

Comal ISD

Wellness Procedures Supporting Local Wellness Policy FFA

District Goals

Comal ISD is committed to providing a school environment that promotes and protects our students' health, well-being, and ability to learn by supporting healthy eating habits and physical activities in the daily schedules of our children.

School Health Advisory Council

In order to achieve these goals the school district and/or individual schools within the district will create, strengthen, or work within existing school health advisory councils (SHAC) to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health advisory council consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

Therefore, it is the policy of Comal ISD to set the Wellness Goals for the following areas:

I. Nutrition Education and Promotion

Comal ISD will aim to teach, encourage, and promote nutrition education and healthy eating for all students from Pre-Kindergarten through grade twelve. Schools will provide nutrition education through health education classes, and classroom instruction using a wide range of District adopted curricula. Schools will provide nutrition education to fostering lifelong habits of healthy eating and physical activity, connecting health education, school meal programs, and related community services.

II. Physical Activity Opportunities and Physical Education

All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

A. Physical Education and Structured Physical Activity All students in grades K-12, including students with disabilities, students with special health-care needs, and students in alternative educational settings, will receive instruction through structured physical activities in accordance with state mandates and district policy. All elementary school students will have at least 135 minutes a week of structured moderate to vigorous physical activity, involving a blend of indoor and outdoor activities. All physical education will be taught by a certified physical education teacher.

B. Physical Activity Opportunities Before and After School All secondary schools will offer extracurricular physical activity programs, such as interscholastic sports programs, health and fitness classes and intramural programs. Schools will offer a range of activities meeting the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs will provide daily periods of moderate to vigorous

physical activity for all students. Participation will be strongly encouraged.

III. Nutritional Standards of Foods and Beverages Sold and Served on Campus

Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. *Dietary Guidelines for Americans*

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

- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent nondairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs identifying new, healthful, and appealing food choices.

B. Breakfast To ensure all children have breakfast, either at home or at school, which meet nutritional needs, and enhance their learning abilities:

- Schools will operate the School Breakfast Program; and
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.

C. A La Carte Items The school food service program will approve and provide all food and beverage sales to students in elementary schools. Foods and beverages sold individually will meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.

In secondary schools, all foods and beverages sold individually outside of the reimbursable school meal programs, such as the a la carte or snack lines will meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.

D. Portion Sizes: Entrees, side dishes, beverages and dessert items will be no larger than serving sizes of those foods served as part of the federal school meal program.

E. Vending Machines, Student Stores, and Fundraising Activities Elementary students will be prohibited access to in-school vending machines. Secondary school students will have limited access to in-school vending machines in compliance with the Competitive Foods Policy established by local, state, and federal statutes and regulations.

F. Fundraising Activities Schools will encourage fundraising activities that promote physical activity. School fundraising activities during the school day, which involve food, will comply with the Competitive Foods Policy established by local, state, and federal statutes and regulations. No food fundraising will be allowed on an elementary school campus (Pre-K – 6th) during the school day. At secondary schools (6th – 12th) food fundraisers will meet Texas Department of Agriculture nutrition standards. Secondary fundraising activities may not occur during the meal periods. Foods of Minimal Nutritional Value (FMNV) may be sold for fundraising only if the sale occurs after the school day or off school grounds.

G. Snacks Snacks served during the school day (before or after lunch) or in after-school care or enrichment programs will make a positive contribution to children's diets and health. Snacks will meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.

H. Rewards Schools will not use foods or beverages, especially those that do not meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

I. Celebrations Schools will schedule celebrations that involve food after the end of the school day in elementary campuses and after the end of lunch period in secondary campuses, so that these celebrations will not replace a nutritious lunch or breakfast. High schools may not allow competitive foods during meal periods in areas where school meals are served or consumed.

Each campus (not class) may have an exemption three times a year for school celebrations, where students may be given FMNV, candy items or other restricted foods during the school day. The exempted events must be approved by a school official (principal). 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 in accordance with federal regulations.

Commercially prepared food products (cupcakes) are allowed for birthday celebrations only during the last fifteen minutes of class, when previously scheduled with the classroom teacher.

J. School-sponsored Events Foods and beverages offered or sold at school-sponsored events outside the school day will not be covered by the policy, although, the availability of foods that meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations will be encouraged in order to promote healthy choices.

K. Qualifications of Child Nutrition Staff Qualified child nutrition professionals will administer the school meal programs. Continuing staff development and training will be provided for all levels of child nutrition professionals.

IV. Other School-Based Activities Designed to Promote Student Wellness

Qualified child nutrition professionals will provide students access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, pleasant settings, and adequate time for students to eat.

A. Free and Reduced-priced Meals Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

B. Surroundings & Environment Attention will be given to food presentation and environment. Students will have clean and pleasant surroundings in which they can relax and socialize.

C. Meal Times and Scheduling Schools:

- should not schedule tutoring, club, or organizational meetings or activities during

- mealtimes, unless students may eat during such activities; and
- will schedule meal periods which allow for adequate time to consume a healthy meal

D. Sharing of Foods and Beverages Schools should discourage students from sharing foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

E. Communications with Parents The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above mentioned nutrition standards for individual foods and beverages.

F. Food Marketing in Schools School-based marketing will be consistent with nutrition education and health promotion. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

G. Staff Wellness Comal ISD highly values the health and well being of every employee and will plan and implement activities and policies that support personal efforts by the employees to achieve and maintain a healthy lifestyle. The Employee Wellness Committee is a sub-committee of the district's School Health Advisory Council (SHAC). Each school will appoint one campus representative to the SHAC. Each campus should have a Campus Staff Wellness Committee. This committee should develop, promote, and oversee a multifaceted plan to promote staff wellness. The appointed campus SHAC representative will annually present this campus staff wellness plan to the SHAC. This committee can be the same as the campus site-based committee.

V. Monitoring and Policy Review

The District will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

A. Monitoring The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

B. Policy Review Key areas of the Wellness Policy will be, at a minimum, assessed every three years reviewing policy compliance, assessing progress, and determining areas in need of improvement. As part of that review, the school district will review the District's nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The District, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

VII. Resources for Local School Wellness Policies on Nutrition and Physical Activity

Crosscutting:

- *School Health Index, Centers for Disease Control and Prevention,*
<<http://apps.nccd.cdc.gov/shi/>>

- *Local Wellness Policy website, U.S. Department of Agriculture,*
<<http://www.fns.usda.gov/tn/Healthv/wellnesspolicy.html>>
- *Fit, Healthy, and Ready to Learn: a School Health Policy Guide, National Association of State Boards of Education,*
<www.nasbe.org/HealthvSchools/fithealthv.mgi>
- *Preventing Childhood Obesity: Health in the Balance, the Institute of Medicine of the National Academies,* <www.iom.edu/report.asp?id=22596>
- *The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools, Action for Healthy Kids,*
<[www.actionforhealthykids.org/docs/specialreports/LC%20Color%20120204 final.pdf](http://www.actionforhealthykids.org/docs/specialreports/LC%20Color%20120204%20final.pdf)>
- *Ten Strategies for Promoting Physical Activity, Healthy Eating, and a Tobacco free Lifestyle through School Health Programs, Centers for Disease Control and Prevention,*
<www.cdc.gov/healthyvouth/publications/pdf/ten_strategies.pdf>
- *Health, Mental Health, and Safety Guidelines for Schools, American Academy of Pediatrics and National Association of School Nurses,*
<<http://www.nationalguidelines.org>>
- *Cardiovascular Health Promotion in Schools, American Heart Association [link to pdf]*

School Health Councils:

- *Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Councils, American Cancer Society [link to PDF]*
- *Effective School Health Advisory Councils: Moving from Policy to Action, Public Schools of North Carolina,*
<www.nhealthvschools.org/nhealthvschools/htdocs/SHAC_manual.pdf>