

GONZALES INDEPENDENT SCHOOL DISTRICT

District School Wellness Plan

April 2018

The School Health Wellness Policy is designed to create a school environment that promotes the health of our students. It is designed to meet new requirements set forth in the Healthy, Hunger-Free Kids Act of 2010.

Gonzales ISD Local School Wellness Policy

The policies outlined within this document are intended to create a school environment that protects and promotes the health of our students. This policy applies to all schools in the district. Our commitments to providing nutrition education and regular physical activity, as well as access to nutritious foods for all students are described within the policy. Because Gonzales ISD participates in the National School Lunch Program and the School Breakfast Program, the local school wellness policy is consistent with new requirements set forth in section 204 of the Healthy, Hunger-Free Kids Act of 2010.

Goals

The Gonzales ISD Local School Wellness Policy will include clear, concise goals with specific measurable objectives to include:

- * Nutrition promotion and education;
- * Physical activity;
- * Other school-based activities which promote student wellness.

At a minimum, Gonzales ISD will review “Smarter lunchroom “ tools and strategies, which are evidence- based, simple, low-cost and no-cost changes that are shown to improve student participation in the National School Lunch Program and School Breakfast Program.

Stakeholders

Gonzales ISD will designate the Food Services Director and the district School Health Advisory Council Coordinator to ensure each school complies with the local school wellness policy. Parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators and the general public will be permitted to participate in the development, implementation, and periodic review and update of the local school wellness policy. These active participants will assemble with the School Health Advisory Council at least four times each school year with two assemblies in the fall semester and the remaining two in the spring.

Fall semester: development and implementation of the local school wellness policy;
Spring semester: periodic review, update, and annual progress report

Informing the Public

Gonzales ISD will make available to the public an assessment on the implementation of the local school wellness policy by including an annual progress report. The public will be informed about the content of the local school wellness policy and any updates to the policy. Parents and the public will be informed of basic information about the local school wellness policy and the progress of each school toward meeting the goals of the policy.

Methods of dissemination may include:

- * Published on the school district and or campus website;
- * Newsletters;
- * News articles;
- * School Board Meetings.

Annual Progress Report

The annual progress report shall include:

- * The website address and how it may be accessed by the public;
- * A description of each school's progress in meeting the local school wellness goals;
- * A summary of each school's activities related to the local school wellness policy implementation;
- * The name and title of the district and campus contact person for information on the wellness policy;
- * Information on how individuals may get involved with the school wellness policy team.

Marketing

Marketing, advertising and other promotions in schools, will be limited to those foods and beverages that may be sold on the school campus during the school day, i.e., those foods and beverages that meet the Smart Snacks in Schools standards. Food marketing includes oral, written or graphic statements made for the purpose of promoting the sale of a food or beverage products made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. Methods of marketing include:

- * Vending machines;
- * Posters;
- * Coolers;
- * Trash cans.

Accountability and Record Keeping

Gonzales ISD will be held accountable for Local School Wellness Policy implementation, assessment and public updates. Gonzales ISD will maintain records including:

- * A copy of the current Local Wellness Policy;
- * Demonstration that the Local Wellness Policy has been made available to the public;
- * Demonstration of efforts to review and update the Local Wellness Policy, including an indication of who is involved in the update and the methods that stakeholders are aware of the ability to participate;
- * A copy of the most recent assessment on the implementation of the Local Wellness Policy;
- * Annual local school wellness policy progress report for each school;
- * Documentation to demonstrate compliance with the public notification requirement.

Activities

I. Nutrition education and promotion

Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media. Methods include:

- * Classroom teachers and or Physical Education teachers will integrate nutrition education into core curricula using approved nutrition curriculum; <http://www.fns.usda.gov/tn/team-nutrition>
- * Nutrition education programs will be linked to school meal programs, cafeteria nutrition promotion, and after-school programs;
- * Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes;
- * Staff members responsible for nutrition education will receive relevant professional development;
- * Nutrition education will be provided to families via newsletters and postings on the website;

- * The school menu will be posted online;
- * Staff is encouraged to model healthful eating habits;
- * Nutrition curriculum will promote adequate nutrient intake and healthy eating practices, skill development such as reading labels to evaluate the nutrient quality of foods, meal planning, and analysis of health information;
- * Nutrition themes will include items such as USDA My Plate, Dietary Guidelines for Americans, adequate nutrient intake, body image and food safety.
- * Schools are encouraged to have campus student health advisory committee

II. Nutrition Standards for All Food and Beverages Sold or Served on School Grounds

School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. All schools shall participate in the USDA school breakfast, school lunch and summer food programs. Gonzales ISD ensures:

- * All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;
- * The school meal programs will be administered by a team directed by the Food Services Director;
- * All cafeteria staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take;
- * All menus will be reviewed and compared to sample USDA menus or USDA software for menu review;
- * Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated;
- * Meals will be served in a clean and pleasant setting and under appropriate supervision;
- * Rules for safe behavior will be consistently enforced;
- * Schools are encouraged to promote breakfast participation through programs such as breakfast in the classroom, second chance breakfast, flexible scheduling and individual staff encouragement
- * Lunch will be scheduled between 10:45 a.m. and 1:00 p.m. as feasible;
- * Tutoring, club, or organizational meetings will not be scheduled during meal time, unless students are allowed to eat during such activities;
- * Students will have access to hand washing or hand sanitizing facilities before meals and snacks;
- * Participation in school meal programs will be promoted;
- * Parents will be notified of the availability of the breakfast, lunch and summer food programs and will be encouraged to determine eligibility for reduced or free meals.

Competitive Foods and Beverages

All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered competitive foods. Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores and for in-school fundraisers. All competitive foods must comply with the district's nutrition standards, as well as all applicable state and federal standards.

Nutrition Standards

The Institute of Medicine's nutrition standards for competitive foods or beverages in schools has been adopted by Gonzales ISD. A summary of standards includes:

Foods

Only fruits, vegetables, nuts and seeds, whole grains, low-fat dairy and combination products may be

sold, following standards below:

- * Packaged items shall not exceed one serving per package/200 calories;
- * Items shall contain no more than 35% of total calories from fat, less than 10% of total calories from saturated fats and zero trans fats. Exception: The fat content of nuts and seeds will not count against the total fat content of packaged products;
- * Items shall contain no more than 35% calories from total sugars. Exception: Yogurt, may contain up to 30 grams of total sugars per 8 oz. serving
- * Items shall contain less than or equal to 200 mg of sodium per packaged portion;
- * Combination items must contain at least one serving of whole grains, fruit or vegetable, per portion as packaged, in any combination (ex., ½ serving of fruit and ½ serving of whole grain in one portion);
- * A la cart items in the cafeteria must be USDA school meal components and meet the above fat and sugar limits. A la carte items cannot exceed 480 mg of sodium;
- * Whole fruits, vegetables, nuts and seeds are preferable to processed food items.

Beverages

The only beverages allowed to be sold outside of school meals include:

- * Low-fat (1%) non-fat or non-dairy milk in 8 oz. portions (plain or flavored with no more than 22 grams of total sugars per 8 oz.);
- * 100% fruit/vegetable juice in 4 oz. portions for elementary and middle school, and 8 oz. portions for high school;
- * Plain water.

Additional Foods Available to Students

Fundraising

- * Non-food fundraising is promoted.
- * In-school fundraising food items must meet the district's nutrition standards for competitive foods and cannot be sold for immediate consumption;
- * Out-of-school fundraising food items must meet the nutrition standards for a la carte items sold in the cafeteria or the district's nutrition standards for competitive foods;
- * Fundraising activities that promote physical activity are encouraged;
- * Fundraising activities will not promote branded products (name brand products).

Celebrations

- * Celebrations that involve food will be limited to after lunch period concludes during school days;
- * Foods that meet the district's nutrition standards will be allowed at school celebrations;
- * Food that do not meet district's nutrition standard will be allowed during the 3 annual days designated by Gonzales ISD
- * Parents will be made aware in advance of when a celebration with food is taking place and what is to be served;
- * Parents bringing food to celebrate child's birthday with other children (i.e. classroom/grade) may only provide a cake or cupcakes or appropriate celebration dessert if celebrating during between or during meal hours.
- * Non-food celebrations will be promoted.

Access to drinking water

- * Students and school staff members will have access to free, safe, fresh drinking water at all times

throughout the school day;

- * Water will be promoted as a substitute for sugar-sweetened beverages;
- * School staff will be encouraged to model drinking water consumption;
- * Maintenance will be performed on all water fountains regularly to ensure that they are clean and readily accessible for use.

III. Marketing

School-based marketing will be consistent with nutrition education and health promotion. Schools will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in the District Wellness Policy. Marketing techniques include:

- * Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or on its container;
- * Displays, such as on vending machine exteriors;
- * Corporate brand, logo, name, or trademark on cups, posters, book covers, school supplies, or educational materials;
- * Corporate brand, logo, name, or trademark on school equipment, message boards, scoreboard, or uniforms;
- * Advertisements in school publications or mailings;
- * Sponsorship of school activities, fundraisers, or sports teams.

NOTE: Research shows that the use of food to reward/reinforce desirable behavior and academic performance has negative, unintended consequences. The use of food as a reward is discouraged and withholding food as a punishment is prohibited.

IV. Physical Activity

All PK – 12 students have access to physical education classes which meet state standards. Physical Education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity. Physical education programs will teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills. Physical Education standards include:

- * The school will provide adequate space/equipment and conform to all safety standards;
- * The school prohibits the use of physical activity and withholding of physical education class and other forms of physical activity as punishment;
- * All Physical Education classes will be taught by a qualified physical education teacher;
- * At least 50% of class time will be spent in moderate to vigorous activity;
- * Physical education staff will receive professional development annually;
- * The school will conduct the annual Fitness gram assessment in grades 3 – 12 as required. Reports will be sent to parents.
- * Schools are encouraged to adopt/create a local or participate in a national physical fitness program

All students will have opportunities for physical activity beyond physical education class. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around.

Teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.

All elementary schools will have daily of supervised recess during which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather, as defined by the district. Elementary, middle school, and high school will offer extracurricular physical activity programs, such as bicycle rodeo, jump-rope-for-heart, physical activity clubs, and intramural programs. High school and middle school will offer interscholastic sports programs to all students.

V. Evaluation and Enforcement

This wellness policy was developed by the Gonzales ISD Food Services Director with guidance from School Health Advisory Council, a group comprising individuals from the following groups: parents, teachers, students, school administration, food service director, school board, health services, and health and physical education staff. The committee is active with meetings held four times during the school year to review and revise, if needed, policy content and to design and evaluate implementation plans throughout district schools. A progress report will be prepared by the fourth meeting for those evaluating the implementation of the policy and regulations and include recommended changes or revisions. The committee shall also undertake additional tasks as consistent with the wellness policy guidelines issued by the USDA. All meeting dates and times will be announced and meetings will be open to the public.

The principal of each school will ensure compliance within the school and will report on compliance to the district school health wellness designee, who will provide a report to the school board and the wellness committee. The superintendent will identify a coordinator who will ensure that each school implements the policy and will collect, summarize and report on evaluation data to the committee. The following information will be included in an annual report:

1. The extent to which each school is in compliance with the wellness policy
2. A comparison of the district policy to model local school wellness policies
3. The progress made in attaining the goals of the policy
4. Any program or innovative strategies used or developed by schools that encourage nutrition and wellness
5. Any recommended changes to the policy
6. A detailed action plan for the following school year to achieve annual goals and objectives
7. Any additional information required by the USDA

The annual report will be posted on the school district website and presented during a school board meeting following the end of the school year.

Policy revision will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data, changing district priorities, and other issues.