

# **Local Wellness Policy**

The Healthy, Hunger-Free Kids Act of 2010 established final rule regarding Local Wellness Policies for all school districts that participate in the National School Lunch and School Breakfast Programs.

The intent is to meet expanded requirements that strengthen the ability of a school district to create a school nutrition environment that promotes student health, well-being and ability to learn.

## **Local Wellness Plan**

The School Health Advisory Council (SHAC) is responsible for developing a Local Wellness Plan to implement the Local Wellness Policy. The SHAC must review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

Each campus must implement all applicable areas of the Local Wellness Plan and document requirements through an annual scorecard.

The Local Wellness Policy, Local Wellness Plan, Wellness Plan Scorecard, and required documentation must be kept in a binder accessible for review.

# ALDINE ISD LOCAL WELLNESS PLAN

## Nutrition Guidelines

- All foods and beverages sold, otherwise made available, or marketed to students during the school day will promote student health and strive to help reduce childhood obesity.

### Reimbursable School Meals

- The district will comply with all USDA nutrition standards and regulations as per the Healthy Hunger Free Kids Act for all meals served as well as the current USDA Dietary Guidelines for Americans.

### Other Foods and Beverages

- Any other food and beverage sold to students at schools during the school day\*, other than those foods provided as part of the school meals program will comply with all USDA Smart Snacks Standards.

- Examples include a la carte items sold in the cafeteria, foods and beverages sold in vending machines, at school events, and for fundraisers, unless items are not intended for consumption at school.

\* The school day is defined as the midnight before to 30 minutes after the end of the school day.

### Smart Snacks Standards Requirements, Guidance, Resources

- Non-exempt Smart Snacks must comply with current regulations for all foods sold.

- Child Nutrition Services will provide product guidance as requested.

- Useful resources on the Child Nutrition website include a current list of approved Smart Snacks available through Catering and a Product Calculator.

- All schools are responsible for maintaining nutrition information such as product labels for items sold.

### (State Fundraiser Exemption)

- Schools may have up to six (6) days per school year for fundraisers to sell food and/or beverages that do not meet USDA Smart Snacks Standards. **Exempt fundraisers may not be sold in competition with school meals.**

- Exempt fundraiser dates must be submitted to Child Nutrition Services.

- The Child Nutrition Services website contains all necessary information relating to Smart Snacks Standards and the State Fundraiser Exemption.

- Written communication will be provided annually to all campus principals regarding guidance, monitoring and compliance for Smart Snacks Standards and the State Fundraiser Exemption.

### **Foods and Beverages Given to Students**

- All food and beverages given to students without the exchange of currency, tokens, tickets or food brought to school by students for their own consumption do not have to meet the Smart Snacks Standards.

### **Marketing Food to Students**

- Marketing is defined as advertising and other promotions in schools.

- Marketing on the school campus during the school day may occur for only those foods and beverages that meet the Smart Snacks Standards.

- The marketing of products on the exterior of vending machines through posters, menu boards/systems, trash cans and other food equipment, as well as cup used for beverage dispensing are not allowed.

- Marketing foods that do not meet the Smart Snacks Standards through the use of coupons is allowable as long as consumption of the food occurs after the end of the school day.

# NUTRITION PROMOTION AND EDUCATION

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

**Objective:** Each campus and building will ensure healthy nutritional messages are accessible to all students, staff, and stakeholders.

Benchmarks	Activities	Methods of Measuring	Communication
Implement highlighted healthy nutritional messages a minimum of once per month.	Support Child Nutrition monthly promotions to include but not limited to, social media and audio-visual displays.	Documentation of 9 annual activities at a minimum of one activity per month.	School Health Advisory Council (SHAC), Child Nutrition Services, Physical Education and Health Services through the Wellness Scorecard and social media.

**Goal 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.

**Objective:** Each campus and building will provide activities and resources that encourage community stakeholders to make healthy food choices.

Benchmarks	Activities	Methods of Measuring	Communication
Document and plan a minimum of one wellness activity/event per semester including all community stakeholders.	Include healthy nutritional tips via district wide messages to community stakeholders. To include but not limited to: Open House, wellness activities/events, District Wellness Days, Physical Education Demonstration Night, athletic events, field days, Aldine Culinary Kids Field Trips, health fairs, extra-curricular programs and events.	Wellness Scorecard Documentation.	School Health Advisory Council (SHAC), Wellness Scorecard, provide healthy tips at athletic activities via digital displays, and/or announcements and social media.

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

**Objective:** Campus administrators will screen all food and beverage advertisements accessible to students during the school day to ensure they meet federal guidelines. Exception includes the 6 exempt fundraiser days as per Texas Department of Agriculture (TDA).

Benchmarks	Activities	Methods of Measuring	Communication
100% compliance with federal and state regulations.	Memo and resources provided to principals by Child Nutrition Services.	Wellness Scorecard Documentation.	School Health Advisory Council (SHAC), memo and resources provided to principals by Child Nutrition Services.

**Section 2: NUTRITION PROMOTION AND EDUCATION**

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

**Objective:** The Coordinated School Health Team (may include school administrator, nurse, cafeteria manager, health teacher, physical education teacher, etc.) will provide nutrition education through a variety of settings.

<b>Benchmarks</b>	<b>Activities</b>	<b>Methods of Measuring</b>	<b>Communication</b>
Documentation of a minimum of one activity per semester from each Coordinated School Health Team Member.	Classroom lessons, wellness activities/events, healthy tips newsletters, Child Nutrition monthly promotions.	Campus Improvement Plan, Wellness Scorecard.	School Health Advisory Council (SHAC), Coordinated School Health Team.

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

**Objective:** Implement cross-curriculum education to promote healthy nutritional lifestyles.

<b>Benchmarks</b>	<b>Activities</b>	<b>Methods of Measuring</b>	<b>Communication</b>
Implement cross-curriculum education to promote healthy nutritional lifestyles.	The Coordinated Health Team will provide healthy nutritional resources to display and discuss in each classroom; documented in lesson plans.	Documented in the Campus Improvement Plan and Wellness Scorecard.	School Health Advisory Council (SHAC), Coordinated School Health Team, teachers, professional development, and faculty meetings.

**Goal 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.

**Objective:** Designated district personnel shall be provided staff development for the Nutrition Education Program.

<b>Benchmarks</b>	<b>Activities</b>	<b>Methods of Measuring</b>	<b>Communication</b>
Assign District personnel in regards to Nutrition Education Program.	Staff development prior to 1 <sup>st</sup> day of instruction and throughout the year.	Staff Development attendance documentation.	School Health Advisory Council (SHAC), Coordinated School Health Team, administration, teachers, professional development, and faculty meetings.

## Texas State Standard -Physical Education

19 TAC Chapter 116. Texas Essential Knowledge and Skills for Physical Education Texas Education Code ~28.002, unless otherwise noted. Subchapter A. Elementary B. Middle School and C. High School

In Physical Education, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically-active lifestyle. The student exhibits a physically-active lifestyle and understands the relationship between physical activity and health throughout the lifespan.

## Texas State Standard - Health Education

19 TAC Chapter 115. Texas Essential Knowledge and Skills for Health Education Texas Education Code ~7.102(c) (4). 28.002(s), 37.001 and 37.0832, unless otherwise noted. Subchapter A. Elementary B. Middle School and C. High School

In health education, students acquire the health information and skills necessary to become healthy adults and learn about behaviors in which they should and should not participate. To achieve that goal, students will understand the following: students should first seek guidance in the area of health from their parents; personal behaviors can increase or reduce health risks throughout the lifespan; health is influenced by a variety of factors; students can recognize and utilize health information and products; and personal/interpersonal skills are needed to promoted individual, family and community health.

## Nation State Standard

SHAPE America’s National Standards and Grade-Level Outcomes for K-12 Physical Education define what a student should know and be able to do as result of a highly effective physical education program. States and local school districts across the country use the National Standards to develop or revise existing standards, frameworks and curricula.

**Standard 1** – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2** - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3** – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4** – The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5** – The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

## PHYSICAL ACTIVITY

**Goal 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.

**Objective:** Every campus will provide fitness activities for all students. Schools will provide opportunities for every student to develop the knowledge and skills for specific physical activities in accordance with district, state, and national guidelines.

Benchmarks	Activities	Methods of Measuring	Communication
<p>Fitness based activities will be offered to all students.</p> <ul style="list-style-type: none"> <li>• <b>Recess shall not be used as a reward or punishment.</b></li> <li>• All PreK-12 teachers and paraprofessionals that teach health and/or physical education must be trained and certified in CPR/AED.</li> <li>• All PreK-12 teachers and paraprofessionals who teach health and/or physical education must participate in required health and physical education staff development.</li> <li>• Provide daily recess opportunities for physical activity in addition to structured classroom curriculum within the school day.</li> <li>• Implement Coordinated Approach to</li> </ul>	<p>Participation in one or more of the following activities but not limited to: run club, intramurals, Turkey Trot, summer swim lessons and gymnastics, First Tee, Punt-Pass-and-Kick, Cardiopulmonary Resuscitation (CPR) training, Parenting and Paternity Awareness (PAPA), It's Your Game (IYG), Jump Rope for Heart, Hoops for Heart, Wellness Nights, Field Days, Fuel Up to Play 60, Physical Education Demonstration Night, University Interscholastic League (UIL) activities, Fitnessgram, Partner PE, Fun Runs and District Wellness Days.</p>	<p>Wellness Scorecard and Staff Development documentation, Fitnessgram Test, Teacher class roster.</p>	<p>Social media, flyers, phone automated system, marquee, Schoology, eSchool, and announcements.</p>

<p>Child Health (CATCH) curriculum PreK-8th grade.</p> <ul style="list-style-type: none"> <li>• State-certified physical education instructors will teach all physical education classes.</li> <li>• Strive toward physical education classes to have a student/adult ratio not to exceed 45:1. If ratio is greater than 45:1, district must identify manner in which safety will be maintained.</li> <li>• K-6th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity (MVPA) daily, or 135 minutes weekly.</li> <li>• 6th-8th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity (MVPA) daily, or 135 minutes weekly, or 225 minutes over a two-week period.</li> <li>• Time allotted for physical activity will be consistent with national and state standards.</li> </ul>			
---	--	--	--



<b>Goal 2:</b> The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.			
<b>Objective:</b> Each classroom subject will have one or more daily kinesthetic learning breaks.			
<b>Benchmarks</b>	<b>Activities</b>	<b>Methods of Measuring</b>	<b>Communication</b>
Documented in the lesson plan; all PreK-12 teachers and paraprofessionals must participate in at least one kinesthetic learning staff development yearly.	Beginning of school, scheduled district staff development days, teacher led campus staff development.	Staff Development to exemplify and encourage kinesthetic learning activities, lesson plans, videos and pictures, Teachscape, Battelle for Kids.	Visual aid, principal and district support, staff development, faculty meetings, social media, testimonials.

<b>Goal 3:</b> The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.			
<b>Objective:</b> Each campus will implement a before-or-after school physical activity program each semester.			
<b>Benchmarks</b>	<b>Activities</b>	<b>Methods of Measuring</b>	<b>Communication</b>
Participation rates from year to year.	YMCA, Intramurals (5th and 6th), UIL, Extended day, Boy Scouts, Girl Scouts, Cheer, Run Club, Fitness Club, Open Gym, Open Weight Room, Open Swim.	Participation sign-in sheets.	District personnel will provide resources to all stakeholders in regard to extended school day programs. Include a statement in at least one district or campus publication: social media, flyers, phone automated system, marquee, Schoology, eSchool, school and district calendar and announcements.

<b>Goal 4:</b> The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.			
<b>Objective:</b> Create opportunities for employees to balance life goals and stressors in a positive work environment to promote physically active lifestyles for students.			
<b>Benchmarks</b>	<b>Activities</b>	<b>Methods of Measuring</b>	<b>Communication</b>
Participation rates from year to year. All district employees are given the opportunity to participate in wellness staff development and/or activities.	Health Benefits Fair, Viverae Wellness Program, Best Doctors Program, District Wellness Days, Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD), district staff development.	Evidence will be the overall wellness improvement of employees. Evidence will be measured by number of claims processed and employee participation in the health and wellness program.	Website, employee emails, mail, flyers and mobile apps with access to websites.

<b>Goal 5:</b> The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.			
<b>Objective:</b> Each campus will offer at least one event per semester either during or outside of normal school hours that involves and promotes physical activity and includes both parents and students in the event.			
<b>Benchmarks</b>	<b>Activities</b>	<b>Methods of Measuring</b>	<b>Communication</b>
Invest Artifact; document and plan a minimum of one wellness activity/event per semester including all community stakeholders.	Wellness nights, Annual Physical Education Demonstration Night, District Wellness Days, Open House with School Nurse and Child Nutrition.	Participation rates from semester to semester.	Physical Education Teacher informs principal of ideas for physical activity events. Include a statement in at least one district or campus publication: social media, flyers, automated phone system, marquee, Schoology, eSchool, school and district calendar, and announcements.

**Goal 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 outside of the school day.

**Objective:** Provide information to the community regarding district facilities that are available for use outside of the school day.

<b>Benchmarks</b>	<b>Activities</b>	<b>Methods of Measuring</b>	<b>Communication</b>
Each campus will provide information to the community using one or more methods of communication continually throughout the school year.	Intramurals, Pee-Wee Football, AAU Basketball, Club Volleyball, Club Soccer, Summer track programs, YMCA, Harris County Aquatics Program (HCAP), tennis courts, soccer fields, track, fields, Little League baseball and softball.	Documentation of approvals, campus and district calendar, facility rental.	Include a statement in at least one district or campus publication: social media, flyers, automated phone system, marquee, appropriate signs, Schoology, e-School, announcements, and campus/district calendar.

## SCHOOL-BASED ACTIVITIES

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

**Objective:** Campus administration and child nutrition will adhere to all recommendations and guidelines regarding sufficient eating time and cafeteria cleanliness, safety, and environment.

<b>Benchmarks</b>	<b>Activities</b>	<b>Methods of Measuring</b>	<b>Communication</b>
Compliance with mandatory regulations for sanitation and safety. Meet recommended times for meal consumption of 10 minutes for breakfast and 20 minutes for lunch.	Daily safety and sanitation practices, staff supervision to promote safe and secure facilities, and active monitoring of sufficient eating time. Training and communication to staff, students, and community.	Biannual health department inspections. Documented child nutrition observations of meal consumption time. Regulatory agency inspections.	Building schedules, parent and student handbooks, and administrative handbook.

<b>Goal 2:</b> The District shall promote wellness for students and their families at suitable District and campus activities.			
<b>Objective:</b> Wellness events will be conducted on campus as well as district wide.			
<b>Benchmarks</b>	<b>Activities</b>	<b>Methods of Measuring</b>	<b>Communication</b>
The district and each campus will be responsible for at least one wellness activity yearly.	Open House, District Wellness Days, Physical Education Demonstration Night, Wellness Night, District Parent Expo, Child Nutrition Events, Health Services Events and Fairs.	Wellness Scorecard Documentation.	Social media, flyers, campus and district calendar and automated phone system.

<b>Goal 3:</b> The District shall promote employee wellness activities and involvement at suitable District and campus activities.			
<b>Objective:</b> Create opportunities for employees to balance life goals and stressors in a positive work environment.			
<b>Benchmarks</b>	<b>Activities</b>	<b>Methods of Measuring</b>	<b>Communication</b>
Participation rates from year to year.	Viverae Wellness Program, Best Doctors Program, Health Benefits Fair, Health Club Membership, Discount Prescription Drug Program, Medical Plans, Dental Plans, Vision Plans, Insurance Plans, Retirement Plans, Hospital Indemnity, Personal Legal Plan.	Evidence will be overall wellness improvement of employees. Evidence will be measured by number of claims processed and employee participation in the health and wellness program.	Website, employee emails, mail, flyers and mobile apps with access to websites.