



Jarrell Independent School District Wellness Policy

Mission Statement:

The District shall support the general wellness of students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity.

Wellness plan

The School Health Advisory Council (SHAC), shall assist in developing a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

- Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
- Objectives, benchmarks, and activities for implementing the wellness goals;
- Methods for measuring implementation of the wellness goals;
- The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
- The manner of communicating to the public applicable information about the District's wellness policy and plan.

Nutrition Guidelines

Food and Beverages Sold

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary. The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules.

Nutrition Education Goals

Goal

Schools will educate, encourage and support healthy eating by all students, staff and community of all ages.

- All nutrition education will be acquired from credible sources (American Heart Association [AHA], American Diabetes Association [ADA], Academy of Nutrition and Dietetics [AND], United States Department of Agriculture [USDA], School Nutrition Association [SNA], and the Child Nutrition department)
- Nutrition education will be included by sharing information with families and the community via the Jarrell ISD website, parent meetings, and by using the cafeteria as a “learning laboratory” [example: nutrition education displays; taste testing; etc.].
- Design a community health and wellness fair.
- The coordinated school health team (may include school administrator, nurse, café manager, etc.) will monitor and promote campus wellness education and activities.

Physical Activity

Goal #1

Schools will provide opportunities for students to participate in regular physical activity to promote personal lifelong behavior and maintain physical well-being.

- Create classroom environments that make it easily/readily available to move around and shift to make space to encourage movement.
- When a child needs consequences, use brain break instead of giving or withholding physical activity.
- Empower teachers to make physical activities a choice rather than a consequence and give options (ex. bouncy ball, jump rope).
- Incorporate movement to other locations (ex. outside or another space) for various lesson plans.
- Provide opportunities for physical activity outside the classroom and/or school day.

Goal #2

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.

- State-certified physical education instructors teaching all physical education classes.
- 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.
- K-6th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity (MVPA) daily, or 135 minutes weekly.
- 7th-8th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity daily, or 135 minutes weekly, or 225 minutes over a two-week period.

Nutrition Standards

Goal

USDA Nutrition Standards will be used as the standard for guidelines pertaining to foods and beverages made available on school campuses. Nutritional analysis are compiled and maintained on a monthly basis by the Food Services Department.

- All foods provided to students during the school day on a school campus will comply with federal, state and local regulations as well as the current USDA Dietary Guidelines for Americans.
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws, regulations and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for early childhood/pre-kindergarten, elementary schools, middle schools and high schools.

Healthy Eating Environment

Goal

The school environment is safe, comfortable and promotes healthy eating practices. At each campus the environment will include:

- Dining areas are clean and attractive and provide enough seating for all students during their lunch time.
- Drinking water is available for all students during meals.
- Food is not used as a reward or punishment for student behavior unless it is detailed in a student's Individualized Education Plan (IEP).
- If food or beverages are used in a learning activity, all laws, guidelines and regulations are met. (Refer to the Texas Public School Nutrition Policy.)
- Adequate time is provided to eat breakfast and lunch from the time the student is seated. [Recommended times by the National Association of State Boards of Education is 10 minutes for breakfast and 20 minutes for lunch.]
- With future growth, looking at consideration of more than 30-minute lunch periods at secondary campuses.
- Lunch periods are scheduled as near the middle of the day as possible and are planned to assure that students do not spend too much time waiting in line.
- If meetings or activities are scheduled during meal times, students must be allowed to eat breakfast or lunch.

School Health and Safety

Goal

All foods made available on campus will adhere to food safety and security guidelines.

- All foods made available on campus comply with the Federal, State and Local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food borne illness in schools.
- Every campus promotes/demonstrates appropriate hand washing practices.
- For the safety and security of the food and facility, access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the U.S. Department of Agriculture (USDA) food security guidelines.

- District administrators, by area of responsibility, are responsible for ensuring federal, state and local laws, regulations and guidelines are updated and in place.
- District safety, health and security policies and crisis plans are current. Training and communication are provided to staff, students and the community.

Other School Based Activities

Goal

School based activities are consistent with local wellness plan goals.

- School-based marketing for food and beverage products are consistent with nutrition education and health goals and aligned with federal, state and local regulations, laws and guidelines. Jarrell ISD determines this to be no sale of food items that do not meet Smart Snack Nutrition Guidelines at any time during the day on all campus levels. Food may be given away at any time during the day that doesn't meet Smart Snacks Nutrition Guidelines as long as it is not in interference with school meal service and where school meals are served. Sales that meet Smart Snack Nutrition Guidelines are allowed during the school day, as long as it does not compete with meal service times. Fundraising exemptions are limited to six per campus per year.
- After-school activities may encourage and include physical activity and health and wellness information.
- Concessions stands that are held during the day must adhere to the Smart Snack Nutrition Guidelines until 30 minutes after the last class of the day for all students enrolled in school, per USDA.
- School Health Advisory Council (SHAC) comprised of parents, teachers, Child Nutrition Services, Nursing Services, PE/Wellness Services, administrators, students and members of the community to work together to integrate health curriculum into a coordinated school health program that reflects local values.
- School Health Advisory Committee (SHAC) shall report directly to the school board at least once annually, including written report with information regarding the council's recommendations, modifications and activities.
- Teachers periodically eat with students to promote healthy eating.
- Partner with college science departments, depending on grade level, to break down "simplicity in ingredients". Break down by what they do for and to your body.
- Have students bring item labels from home to incorporate into a student health fair to explain the meaning of the labels.
- Implement an after school healthy cooking for parents and students to participate in together.
- Implement school health days.
- Find meal programs like Hello Fresh, Top Chef etc. to offer discounts to students and families.

Monitoring and Evaluation

Goal

The District shall comply with federal requirements for evaluating the wellness plan. Designate one or more school district official as appropriate to ensure that each school complies with the local wellness policy.

- The extent to which schools are in compliance with local wellness plan.
- The extent to which local wellness policy compares to model local school wellness plan.
- The progress made in obtaining goals of the local wellness plan.

Provide to the public an assessment of the local wellness plan.