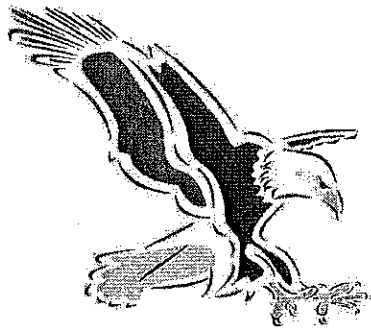


***EDUCATING CHILDREN TAKES EVERYONE***

**ZAVALLA INDEPENDENT SCHOOL DISTRICT**

**2018-2019**

**WELLNESS PLAN**



**ZAVALLA INDEPENDENT SCHOOL DISTRICT  
431 E. MAIN STREET  
ZAVALLA, TX 75980**

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# ZAVALLA INDEPENDENT SCHOOL DISTRICT WELLNESS POLICY

## **Purpose:**

It is the policy of the Zavalla Independent School District to promote actions that create a healthy and safe environment for all students, faculty, staff and citizens.

In an effort to address the issues of overweight, obesity, and the increasing prevalence of Type II Diabetes, it is our goal to promote the students' physical, emotional, and social wellbeing through a coordinated school health program. This includes providing a healthy environment, school nurse services, nutritious school meals, health education and opportunities for physical activity. It is the intent of this policy to enable students to become independent and self-directed learners by taking initiatives to meet their own health and nutritional needs as developmentally appropriate.

Furthermore, it is our expectation that specific actions will take into account the health needs and wellbeing of all children without discrimination or isolation of any child. It is the School Health Advisory Committee's (SHAC) belief that education and open and informative communication are vital for the creation of an environment with reduced risks for all students and their families.

## **Nutrition Guidelines**

1. A mission of the Zavalla ISD SHAC shall be to address nutrition issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually or more often if necessary.
2. The District shall ensure that nutritional 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 Texas Public School Nutrition Policy.
3. Classroom snacks feature healthy choices.
4. At a teacher's option, parents may choose to use this snack time for parents/grandparents to provide treats for birthdays and other celebrations. Administration shall make recommendations on limiting these celebrations.
5. **Competitive foods** (any food or beverage that is not provided by the school food service) are not allowed at the Elementary School at any time during the school day. Competitive foods are not allowed at the Junior High during meal periods. Competitive foods are not allowed at

the High School during meal periods where reimbursable meals are served and consumed.

6. Foods of Minimal Nutritional Value (FMNV) are not allowed in the Elementary School at any time during the school day. FMNV's are not allowed at the Junior High until after the last lunch period. FMNV's are not allowed at the High School during meal periods where reimbursable meals are served and consumed.
7. Candy is not allowed in the Elementary School at any time during the school day. Candy is not allowed at Junior High until after the last lunch period.
8. Carbonated Beverages are not allowed in the Elementary School at any time during the school day. Carbonated beverages are not allowed at Junior High until after the last lunch period. At High School, carbonated beverages cannot be sold in containers larger than 12 ounces and are not allowed during meal periods in areas where reimbursable meals are being served and consumed.
9. Organizations shall only use non-food fund-raisers or foods designed for delivery and consumption after school hours as fundraisers. No food fundraising will be allowed on the Elementary Campus during the school day.

I. Nutrition Education Goals

1. Zavalla ISD will follow health education curriculum standards and guidelines as stated by the Texas Education Agency. Schools will link nutrition education activities with the coordinated school health programs.
2. Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
3. As an integral part of teaching health for grades PK-8, parents and students will be provided with information stressing the importance of proper nutrition, routine exercise, and the need for adequate sleep.
4. School administrators and staff will promote a school environment that is supportive of healthy eating.
5. The school district will provide nutritional information to parents that will encourage the provision of safe and nutritious foods for children. Nutrition information should be based on methods proven effective by published research and consistent with the State's health education curriculum.

## **II. Physical Activity Goals**

1. The District shall implement in accordance with the 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.
2. 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.
3. Physical education classes will regularly emphasize moderate to vigorous activity.
4. The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
5. Students in grades PK-5 will have a daily structured recess or other physical activity period outside, weather permitting.

## **III. School-Based Activities Goals**

1. Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
2. Organize local wellness committees comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activity in the school environment.
3. Cafeteria employees will receive training from the food service director and school nurse as to what precautions will be necessary to ensure that students and staff are able to protect themselves and be a part of the cafeteria environment.
4. Zavalla ISD will participate in USDA nutrition programs and conduct nutrition education activities and promotions that involve students, parents and the community at suitable school activities.

## **IV. Eating Environment**

1. The National Association of State Boards of Education recommend that students should be provided adequate time to eat; at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
2. Lunch periods will be scheduled as near to the middle of the school day as possible.
3. Drinking water is available to all students at mealtimes.
4. Creative, innovative methods will be used to keep noise levels appropriate during meal times.
5. Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
6. Food is not used as a reward or punishment for student behaviors, unless it is detailed in a student's Individual Education Plan (IEP).

### **Implementation**

1. The SHAC will be composed of School District Staff, School Administrators, School Food Service Director, School Nurse, School Board member(s), students, parents and community members.
2. Each Campus Principal shall oversee the implementation of this policy and monitor its implementation by making periodic observations of faculty and students to assure that the plan is being consistently implemented.

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STUDENT WELFARE  
WELLNESS AND  
HEALTH SERVICES FFA (LOCAL)

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

DEVELOPMENT, IMPLEMENTATION,  
AND REVIEW OF GUIDELINES AND  
GOALS

[See EHAA for information regarding the District's coordinated school health program.]

The local school health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public.

WELLNESS PLAN

[See BDF for required membership of the SHAC.]

The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals;

4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
5. The manner of communicating to the public applicable information about the District's wellness policy and plan.
6. The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

## NUTRITION GUIDELINES

The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students 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 the state and federal rules. [See CO and FJ]

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FOODS AND BEVERAGES SOLD  
FOODS AND BEVERAGES PROVIDED  
WELLNESS GOALS  
NUTRITION PROMOTION AND EDUCATION

The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the District's wellness plan.

The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. [See EHAA] The District's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.

The District establishes the following goals for nutrition promotion:

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.
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.
3. The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.

The District establishes the following goals for nutrition education:

1. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.
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.

**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 BDF, EHAA, EHAB, and EHAC]

The District establishes the following goals for physical activity:

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
2. The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.
3. The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.
4. 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.
5. The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
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. [See GKD]

#### OTHER SCHOOL- BASED-ACTIVITIES

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities:

1. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
2. The District shall promote wellness for students and their families at suitable District and campus activities.
3. The District shall promote employee wellness activities and involvement at suitable District and campus activities.

#### IMPLEMENTATION

The child nutrition director shall oversee the implementation of this policy and the development and implementation of the wellness

plan and appropriate administrative procedures.

**EVALUATION**

The District shall comply with federal requirements for evaluating this policy and the wellness plan.

**PUBLIC NOTIFICATION** The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.

**RECORDS RETENTION**

The District shall retain all the required records associated with the wellness policy, in accordance with law and the District's records management program. [See CPC and FFA(LEGAL)]