

# **Weimar Independent School District Wellness Policy and Physical Activity Nutrition**

## **Preamble**

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

Whereas, good health fosters student attendance and education;

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

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

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as sodas, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Weimar Independent School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

## **Goals**

Therefore, it is the policy of the Weimar Independent School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity.
- All students in grades PK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the Federal and State guidelines.

- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs including the School Breakfast Program, National School Lunch Program, and Summer Food Service Program.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

## **TO ACHIEVE THESE POLICY GOALS:**

### **I. School Health Advisory Council**

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

### **II. Foods and Beverages Sold and Served on Campus**

#### **A. School Meals**

Meals served through the Weimar ISD Food Service Department will:

- be appealing and attractive to children;
- be served in clean and pleasant setting;
- 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 mild and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.
- ensure that foods are not deep fried.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

## **B. Breakfast**

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

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- School will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

## **C. Free and Reduced-priced Meals**

Schools will make every effort to eliminate any social stigma attached to, and prevent to overt identification of students who are eligible for free and reduced-price school meals. Weimar ISD will utilize electronic identification and payment systems. Weimar ISD will set a charge policy for meals.

## **D. Meal Times and Scheduling**

### **Schools:**

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;

- should schedule meal periods at appropriate times.
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

### **E. Qualifications of School Food Service Staff**

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

### **F. Sharing of Foods and Beverages**

Given concerns about allergies and other restrictions on some children's diets, students will be discouraged from sharing their food or beverages with one another during meal or snack times. Parent/guardian or grandparent may bring outside food for their child ONLY.

### **G. Foods and Beverages Sold in Schools**

The following guidelines apply to food and beverage **sold** outside of reimbursable school meals, such as through vending machines, cafeteria a la carte (snack) lines, fundraisers, school stores, etc., on school grounds. (See Fundraising Activities)

All foods sold in schools must comply with the **USDA "Smart Snacks in Schools"**. The following guidelines apply:

#### **Beverages**

- Allowed: plain water, unflavored low-fat milk; unflavored or flavored fat-free milk and milk alternatives permitted by the NSLP/SBP; 100% fruit or vegetable juice; and 100% fruit or vegetable juice diluted with water, and no added sweeteners.
- Portion Sizes: Elementary campus may sell up to 8-ounce portions, while middle school and high school may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.
- Not allowed: soft drinks; sports drinks; iced teas; fruit-based drinks that are not 100% real fruit juice; and beverages containing caffeine.

## Foods

Any food sold in school must:

- Be a “whole grain-rich” grain product; or
  - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
  - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, Vitamin D, or dietary fiber). As of July 1, 2016, foods may not qualify using the 10% DV.
- Foods must also meet the following nutrient guidelines:

NUTRIENTS	SNACK SIZE	ENTRÉE SIZE
Calorie Limit	≤ 200 calories	≤ 350 calories
Sodium Limit	≤ 230 mg	≤ 480 mg
Fat Limits:		
Total fat	≤ 35% of calories	
Saturated fat	< 10% of calories	
Trans fat	Zero grams	
Sugar limit	≤ 35% of weight from total sugars in foods	

## H. Fundraising Activities

No food items can be sold during meal service. Any food item sold after meal service must meet the “Smart Snacks in Schools” guidelines. The standards do not apply outside the school day, on weekends, and at off-campus fundraising events. For the purpose of this policy, the school day is defined as midnight until thirty minutes after the last bell.

## I. Snacks

- Other than three celebration days and STAAR testing days, any snack that is provided to students must meet the guidelines.
- The classroom teachers may or may not permit students to have a snack during the school day. If the students bring a snack from home, the snack must be a healthy snack. The only beverage that students may drink in class is water.
- The district will provide a list of healthy snack items to teachers and parents. The list will be posted on the district website.

## **J. Rewards**

Schools may use foods or beverages that meet the nutrition standards for foods and beverages sold individually, (Smart Snack Rule) as rewards for academic performance or good behavior, and will not withhold food or beverages including food served through school meals as a punishment.

## **K. Birthday Parties**

The parent or grandparent may provide food that has been approved by their child's teacher to celebrate the birthday. All classroom parties will be planned after lunch.

## **L. Campus Wide Celebrations**

Each campus will designate six celebration days where food that does NOT meet the "Smart Snacks in Schools" policy will be allowed provided that they are given to students, not sold. Celebration will be planned after lunch.

## **M. Exemptions**

- STAAR testing days are exempt from any restrictions on foods that are provided as snacks to students.
- Field day concession may be allowed to operate during meal services as long the Smart Snack guidelines are being met.
- With the approval of the campus administrator, teachers may provide food to the students in the classroom for instructional purposes. After receiving administrator approval, the teacher should consult the district nurse to ensure any student's health restrictions or food allergies are considered.
- Foods and beverages offered or sold at school-sponsored events outside the school day (such as dances, athletic events, and concession stands) are allowed.

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

## **A. Nutrition Education and Promotion**

Weimar Independent School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;

- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

## **B. Integrating Physical Activity into the Classroom Setting**

For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

## **C. Communications with Parents**

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will send home nutrition information, post nutrition tips on the district website, and provide nutrient analyses of school menus upon request. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for

individual foods and beverages. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, or special events.

#### **D. Staff Wellness**

Weimar Independent School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Staff wellness should be based on input solicited from school staff and should encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

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

#### **A. Daily Physical Education (P.E.) PK-12**

In accordance with policies at EHAB, EHAC, EHBG, and FFA, the district will ensure that students in full-day prekindergarten through grade 4 engage in moderate or vigorous physical activity for at least 30 minutes per day or 135 minutes per week.

Students in middle or junior high school will engage in 30 minutes of moderate or vigorous physical activity per day for at least four semesters OR at least 225 minutes of moderate or vigorous physical activity within each two-week period for at least four semesters.

#### **B. Daily Recess**

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

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

#### **C. Fitness Assessment**

The FITNESSGRAM assessment will be administered to students in grades 3-12 in a course that satisfies the curriculum requirements for physical education.



The District is not required to assess a student for whom, as a result of disability or other condition identified by Commissioner Rule, the assessment instrument is inappropriate.

FITNESSGRAM is a physical assessment. The assessment is not to become a competitive sport. The assessment is not to be used as a grade.

The District shall provide the results of individual student performance on the physical fitness assessment to TEA. The results may not contain the names of individual students or teachers or a student's social security number or date of birth.

The results of individual student's performance on the physical fitness assessment instrument are confidential and may be released only in accordance with state and federal law.

## **V. Monitoring and Policy Review**

### **A. Monitoring and Review**

In order to review policy compliance, assess progress, and determine areas in need of improvement the WISD Wellness Policy will be reviewed, assessed, and revised annually by the SHAC. Also, each campus must measure the effectiveness and the implementation of the Wellness Policy.

The superintendent will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the campus principal 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.

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

**WEIMAR ISD HEALTH SERVICES**  
**List of Recommended Snacks**

The following snacks have been approved for students attending elementary campuses that allow snacks to be brought from home. The list was comprised with state guidelines, along with recommendations from Centers of Disease Control and squaremeals. org

**Drinks:**

Water

**Foods:**

Pretzels

Animal Crackers

Fresh Fruit

Graham Crackers

Wheat / Saltine Crackers

English Muffin

Fruit Grain Bars

Rice Cakes (not Rice Krispie Treats)

Bagels

Fig Bars

Vanilla Wafers

Granola Bars

Goldfish / Cheese Crackers

Applesauce

Pudding Cups

½ Sandwich / Wrap (Meat/Cheese/Veggie)

Yogurt

Raisins / Craisins / Yogos

Dried Fruit

String Cheese

Raw Vegetables with Low Fat Dip

Popcorn