising

**Secondary**
- Representative school health committee or team
- Written school health and safety policies
- Communicate health and safety policies to students, parents, staff members, and visitors
- Positive school climate
- Overcome barriers to learning
- Enrichment experiences
- Standard precautions policy
- Professional development on meeting diverse needs of students
- Prevent harassment and bullying
- Active supervision
- Written crisis response plan
- Safe physical environment
- Maintain safe physical environment
- Staff development on unintentional injuries, violence, and suicide
- Adequate physical activity facilities
- Prohibit using physical activity as punishment
- Prohibit using food as reward or punishment
- Access to free drinking water
- All foods sold during the school day meet USDA’s Smart Snacks in School nutrition standards
- All beverages sold during the school day meet USDA’s Smart Snacks in School nutrition standards
- Prohibit tobacco use among students
- Prohibit tobacco use among school staff members and visitors
- Enforce tobacco-use policies
- Prohibit tobacco advertising
- Written policies for carry and self-administration of quick-relief medications
- Non-discrimination on the basis of HIV infection policy
- Confidentiality of HIV status
- Non-discrimination on the basis of pregnancy or parenting status policy

Areas listed as partially in place or under development:

Elementary
- Representative school health committee or team
- Written school health and safety policies
- Communicate health and safety policies to students, parents, staff members, and visitors
- Positive school climate
- Overcome barriers to learning
- Enrichment experiences
- Local wellness policies
- Standard precautions policy
- Professional development on meeting diverse needs of students
- Prevent harassment and bullying
- Written crisis response plan
- Safe physical environment
- Maintain safe physical environment
- Staff development on unintentional injuries, violence, and suicide
- Recess
- Access to physical activity facilities outside school hours
- Prohibit withholding recess as punishment
- Prohibit using food as reward or punishment
- All foods and beverages served and offered during the school day meet USDA’s Smart Snacks in School nutrition standards
- All foods and beverages served and offered during the extended school day meet USDA’s Smart Snacks in School nutrition standards
- Fundraising efforts during and outside school hours meet USDA’s Smart Snacks in School nutrition standards
- Food and beverage advertising and promotion
- Hands washed before meals and snacks
- Written policies for carry and self-administration of quick-relief medications
- Professional development on asthma
- Implement indoor air quality practices
- Implement integrated pest management practices
- Nondiscrimination on the basis of HIV infection policy
- Confidentiality of HIV status
- Professional development for all staff members on HIV policies or laws
- Professional development for administrators and teachers on HIV, other STD, and pregnancy prevention

**Secondary**
- Local wellness policies
- Student involvement in decision-making
- All foods and beverages served and offered during the school day meet USDA’s Smart Snacks in School nutrition standards
- All foods and beverages served and offered during the extended school day meet USDA’s Smart Snacks in School nutrition standards
- All foods and beverages sold during the extended school day meet USDA’s Smart Snacks in School nutrition standards
- Fundraising efforts during and outside school hours meet USDA’s Smart Snacks in School nutrition standards
- Food and beverage advertising and promotion
- Professional development for all staff members on HIV policies or laws
- Professional development for administrators and teachers on HIV, other STD, and pregnancy prevention
- Strategies to meet the needs of LGBT youth
Module 2: Health Education

Module 2 focuses on sequential health education curriculum taught in all grades including active learning strategies, opportunities to practice skills, culturally appropriate examples and activities, and assignments that encourage student interaction with family and community. Professional development in teaching the curriculum and classroom management techniques are also included.

Areas listed as **fully in place:**

**Secondary**
- Required health education course
- Health education grading
- Sequential health education curriculum consistent with standards
- Active learning strategies
- Opportunities to practice skills
- Culturally appropriate activities and examples
- Assignments encourage student interaction with family and community
- Credentialed health education teachers
- Professional development in health education
- Professional development in delivering curriculum
- Professional development in classroom management techniques
- Essential topics on unintentional injuries, violence, and suicide
- Essential topics on physical activity
- Essential topics on healthy eating
- Essential topics on preventing tobacco use
- Essential topics on asthma awareness

Areas listed as **partially in place or under development:**

**Elementary**
- Health education taught in all grades
- Sequential health education curriculum consistent with standards
- Active learning strategies
- Opportunities to practice skills
- Culturally appropriate examples and activities
- Assignments encourage student interaction with family and community
- Professional development in health education
- Professional development in delivering curriculum
• Professional development in classroom management techniques
• Essential topics to prevent unintentional injuries, violence, and suicide
• Essential topics on physical activity
• Essential topics on healthy eating
• Essential topics on preventing tobacco use
• Essential topics on asthma awareness
• Essential topics to prevent HIV, other STD, and pregnancy

Secondary
• Essential topics for preventing HIV, other STD, and pregnancy

Module 3: Physical Education and Other Physical Activity Programs

Module 3 focuses on the time allocated for physical education, level of student activity during physical education, student/teacher ratios, and the physical education curriculum. Motor skills and fitness development are included as well as safety components. Special health care needs of students in adaptive physical education are also addressed.

Areas listed as fully in place:

Elementary
• Information and materials for physical education teachers
• Students active at least 50% of class time
• Licensed physical education teachers
• Address special health care needs
• Physical education safety practices
• Professional development for teachers

Secondary
• Time requirement for length of physical education class
• Adequate teacher/student ratio
• Sequential physical education curriculum consistent with standards
• Information and materials for physical education teachers
• Physical education grading
• Students active at least 50% of class time
• Licensed physical education teachers
• Address special health care needs
• Physical education safety practices
• Professional development for teachers
• Availability of interscholastic sports
• Availability of before-and after-school physical activity opportunities
• Training required for sports coaches
• Physical activity facilities meet safety standards
• Athletics safety requirements

Areas listed as partially in place or under development:

Elementary
• 150 minutes of physical education per week
• Adequate student/teacher ratio
• Sequential physical education curriculum consistent with standards
• Prohibit exemptions or waivers for physical education
• Individualized physical activity and fitness plans
• Health-related fitness
• Promote community physical activities
• Playgrounds meet safety standards
• Professional development for teachers
• Participation in intramural programs or physical activity clubs
• Promotion or support of walking and bicycling to school
• Availability of before and after-school physical activity opportunities
• Availability of physical activity breaks in classrooms
• Physical activity facilities meet safety standards

Secondary
• 225 minutes of physical education per week
• Years of physical education
• Prohibit exemptions or waivers for physical education
• Individualized physical activity and fitness plans
• Health-related physical fitness
• Promote community physical activities
• Participation in intramural programs or physical activity clubs
• Promotion or support of walking and bicycling to school
• Availability of physical activity breaks in classrooms
Module 4: Nutrition Services

The focus of Module 4 centers on school breakfast and lunch programs; types and varieties of foods offered in the school cafeteria as well as sites outside the cafeteria; and the cafeteria environment. Additionally, it addresses nutrition education, continuing education of cafeteria staff, and preparedness for food emergencies.

Areas listed as fully in place:

Elementary
- Breakfast and lunch programs
- Variety of offerings in school meals
- Healthy food purchasing and preparation practices
- Adequate time to eat school meals
- Annual continuing education and training requirements for school nutrition services staff
- Clean, safe, pleasant cafeteria

Secondary
- Breakfast and lunch programs
- Variety of offerings in school meals
- Healthy food purchasing and preparation practices
- Adequate time to eat school meals
- Annual continuing education and training requirements for school nutrition services staff
- Clean, safe, pleasant cafeteria

Areas listed as partially in place or under development:

Elementary
- Venues outside the cafeteria offer fruits and vegetables
- Promote healthy food and beverage choices using Smarter Lunchroom techniques
- Collaboration between nutrition services staff members and teachers
- Preparedness for food emergencies
- Farm to School Activities

Secondary
- Venues outside the cafeteria offer fruits and vegetables
- Promote healthy food and beverage choices using Smarter Lunchroom techniques
- Collaboration between nutrition services staff members and teachers
- Preparedness for food emergencies
- Farm to School activities
Module 5: School Health Services

The School Health Services module emphasizes the importance of a full time school nurse to ensure the promotion of health and safety for students and families, collaboration with staff, and the establishment of links to community resources. It also addresses students with health problems affected by physical activity and nutrition, and student medical information.

**Areas listed as fully in place:**

**Elementary**
- Health services provided by a full-time school nurse
- Identify and track students with chronic health conditions
- Student health information

**Secondary**
- Collaborate with other school staff members
- Identify and track students with chronic health conditions
- Student health information
- Assess extent of injuries on school property
- Emergency response plans
- Case management for students with poorly controlled asthma
- Ensure immediate and reliable access to quick-relief medications for students with asthma
- Offer asthma management education to all students with asthma

**Areas listed as partially in place or under development:**

**Elementary**
- Health and safety promotion for students and families
- Collaborate with other school staff members
- Implement a referral system
- Consulting school health physician
- Assess extent of injuries on school property
- Emergency response plans
- Case management for students with poorly controlled asthma
- Ensure immediate and reliable access to quick-relief medications for students with asthma
- Offer asthma management education to all students with asthma
- Food allergy management plan
Secondary

- Health services provided by a full-time school nurse
- Health and safety promotion for students and families
- Implement a referral system
- Consulting school health physician
- Food allergy management plan
- Address tobacco use
- Linkages to youth-friendly sexual and reproductive health services
Module 6: School Counseling, Psychological, and Social Services

Module 6 addresses the roles of school counseling and social services as they apply to physical activity, healthy eating, and tobacco use. In collaboration with staff, students with health concerns affected by physical activity and nutrition are identified and referred to appropriate community resources and supported in the school environment.

Areas listed as fully in place:

Elementary
- Identify and refer students involved in violence

Secondary
- Health and safety promotion and treatment
- Collaborate with other school staff members
- Identify and track students with emotional, behavioral, and mental health needs
- Aid students during transition
- Identify and refer students involved in violence

Areas listed as partially in place or under development:

Elementary
- Counseling, psychological, and social services provided by a full-time counselor, social worker, and psychologist
- Health and safety promotion and treatment
- Collaborate with other school staff members
- Identify and track students with emotional, behavioral, and mental health needs
- Establish referral system
- Aid students during transitions

Secondary
- Counseling, psychological, and social services provided by a full-time counselor, social worker, and psychologist
- Establish referral system
- Identify and address tobacco use
Module 7: Health Promotion for Staff

Module 7 allows the campuses to evaluate the status of health screenings, stress management, physical activity/fitness, and health eating/weight management programs available for District staff.

Areas listed as fully in place:
Secondary
- Health education for staff members
- Health assessments for staff members
- Promote staff member participation
- Breastfeeding policy
- Training for staff members on conflict resolution
- Programs for staff members on physical activity/fitness
- Programs for staff members on healthy eating/weight management

Areas listed as partially in place or under development:
Elementary
- Health education for staff members*
- Health assessments for staff members*
- Promote staff member participation
- Stress management programs for staff*
- Breastfeeding policy
- Training for staff members on conflict resolution*
- Training for staff members on first aid and CPR
- Programs for staff members on physical activity/fitness*
- Programs for staff members on healthy eating/weight management*
- All foods served and sold to staff meet USDA’s Smart Snacks in School nutrition standards
- Modeling healthy eating and physical activity behaviors
- Programs for staff members on tobacco-use cessation*
- Programs for staff members on asthma management and/or education

Secondary
- Stress management programs for staff*
- Training for staff members on first aid and CPR
- All foods served and sold to staff meet USDA’s Smart Snacks in School nutrition standards
- Modeling healthy eating and physical activity behaviors
- Programs for staff members on tobacco-use cessation*
• Programs for staff members on asthma management and/or education

* These areas are fully in place, but the District will focus on educating employees about the available programs.

Module 8: Family and Community Involvement

Module 8 addresses educating families, promoting effective parenting strategies, parent and community involvement in programs, promotion of community based programs, community access to school facilities, and student and family involvement in school meal planning.

Areas listed as fully in place:

Secondary
• Communication with families
• Family and community volunteers

Areas listed as partially in place or under development:

Elementary
• Communication with families
• Effective parenting strategies
• Family and community involvement in school decision making
• Family and community volunteers
• Family involvement in learning at home
• Family and community access to school facilities
• Student and family involvement in the school meal programs and other foods and beverages sold, served, and offered on school campus

Secondary
• Effective parenting strategies
• Family and community involvement in school decision making
• Family involvement in learning at home
• Family and community access to school facilities
• Student and family involvement in the school meal program and other foods and beverages sold, served, and offered on school campus
RECOMMENDATIONS

The School Health Index was used as an assessment of the District and results were shared with the School Health Advisory Council (SHAC), which included parents, community members, and District administrators.

Results were presented to SHAC members in April 2017 and SHAC subcommittees reviewed results pertaining to their area of emphasis. The recommendations included below were approved in September 2017 by the SHAC for presentation to Executive Staff in November 2017.

The subcommittees took funding, staffing, facility differences, and overall feasibility into account when making recommendations for district wide changes. Members of the newly developed Kids School Health Advisory Council (KSHAC) also provided input to each SHAC subcommittee regarding their opinions and perceptions of each recommendation.

SAFE AND HEALTHY SCHOOLS SUBCOMMITTEE

Recommendation #1
Educate and increase awareness about the Wellness Policies (FFA) and Regulation FFA(R).

Recommendation #2
Continue to educate and increase awareness utilizing SHAC created media to inform campuses about guidelines, staff development and infrastructures already in place to support areas of weakness and offer suggestions on how to strengthen those areas. Examples of areas to address: healthy fundraising and nutrition policies for all stakeholders, inclusion of all students, and reminder about Campus Health Initiatives Approvals for fairs, events, or initiatives.

Recommendation #3
Continue to educate and increase awareness utilizing SHAC created media for booster clubs (band, athletics, etc.) and PTAs/PTOs about district fundraising suggestions that include wellness policy information, provides resources for ideas and how-to, and encourages that at least one healthy fundraiser be implemented each year.

FITNESS AND PHYSICAL ACTIVITY SUB-COMMITTEE

Recommendation #4 (Continue from 2015-17)
SHAC and District personnel will work together to assess the infrastructure to support safe walking and biking to schools for all campuses to include the number of bike racks available on each campus. Recommendations regarding improvements will be developed after a thorough investigation.

Recommendation #5
SHAC will continue to promote annually National Walk and Bike to School Day. Campuses will be encouraged to register and implement their event, as well as encourage walking and biking to school year-round. SHAC will share resources and event information with the campuses.

Recommendation #6
Assess use of individualized fitness plans and increase education on the availability of current information.

Recommendation #7
Increase by a minimum of 10% the number of schools that offer before and after school physical activity opportunities. Opportunities may include special events and the promotion of family engagement.
CLASSROOM HEALTH AND HUMAN SEXUALITY AND ABSTINENCE EDUCATION (HS&AE) SUB-COMMITTEE

Recommendation #8
NEISD Physical Education and Health department will continue to offer at least two (2) professional staff developments annually on elementary health instruction for all K-5 teachers.

Recommendation #9 (Continue from 2015-17)
Provide more information and encouragement to campus administrators and staff about resource availability and implementation ideas with regards to K-5 health instruction.

Recommendation #10
SHAC and District personnel will promote SHAC developed resources to post or display information around the campus encouraging healthy eating and physical activity.

NUTRITION SUB-COMMITTEE

Recommendation #11
SHAC and District personnel will continue to promote the SHAC developed School Garden Toolkit for campuses to utilize. The School Garden Toolkit includes step by step guidelines to include construction approval and care for the garden during the summer.

Recommendation #12 (Continue from 2015-17)
SHAC and District personnel should develop and implement a plan to improve Farm to School offerings for both staff and students.

Recommendation #13
Explore opportunities to provide nutritious snacks for after school. An opportunity might be a refrigerated vending machine stocked with smart choices (yogurt, chocolate milk, string cheese) for high school students attending practices or after school activities.
Appendices

Appendices I and II are included as reference material only.
The District shall support the general wellness of all students by implementing measureable goals to promote sound nutrition and student health and to reduce childhood obesity.

[See EHAA for information regarding the District’s coordinated school health program.]

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 for required membership of the SHAC.]

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; and
4. 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.

The District’s nutrition guidelines for reimbursable school meals and all other foods and beverages sold, otherwise made available, 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. [See CO]
WELLNESS GOALS

NUTRITION PROMOTION AND EDUCATION

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. The District establishes the following goals for nutrition promotion:

1. The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in the cafeterias, the classrooms, and other appropriate settings.

2. 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.

3. The District shall ensure that food and beverage advertisements accessible to students during the school day contain only products that meet the federal guidelines for meals and competitive foods.

The District establishes the following goals for nutrition education:

1. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

2. The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

3. The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

PHYSICAL ACTIVITY

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

The District establishes the following goals for physical activity:

1. The District shall provide an environment that fosters safe, enjoyable and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.
2. The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

3. The district shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

4. The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for District employees and students.

5. The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.

6. 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 for use outside the school day. [See GKD]

7. The District shall offer physical education classes that will regularly emphasize moderate to vigorous activity.

SCHOOL-BASED ACTIVITIES

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

1. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

2. The District shall promote wellness for students and their families at suitable District and campus activities.

3. The District shall promote employee wellness activities and involvement at suitable District and campus activities.

IMPLEMENTATION

The Superintendent or designee shall oversee the implementation of this policy and the development and implementation of the wellness plan and the appropriate administrative procedures.
The District shall comply with federal requirements for evaluating this policy and the wellness plan, as well as the District’s and each campus’s level of compliance with the policy and plan.

Annually, the SHAC shall assess and prepare a report of each campus’s progress toward meeting the goals listed in this policy and in the wellness plan, including a summary of each campus’s major activities and events tied to the wellness program and the extent to which the wellness policy and plan compare with any state- or federally designated model wellness policies.

The District shall inform and update the public about the content and implementation of the wellness policy, including posting on its website a copy of the wellness policy and the wellness plan, as well as a copy of the annual report.

The District shall retain all records associated with the wellness policy, in accordance with law and the District’s records management program. [See CPC and FFA (LEGAL)]
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 ≤ 200 calories, ≤ 230 milligrams sodium, ≤ 35% of weight from total sugars, and ≤ 35% total fat/ ≤ 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 < 200 calories, < 230 milligrams sodium, < 35% of weight from total sugars, and < 35% total fat/< 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 ≤ 200 calories, ≤ 230 milligrams sodium, ≤ 35% of weight from total sugars, and ≤ 35% total fat/ ≤ 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.

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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.
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