

MEYERSVILLE ISD POLICY AND PROCEDURES ON WELLNESS AND PHYSICAL ACTIVITY

Meyersville ISD is committed to providing a school environment that promotes health, well-being, and ability to learn by supporting healthy eating and physical activity.

PROGRAM FOUNDATIONS

Children need access to healthful foods as well as opportunities to be physically active in order to grow, learn, and thrive.

Good health fosters higher student attendance therefore lending to educational opportunity.

Obesity rates have increased in children and adolescents over the last two decades, with physical inactivity and excessive calorie intake the predominant cause of obesity.

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.

GOALS

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

All students in grades PK-8 will have opportunities, support, and encouragement to be physically active on a regular basis.

Foods and beverages sold or served at school will meet nutrition recommendations of the Federal and State guidelines.

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.

MISD will participate in available federal school meal programs including the School Breakfast Program and the National School Lunch Program.

The school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

WELLNESS AND PHYSICAL ACTIVITIES:

School Health Advisory Council

Meyersville ISD will create, strengthen, and work within the existing school health advisory council to develop, implement, monitor, review, and, revise school nutrition and physical activity policies.

The school health advisory council will consist of individuals representing the school and community.

The SHAC Council will include parents, students, representatives of the school, and community members.

Food and Beverages Sold and Served on Campus

School Meals

Meals will be appealing and attractive to children.

Food will be served in a clean and pleasant setting.

At minimum, food will meet nutrition requirements established by local, state, and federal statutes and regulations.

A variety of fruit and vegetables will be offered.

Only low fat milk and fat free milk and nutritionally-equivalent non-dairy alternatives will be served.

Half of the served grains will be whole grains.

It will be ensured that foods are not deep fried.

MISD will engage students through taste-tests of new entrees and provide surveys in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices.

MISD will share information about the nutrition content of meals with parents and students.

Breakfast

MISD will operate the School Breakfast Program.

MISD will arrange bus schedules and utilize methods to serve school breakfast that encourage participation.

MISD will notify parents and students of the availability of the School Breakfast Program.

MISD will encourage parents to provide healthy breakfast for their children through newsletter articles, take home materials, or campus created materials.

Free and Reduced- Priced Meals

MISD 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 priced school meals.

MISD will utilize electronic identification and payment systems.

Meal Times and Scheduling

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

MISD will schedule meal periods at appropriate times.

MISD will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

MISD will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Qualifications of School Food Service Staff

A qualified nutrition professional will administer the school meal programs.

As part of the school district's responsibility to operate a food service program, MISD will support continuing professional development for all nutrition professionals in schools.

Staff development will include appropriate certification and/or training programs for school nutrition managers and cafeteria workers.

Sharing of Foods and Beverages

Given concerns about allergies and other restrictions on some children's diets, students will be prohibited from sharing their food or beverages with one another during meal or snack times.

Food and Beverages Sold

Beverages

Allowed: plain water, unflavored low fat milk, unflavored or flavored fat-free milk, milk alternatives permitted by NSLP/SB, 100% fruit or vegetable juice, and 100% fruit or vegetable juice diluted with water. No added sweeteners.

Portion sizes: Elementary 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.

Food Guidelines

Have as the first ingredient a fruit, vegetable, a dairy product, or a protein food or be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable.

Will be a whole grain.

Foods will meet the following nutrient guidelines:

NUTRIENT	SNACK SIZE	ENTREE SIZE
Calorie Limit	< 200 calories	<350 calories
Sodium Limit	< 230mg	<480mg

Fat Limits:

Total fat < 35% of calories

Saturated fat < 10% of calories

Trans fat Zero grams

Sugar Limit <35% of weight from total sugar in foods

Fundraising Activities

No food items can be sold during meal service.

Any food item sold after meal service must meet the "Smart Snack in School" guidelines.

Standards do not apply outside the school day, on weekends, or at off-campus fundraising events.

Snacks

Other than three celebrations days and STAAR testing days, any snack that is provided to the students must meet required guidelines.

The classroom teachers may permit students to have a snack time during the school day.

If the students brings a snack from home, the snack should be a healthy snack.

The only beverage that students may drink in class is water.

Rewards / Punishment

MISD may use food or beverages that meet nutritional standards, as rewards for academic performance or good behavior.

MISD will not withhold food or beverages, including food served through school meals, as a punishment.

Birthday Snacks

With advance teacher approval, a parent or guardian may provide snacks to celebrate their child's birthday. Snacks provided and celebrations require teacher approval.

All classroom snacks will be distributed at the end of the school day unless otherwise designated by the classroom teacher..

Birthday snacks cannot interrupt a scheduled learning opportunity.

Exemptions

STAAR testing days are exempt from any restrictions on foods that are provided as snacks to students.

Field day concession may be allowed.

With the approval of the campus administrator, teachers may provide food to students in the classroom for instructional purposes.

The teacher must ensure student health restrictions or food allergies are considered.

Nutrition Education and Promotion

Meyersville ISD aims to teach, encourage, and support healthy eating by students.

The school will provide nutrition education and engage in nutrition promotions.

Health and education promotions are designed to provide students with the knowledge and skill necessary to promote and protect their health.

Health education will be included in subject area classes and/or MISD will attempt to include enjoyable, developmentally-appropriate, culturally-relevant participatory activities, such as contests, promotions, taste testing, farm visiting, and school gardens.

MISD will promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices.

Education and promotion will emphasize caloric balance between food intake and energy expenditure.

MISD will integrate physical activity into the school setting

Facilitate the nationally-recommended amount of daily physical activity (60 minutes per day) and encourage students to fully embrace regular physical activity as a personal behavior.

MISD will incorporate physical activities and/or “brain breaks” into academic lessons.

Classroom teachers are encouraged to provide short physical activity breaks between lesson and classes.

Parent Communication

MISD will support parent efforts to provide a healthy diet and daily physical activity for their children.

MISD will send home nutrition information and post nutrition tips on MISD’s web site.

Meyersville ISD will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day.

Supports will include sharing information about physical activity and physical education through MISD’s website, newsletter, take-home materials, or special events.

Staff Wellness

Meyersville ISD values the health and well-being of every staff member and will implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

The district will have a wellness coordinator. The wellness coordinator will be part of the District SHAC committee.

The committee will develop, promote, and oversee a multifaceted plan to promote staff health and wellness.

The plan will be based on input solicited from staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy life style among school staff.

Physical Activity Opportunities and Physical Education

In accordance with policies at EHAB, EHBG, EHAC, and FFA, the district will ensure that students in full-day prekindergarten through grade 8 engage in moderate or vigorous physical activity for at least 30 minutes per day or 135 minutes per week.

Daily Recess

Elementary school students will have 15 minutes of supervised recess per day.

Fitness Assessment

The FITNESSGRAM assessment will be administered to students in grades 3-8.

The district is not required to assess a student whom, as a result of disability or other condition identified by Commissioner Rule, determines 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 names of individual students or teachers or a student's social security number or date of birth.

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

Monitoring and Policy Review

In order to review policy compliance, assess progress, and determine areas in need of improvement the MISD Wellness Policy will be reviewed, assessed, and revised annually by the SHAC.

Feedback and suggestions from students, parents, staff members, and administrators for modifying the Wellness Policy will be considered.

Rev. 09/19 KD