

# **Farmersville ISD Wellness Plan Nutrition and Physical Activity 2021 2022**

Farmersville ISD 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.

- The school district will engage students, parents, teachers, child nutrition professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- The school district will publicize and invite all interested community members to scheduled SHAC meetings. Meetings will be made public on the district website.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages provided through the school Child Nutrition department will meet or exceed the nutrition recommendations of The Healthy Kids Act.
- 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 and will provide clean, safe and pleasant settings and adequate time for students to eat.
- 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 as part of the SHAC program.

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

### **I. School Health Councils**

The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils 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 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.)

FISD will be responsive to community input and involvement. FISD will communicate ways in which community members can participate in the development, implementation, and review of the Wellness Policy through means appropriate to our district. Anyone interested in joining the school health council may contact the Tatum campus Principal.

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

#### **School Meals**

Meals served through the National School Lunch and Breakfast Programs will:  
be appealing and attractive to children;

- be served in clean and pleasant settings;
- 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 and fat-free milk

Schools should engage students, through taste-tests of new foods 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, at other point-of-sale materials or by request.

**Breakfast** To ensure that the children have breakfast, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will operate the School Breakfast Program.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.

**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.

### **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 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.

**Qualifications of Child Nutrition Staff** Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a Child Nutrition program, we will provide continuing professional development for all nutrition professionals in schools. 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.

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

### **Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as through, cafeteria a la carte [snack] lines,)**

All Farmersville ISD Cafeteria food lines will sell only the A-I-A-Carte items that meet USDA Requirements. Child Nutrition Director will provide any campus Administrators with lists of Nutritional Snacks for classroom parties and/or celebrations

#### **For Instructional Purposes;**

For instructional purposes, teachers may use foods.

Students may consume food prepared in class for instructional purposes ( as part of a class or school cultural heritage event).

However, this should be on an occasional basis, and food may not be provided or sold to other students or classes.

The event must not take the place of the regular breakfast or lunch service.

## **NON SMART SNACK FOODS**

**Farmersville ISD will allow Any Foods only on the designated 5 days per campus, per year.**

USDA Requirements state that each campus can designate 5 days for Non Smart Snack Foods.

Campus Administrators choose the five days and are required to notify the Child Nutrition Director in writing at the beginning of each year. The documentation is kept for seven years. Sales of such items will not take place in the cafeteria.

**Elementary Schools** The Farmersville ISD School Child Nutrition Program will follow all USDA Requirements. In elementary, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines), will meet all USDA Guidelines.

**Middle/Junior High Schools** The Farmersville ISD School Child Nutrition Program will follow all USDA Requirements.

In middle/junior high, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines), will meet all USDA Guidelines.

**Snacks** Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

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

**Nutrition Education and Promotion** The Farmersville ISD aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program 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 testings;
- 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.

**Communications with Parents** The Farmersville ISD will support parents' efforts to provide a healthy diet and daily physical activity for their children. The Farmersville ISD will provide nutrition information, post nutrition tips on school websites, and have nutrient analyses of school menus available to parents. Schools should encourage parents to pack healthy lunches and snacks.

**Food Marketing in Schools** School-based marketing should 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. All marketing of food items will meet the competitive food policy or "smart snacks".

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

**Daily Physical Education (P.E.) K-8** All students and in alternative educational settings, will receive daily physical education (or its equivalent of 135 minutes/week for elementary school students and 225 minutes/per 2 weeks for middle and high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

**Physical Activity Opportunities Before and After School** All elementary and middle schools may offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All middle schools as appropriate, should offer interscholastic sports programs. Schools should offer a range of activities that meet 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 should provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

**Use of School Facilities Outside of School Hours** School spaces and facilities will be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities are available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

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

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

School Child Nutrition 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 school principal.

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- the District compliance with the wellness policy;
- the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- a description of progress made in attaining goals of the District's wellness policy.