

IRION COUNTY INDEPENDENT SCHOOL DISTRICT

WELLNESS POLICY

Irion County ISD is committed to the optimal development of every student. The district believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the district's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the district have access to healthy foods throughout the school day in accordance with Federal and State nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the district in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The district establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and campuses in the district. Specific measurable goals and outcomes are identified within each section below.

I. School Wellness Committee

Committee Role and Membership

The district will convene a representative district wellness committee (hereto referred to as the Student Health Advisory Committee or SHAC) that meets four times per year to establish goals for and oversee school health policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

The SHAC membership will represent all school levels (elementary and secondary campuses) and include (to the extent possible), but not be limited to: parents, caregivers, students, school nutrition director, physical education teachers, health education teachers, school health professionals, school counselors, psychologists, social workers, school administrators, school board members, health professionals, and the general public. To the extent possible, the SHAC committee will include representatives from each campus and reflect the diversity of the community.

Leadership

The superintendent or designee(s) will convene the SHAC committee and facilitate development of and updates to the wellness policy and will ensure each campus' compliance with the policy. The designated official(s) and contact information is listed below:

Dr. Ray DeSpain	Superintendent	Rdespain@irion-isd.org
Gina Feller, RN	School Nurse	Gfeller@irion-isd.org
Kristi Miller	Food Service Director	Kmiller@irion-isd.org

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The district will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, timelines, and includes information about who will be responsible for specific goals and objectives. This wellness policy and the progress reports can be found at www.irion-isd.org.

Recordkeeping

The district will retain records to document compliance with the requirements of the wellness policy at the district's Administrative Office, Nurse's Office, Food Service Director Office, and on the district website. Documentation will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the SHAC committee;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the wellness policy has been made available to the public.

Annual Notification of Policy

The district will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The district will make this information available via the district website and/or district-wide communications. The district will provide as much information as possible about the school nutrition environment. This will include a summary of the district's events or activities related to the wellness policy implementation. Annually, the district will also publicize the name and contact information of the school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the district will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the district are in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the district's wellness policy.

The position/persons responsible for managing the triennial assessment and contact information are: Campus Principals, School Nurse, and Food Service Director all of whom can be contacted by calling (325)835-6111. The SHAC committee, in collaboration with individual campuses, will monitor

compliance with the wellness policy. The district will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The SHAC committee will update or modify the wellness policy based on the results of the triennial assessments and/or as district priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or State guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following triennial assessment.

Community Involvement, Outreach and Communications

The district is committed to being responsive to community input, which begins with awareness of the wellness policy. The district will actively communicate ways in which representatives of SHAC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for the district. The district will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply. The district will use email, district website, newsletters, presentations to parents, or sending information home with parents to ensure that all families are actively notified of the content of the wellness policy. The district will ensure that communications are culturally and linguistically appropriate to the community. The district will notify the public about the content of or any updates to the wellness policy annually, at a minimum.

III. Nutrition

School Meals

Our district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and to meeting the nutritional needs of school children with their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs. The district is committed to offering school meals that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations;
- Promote healthy food and beverage choices

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet hiring and annual continuing education/training requirements.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The district will make drinking water available where school meals are served during mealtimes.

Competitive Food and Beverages

The district is committed to ensuring that all foods and beverages available to students on the school campuses during the school day support healthy eating and aim to improve student health, increase consumption of healthful foods, and create an environment that reinforces the development of healthy eating habits. A guide to Smart Snacks in Schools are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

Celebrations and Rewards

All foods offered on the school campuses will meet the USDA Smart Snacks in School nutrition standards. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. The district will provide parents a list of foods and beverages that meet Smart Snack nutrition standards. The district will provide teachers and other relevant school staff a list of alternative rewards other than snack foods.

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout classrooms and the cafeteria. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students, and the community. The district will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Nutrition Education

The district will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protects their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social studies, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure;
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

The district will include in the health education curriculum some of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugar
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

IV. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' activity can be provided through a comprehensive school activity program that reflects strong coordination and synergy across all of these components: quality physical education as the foundation; physical activity before, during, and after school; staff involvement and family and community engagement and the district which is committed to providing these opportunities.

To the extent practicable, the district will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The district will conduct necessary inspections and repairs.

Physical Education

The district will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with the national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The district will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All district **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

All district **secondary students** are required to take the equivalent of one academic year of physical education.

The district physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.

Essential Physical Activity Topics in Health Education

Health education will be required in all grades and the district will require secondary students to take and pass at least one health education course. Possible topics the district will include in the health education curriculum include the following:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will service as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks (Elementary and Secondary)

The district recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during the typical school week. The district recommends teachers provide short (3-5 minute) physical activity breaks to students during and between

classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class.

The district will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

Teachers will incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible (e.g. science, math, language arts, social studies) and do their part to limit sedentary behavior during the school day.

Before and After School Activities

The district will encourage students to physically active before and after school. Information on opportunities for extracurricular activities will be provided to students as the information is given to teachers and administrators.

Community Partnerships

The district will maintain relationships with community partners (e.g. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

The district will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, the district will use electronic mechanisms (e.g. email or displaying notices on the district's website), as well as non-electronic mechanisms (e.g. newsletters, presentations of parents, or sending home information to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The district will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The district promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Professional Learning

When feasible, the district will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help district staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

