

# WELLNESS PLAN

## MT. ENTERPRISE ISD

### 2017

**Included in plan are stakeholder engagement/assigned responsibilities and assessment of the 2017 MEISD Wellness Plan**

#### **Introduction, Rationale and Goal**

##### **Introduction:**

In the Child Nutrition and WIC Reauthorization Act of 2004, PL 105-268, the U.S. Congress established a new requirement for all local agencies (including public and nonpublic, as well as, Residential Child Care Institutions) with a federally-funded National School Lunch program. The local agencies are required to develop and implement wellness policies that address nutrition and physical activity. In response to this requirement, Mt. Enterprise ISD has developed a wellness plan for PreK-12. The model wellness policy meets the new federal requirement. It is based on science, research, and existing practices from exemplary states and local school districts around the country. The first priority of the work group was to promote children's health and well-being; however, feasibility of plan implementation was also considered. MEISD PreK-12 also supports the health of all students by encouraging the enrollment of eligible children in Children's Health Insurance Program (CHIP).

##### **Rationale**

The increasing rates of overweight and obesity among youth threaten to jeopardize the future health and productivity of our children.

- Will academic success become more and more difficult for students to attain as lifestyle choices diminish a child's ability to learn?
- Will the students of today be the first generation to have a shorter life expectancy than their parents?
- Do over nourished and malnourished children face similar adversities?

A healthy school environment goes beyond school meals in the cafeteria. Living a healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices, knowledge of nutrition, and appropriate amounts of physical activity. All foods made available on school campuses should offer children nutritious choices. Nutrition education and physical activity should be incorporated into the school day as often as possible. The healthy, nutritionally astute, and physically active child is more likely to be academically successful. A coordinated effort by the entire community including child nutrition professionals, school board members, parents, students, school administrators, and teachers is warranted. These efforts should involve adults serving as role models and community members being informed of the policies that improve the long-term health and wellbeing of students. MEISD PreK-12 has a strategic role to play in improving the health and well-being of children. Implementation must include addressing the following four components: Nutrition Education, Physical Activity, Nutrition Standards, and Other School Based Activities. The setting of goals, objectives, and timelines will assist in effective implementation of the plan. The superintendent or designee of MEISD PreK-12 shall be responsible in ensuring that the requirements of the local wellness plan are followed.

##### **Goal**

Our goals are to create an environment that provides consistent wellness messages, is conducive to healthy eating and physical activity; and contributes to forming healthy life long habits.

## **PHYSICAL ACTIVITY**

The primary goal for the school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthful lifestyle.

### **Daily Physical Education Classes PreK-10**

- All students in grades PreK-10 will receive daily physical education as outlined in the SB 530: Physical Activity Requirements for Public School Students. Students with disabilities, special healthcare needs, and those in alternative educational settings will be included.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- The physical education curriculum should demonstrate progression and sequence and be consistent with SB 530: Physical Activity Requirements for Public School Students.
- All physical education will be taught by highly qualified physical education teachers.
- Student participation in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

### **Daily Recesses**

- All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity.
- Extended periods of inactivity, two hours or more, are discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active.

### **Physical Activity Opportunities Outside of School Hours**

- Will offer interscholastic sport programs.
- Schools will offer a variety of activities for students.
- We will educate and encourage participation in community or club activities.
- After-school enrichment programs will provide and encourage (verbally and through the provision of space, equipment, and activities) daily periods of moderate to vigorous physical activity for all participants.

### **Rewards/Incentives/Consequences**

- Teachers will be encouraged to not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.
- Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them.

### **Safe Routes to School**

- The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

### **Use of School Facilities Outside of School Hours**

- School spaces and facilities can be reserved for students, staff, and community members before, during, and after the school day; on weekends; and during school vacations.

- School will educate the community, including parents and staff, about reserving and utilizing the facility. These spaces and facilities also will be available to community agencies and organizations offering physical activity and nutrition programs.
- School policies concerning safety will apply at all times.

#### **Wellness Council/Committee**

- Our Wellness Committee will plan, implement, and assess ongoing activities that promote healthy lifestyles and physical activity.

### **NUTRITION EDUCATION**

Our goal is to develop a nutrition education that will be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition education will be incorporated into the school day as often as possible. The primary goal of nutrition education is to influence students' eating behaviors.

#### **Nutrition Education:**

- teaches consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community, and media;
- is part of health education classes and/or stand alone courses;
- is included in the scope and sequence of the curriculum;
- includes the school cafeteria which serves as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom;
- offers information to families that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families;
- will be taught by staff who are adequately prepared and who participate in professional development activities in order to deliver an effective program;

#### **Professional Development**

- Our district will provide ongoing professional development and education for foodservice professionals, educators, administrators and other staff.
- We will provide nutrition and physical education information to students and staff.

#### **Nutrition Standards**

Students' life-long eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products will be available wherever and whenever food is sold or otherwise offered at school during the normal school day.

Examples may include a la carte, snacks, vending machines, fund raising activities, parties, celebrations, and school sponsored events.

#### **General Guidelines**

- Food pricing strategies will be designed to encourage students to purchase nutritious items.
- Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.
- Food and beverages sold or served on school grounds or at school sponsored events during the normal school day will meet the Dietary Guidelines for Americans and the Standards for Food and Beverages set forth in this document.

#### **School Meal Program**

- The school food service program will operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and with applicable laws and regulations of the state of Texas.
  1. The school will comply with USDA regulations and state policies.

- Our school will offer varied and nutritious food choices that are consistent with the federal government’s Dietary Guidelines for Americans. For the purpose of this policy, “Dietary Guidelines for Americans” refers to the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks.
- Students with special dietary needs will be accommodated as required by USDA regulation.

### **Eating Environment**

- Students and staff will have adequate space to eat meals in clean, safe, and pleasant surroundings and will have adequate time scheduled as near the middle of the school day as possible to eat, relax, and socialize.
- Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
- Consideration will be given for passing time, bathroom break, hand washing, and socializing.

### **A la carte offerings in the food service program**

- A la carte items available during the school day will meet the Standards for Food and Beverages set forth in this document.

### **Parties and Celebrations**

- Schools should limit celebrations that involve food during the school day.
- Each party should include no more than one food or beverage that does not meet the Standards for Food and Beverages.
- The district will disseminate a list of healthy party ideas to parents and teachers.
- When possible, parties involving food will be scheduled in the afternoon.
- Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them.

### **Snacks**

- Healthy snacks will include fresh, dried, or canned fruits (in 100% juice only); vegetables; 1% or skim milk; and grains meeting the Standards for Food and Beverages set forth in this document.

### **Fundraising**

- The school district allows one candy fundraiser per year. Any other fund raising activity will take into account nutritional guidelines.

### **DEFINITIONS**

**A La Carte:** additional and separately priced foods sold in the lunch line.

**Dietary Guidelines for Americans:** dietary recommendations for healthy Americans age 2 years and over about food choices that promote health, specifically with respect to prevention or delay of chronic diseases.

**Physical Activity:** the Center for Disease Control and Prevention (CDC) defines physical activity as any bodily movement produced by skeletal muscles that results in an expenditure of energy.

**Normal School Day:** time period spanning from the first bell of the day that begins the first class period to the last bell of the day ending the final class period.

### **Cafeteria Standards for Food and Beverages during School Hours**

#### 1. Beverages:

- Provide 100% fruit and vegetable juices and limit portion sizes to 4-6 ounces.
- Provide water - non-carbonated and unflavored without added sugar, artificial sweeteners, or caffeine.
- Provide milk-skim or 1% in portion sizes of 8-16 ounces.

1. Flavored milk (chocolate or strawberry), low fat, or skim may be offered in up to 8 ounce serving sizes with no more than 36 grams of sugar in a 12 ounce portion.
- d. Eliminate the sale of soft drinks, sports drinks, punch, fruit drinks, iced tea, coffee and coffee-like beverages, and other items not included in allowable beverages listed above.
- e. Allow only water as a beverage in the classroom.
2. Grains:
  - a. Serve whole grains which contain at least 2 grams of fiber per 1 ounce serving. One half of all grains served should be whole grain.
  - b. Limit portion sizes to 1.25 ounces - 2 ounces with most being 1.25 ounces.
  - c. Limit total calories from fat to no more than 30%.
  - d. Limit total calories from saturated fat to no more than 10%.
  - e. Limit sugar content to no more than 35% of calories by weight, or less than 6 grams from sugar per serving.
  - f. Limit the amount of trans fats.
3. Fruits and Vegetables:
  - a. Offer fruits and vegetables prepared/packaged without added fat, sugar, or sodium. Low-fat dips and sauces on the side may be served in small portions to make foods more appealing.
  - b. Offer ½ cup serving sizes of fruits and vegetables. Offer additional fruits and vegetables to help students reach the recommended 5 - 9 servings per day.
  - c. Offer a variety of fruits and vegetables, especially colorful ones.
4. A la carte entrees and side dishes:
  - a. Offer meat/meat substitutes in portions no greater than 3 ounces with 5 grams of fat per ounce or less (except nut butters).
  - b. Offer nuts and seeds in portion sizes no greater than 1.25 ounces.
  - c. Offer nut butters in portion sizes of 2 - 4 Tbsp.
  - d. Offer non-fat and low-fat yogurt in portion sizes of 8 ounces or less. Sugar should not be the first ingredient on the label.
  - e. Limit ice cream and frozen desserts to portion sizes of 4 ounces or less with 5 grams or less of fat. Sugar should not be the first ingredient.
  - f. Offer cheese in portion sizes of 1- 2 ounces.
5. Condiments and miscellaneous:
  - a. Offer salad dressing containing no more than 6 - 12 grams of fat per ounce.

## **Wellness Plan 2017**

### **Stakeholder Engagement and Assigned Responsibilities**

#### **Assessment discussion/Stakeholder Engagement of 2017 Wellness Plan**

Most concerns of the wellness plan had to do with areas that the school district has no control over. Discussions were made of portion sizes, types of food, condiments, etc. as having too much regulation. Most members grew up in a different era where cafeteria food was less regulated and portions were much larger. Members would like to see bigger portions for junior high and high school students--- especially HS boys that are in athletics. The members understand the regulations the cafeteria director has to follow to be part of the National Lunch and Breakfast programs.

Other concerns were optimal physical education activities. TEA says that students do not have to have as much PE in HS as the grade levels below it. MEISD encourages students to be physically active and take classes that involve rigorous activities such as athletics.

Discussion was made about walking to and from school for students that live a few blocks away. MEISD cannot encourage too much of that because of safety concerns with traffic and nefarious characters who could be on the lookout for young kids.

Members were generally pleased with the 2017 Wellness Plan that was presented to them. They were asked for input in changes or additions. None were given--just discussion of certain areas covered by the plan.

Members/stakeholders surprised about all the regulations school districts have to consider when selling edible items and class parties. Discussion was also about items you could or could not sell during meal times and locations.

### **Stakeholder Engagement/Assigned Responsibilities**

Groups that were represented for the implementation and assessment of LWP:

Administrators: *superintendent; elementary principal, secondary principal*

Community Members: *3 community members*

Parents: *3 parents from the community*

Other school personnel: *business office rep (2); athletic department rep; fine arts rep; maintenance/custodial rep*

Stakeholders discussed LWP and made several observations and suggestions. Those comments are reflected directly above under "Assessment discussion."

#### Assigned Responsibilities:

The superintendent and Food Service Director are responsible for developing the LWP

The superintendent, Food Service Director, Administration and Nurse are responsible for implementing the LWP

The Stakeholders/SHAC committee is responsible for the LWP assessment

The superintendent and Food Service Director are responsible for any updates to the LWP