

Keene Independent School District

Student Nutrition and Wellness Policies and Plan

Updated February 2015



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COMMITTEE MEMBERS:

School Staff Members

Parents

Grandparents

Teachers

Food Service Director

Food Service Staff

School Nurse

School Counselors

Principals

Assistant Principals

MISSION STATEMENT

- Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;
- Good health fosters student attendance and education;
- Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes 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;
- Thirty-three percent of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;
- Only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid.

PURPOSE AND GOAL

To link between nutrition and learning is well documented. Healthy eating patterns for students are essential to achieve academic, physical and mental growth along with lifelong health. Students shall be offered the knowledge and skills necessary to make nutritious food choices for a lifetime. Staff members are encouraged to model healthy eating habits and physical activity as a part of daily life. The Keene ISD shall prepare and implement a plan to encourage healthy eating along with physical activity. This plan shall make use of school and community resources and be of interest to all students taking into consideration the differences of the many cultures.

COMMITMENT

A Commitment to Nutrition and Physical Activity

1. Principals would address concerns such as kinds of foods available on their campus, sufficient time to eat, nutrition education in classrooms, and physical activity.
2. Nutrition education would be integrated across the curriculum and physical activity encouraged every day.
3. The school food service staff will participate in making decisions and guidelines that would be helpful in school nutrition environment.

QUALITY SCHOOL MEALS

1. The Keene Independent School District will offer breakfast, lunch, and after school snack programs where applicable. Staff and students are encouraged to promote and participate in the meal programs.
2. School food service staff that is properly qualified according to current professional standards and regularly participates in professional development activities and workshops will administer the Child Nutrition Programs.
3. Food safety will be a key part in the food service operation on a day to day basis.
4. Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture. By having good menu planning featuring a variety of healthy choices, served in a tasty, attractive manner with excellent quality and at the proper temperature, the students will benefit physically.
5. The food service department will offer fresh fruits and vegetables 3-4 times per week.
6. Menus will be planned and analyzed, for appropriate age/grade level by certified food service personnel.

OTHER HEALTHY FOOD OPTIONS

1. The Wellness committee shall recommend to the district guidelines on nutrition standards for foods and beverages offered through parties, celebrations, social events and school functions.
2. The Keene ISD will abide by the USDA Smart Snacks.
3. School Staff shall not use food as a reward for student accomplishment. The withholding of food as punishment for students is prohibited. For example, restricting as child's choice of flavored milk at mealtime due to misbehavior in class.
4. The District/Food Service Department will provide information to parents upon request, and will encourage parents to provide safe and nutritious foods and snacks for their children at home.

PLEASANT EATING TIMES

1. School personnel will assist all students in developing the healthy practice of washing their hands before eating meals or snacks.
2. Personnel will schedule enough time so students do not have to wait in lines.
3. Set an adequate time to eat meals. The minimum eating time for each child after being served should be 10 minutes for breakfast and 20 minutes for lunch.
4. Schools shall encourage pleasant socializing among students and between students and adults. The adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and manners.

NUTRITION EDUCATION

1. Keene Independent School District will follow health education standards and guidelines as stated by the Texas Department of Agriculture. The school shall link nutrition education activities with the school health programs.
2. Teachers shall be encouraged to link nutrition into curriculum areas.
3. The food service staff will display posters; art works etc. for child to view showing nutritious topics.
4. The food service staff members will also be available to attend classrooms at the Elementary level to introduce new fruits and vegetables into the lives of our Pre-K and Kindergarten students.
5. The children from Pre-K – 12th grades all participate in offer vs. serve in our meal program.
6. Before the end of each school year the committee will recommend to the Superintendent any revisions to the Student Nutrition/Wellness Plan as deems necessary.

HEALTHY FOOD CHOICE OPTIONS

Raw vegetable sticks/slices with low-fat dressing or yogurt dip
Fresh fruit and 100% fruit juices
Frozen fruit juice pops
Dried fruits (raisins, banana chips, etc.)
Low-fat meats, cheese, chicken, tuna sandwiches (made with low-fat mayonnaise)
Party Mix (use a variety of cereals, pretzels, etc.)
Low sodium crackers
Baked corn chips and fat free potato chips with salsa and low fat dips
Low fat muffins, granola bars, and cookies
Flavored yogurt and fruit parfaits
Jell-O and low fat pudding cups
Low fat ice creams, frozen yogurts, sherbets
Fat free flavored milk and 1% white milk
Pure ice cold water

FOODS TO AVOID-CONSUME ONLY OCCASIONALLY

Carbonated and caffeinated beverages
High sugar content candies and desserts
High fat foods (fried foods like French fries, fatty meats, cheeses, buttery popcorns)
High sodium foods (luncheon meats, cheeses, chips, salty popcorn, pickles)

In the selecting of food items to offer keep in mind the number of students and adults who are on special diets and the consumption of sugar, fat, sodium etc. being offered.

Organizations operating concessions at school functions should follow Smart Snacks where applicable.

School to follow policy of Smart Snacks.

APPENDIX

A. Local Policy

B. Wellness/Smart Snacks

C. Physical Activity

STUDENT WELFARE:
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

WELLNESS The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

DEVELOPMENT OF GUIDELINES AND GOALS The District shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, school administration, the Board, parents, and the public. [See BDF and EHAA]

NUTRITION GUIDELINES The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Healthy Hunger Free Act and Smart Snacks. [See CO]

In addition to legal requirements, the District shall:

1. Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations [See CO];
2. Provide teachers with education and guidelines on the use of food as a reward in the classroom;

WELLNESS GOALS The District shall implement, in accordance with law, a coordinated health program with a nutrition education component [See EHAB and EHAC] and shall use health course curriculum that emphasizes the importance of proper nutrition [See EHAA].

NUTRITION EDUCATION

In addition, the District establishes the following goals for nutrition education:

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education will be a Districtwide priority and will be integrated into other areas of the curriculum, as appropriate.
3. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.

STUDENT WELFARE:
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

PHYSICAL
ACTIVITY

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades [See EHAB and EHAC].

In addition, the District establishes the following goals for physical activity:

1. The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
2. Physical education classes will regularly emphasize moderate to vigorous activity.
3. The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
4. The District will encourage students, parents, staff, and community members to use the District's recreational facilities that are available outside of the school day. [See GKD]

SCHOOL-BASED
ACTIVITIES

The District establishes shall create an environment conducive to healthful eating and physical activity and express a consistent wellness message through other school-based activities.

Sufficient time will be allowed for student to eat meals in lunchroom facilities that are clean, safe, and comfortable.

IMPLEMENTATION

The principals and the District Improvement Plan Committee shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

WELLNESS



Beverage Limits differ based on grade level

- Allowable beverages for all students are limited to plain water (carbonated or un-carbonated), low fat milk (unflavored) and nonfat milk (including flavored), nutritionally equivalent milk alternatives (as permitted by the school meal requirements, and full strength fruit or vegetable juices and full strength fruit and vegetable juice diluted with water or carbonated water.

Beverage portion limits are as follows:

- 8 fluid ounces for elementary schools
- 12 fluid ounces for middle schools and high schools.

With the exception of trace naturally

Swap your Snacks!

Smart Snack School Year 2014...

The new Smart Snacks in School rules set limits on calories, fats, sugar and sodium and encourage the consumption of dairy, whole grains, protein, fruits and vegetables. Schools must comply with these rules by July 1, 2014.

Calorie Limits

- Snacks must contain less than or equal to 200 calories
- A La Carte entrees must contain less than or equal to 350 calories

Sugar Limits

- Snacks must contain less than or equal to 35% sugar by weight

Sodium Limits

- Snacks must contain less than or equal to 230 mg of sodium until July 1, 2016; thereafter, snacks must contain less than or equal to 200 mg sodium.

Fat Limits

- Total fat must be less than or equal to 35% of calories
- Saturated fat must be less than or equal to 10% of calories
- There must be no trans-fat in the package as served.

For High Schools

- Calorie free beverages are allowed in up to 20-oz containers (less than five calories per 8 ounce serving or less than or equal to 10 calories per 20 fluid ounces)

Please Note: the Smart Snacks in school rules do not apply to foods brought from home as bagged lunches or for birthday parties, off-campus fundraisers, athletic events and school plays or foods sold during non-school hours (30-min after school).

ELEMENTARY PHYSICAL EDUCATION

All students including students with disabilities and special health-care needs receive the scheduled physical education time required by the State of Texas.

Teaching the TEKS (Texas Essential Knowledge and Skills) in the curriculum.

Health related fitness skills.

Wellness Lessons

State mandated FitnessGram test in grades 3-5

FitnessGram report sent home to grades 3-5.

PHYSICAL ACTIVITY OPPORTUNITIES

Recess (Check the principals for exact school policy).

The elementary classrooms schedule at least one outdoor recess time, sometimes two per day.

Weather permitting all grade levels receive outdoor lunch recess time.

After School extra-curricular activity – PTO offers a Little Dribblers basketball program.