

¹Needville Independent School District Student Nutrition/Wellness Plan

Purpose and Goal

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits. All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. The Needville Independent School District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

Component 1: A Commitment to Nutrition and Physical Activity

- A. The Needville Independent School District Board of Trustees shall appoint a Wellness Advisory Committee. One of its missions shall be to address nutrition and physical activity issues and to 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.
- B. Principals will address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education, and physical activity.
- C. Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
- D. The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.

Component 2: Quality School Meals

- A. The school meals program will operate in accordance with the National School Lunch Program standards and applicable laws and regulations of Needville Independent School District. Schools will offer a variety of nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Menus will be planned with input from the students, family members, and other school personnel and should take into account students'

¹Needville Independent School District

Student Nutrition/Wellness Plan

cultural norms and preferences. Food-pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals.

Students will be encouraged to start each day with a healthy breakfast.

All school meals will feature a variety of age-appropriate healthy choices that are tasty, attractive, and of high quality.

School meals will be prepared in a way that maximizes nutrient density and reduces fat and sodium.

Parents and caregivers are encouraged to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from the home.

B. Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.

C. No foods or beverages other than those provided through the school food service department (competitive foods) may be made available to elementary school students at anytime anywhere on school premises until after the end of the last scheduled class. Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during regular meal periods for that class) under the teacher's guidance. The classroom snack may be provided by the school food service, the teacher, parents or other groups and should be at no cost to the students. Foods and beverages other than those provided through the school food service department (competitive foods) may not be available to junior high students anywhere on school premises from 30 minutes before to 30 minutes after meal periods. All food, beverages, and snack items must comply with the nutrition standards and portion size restrictions in the TPSNP (Texas Public School Nutrition Policy). Foods and beverages other than those provided through the school food service department (competitive foods) may not be available to high school students during meal periods in areas where reimbursable meals are served and consumed. All food, beverages, and snack items must comply with the TPSNP. FMNV's (foods of minimal nutritional value) and all forms of candy are not allowed to be provided to students any time anywhere on school premises by anyone (including guest speakers) until after the end of the last scheduled class at an elementary, middle, junior high, or high school campus. See Attachment A for serving size restrictions.

D. The district shall provide adequate lunchtime for students to enjoy eating healthy foods and socializing, scheduled near the middle of the school day as possible. The National Association of State Boards of Education recommends that all students should be provided adequate time to eat.

Adequate serving space will be provided and efficient methods of service will be used to ensure students have access to school meals with a minimum amount of waiting time.

¹Needville Independent School District Student Nutrition/Wellness Plan

Adequate seating will be available to accommodate all students served during each meal period. Adequate supervision will be provided in the dining area.

The dining area will be clean, orderly, and inviting.

E. All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.

The Healthy, Hunger-Free Kids Act required the USDA to establish nutrition standards for competitive foods sold in schools. USDA's interim final rule "Nutrition Standards for All Foods Sold in School," is **effective July 1, 2014**. These science-based nutrition standards promote a healthy school environment and apply to all foods and beverages sold outside of the reimbursable school nutrition program meals, such as:

- A la carte cafeteria sales
- School stores
- Snack bars
- Vending machines
- Fundraisers (NEW)

Component 3: Nutrition Education

A. Needville Independent School District 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 program.

B. Students in pre-kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.

C. Nutrition education will be offered in the school dining room and in the classroom, with coordination between school foodservice staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.

D. Needville ISD campuses will participate in an USDA nutrition program.

Component 4: Physical Education

A. Physical education will provide the opportunity for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in

¹Needville Independent School District

Student Nutrition/Wellness Plan

physical activity, and understand the short and long term goals of a physically active and healthy lifestyle.

B. Needville ISD will provide programs encompassing a variety of opportunities for students to be physically active including physical education classes and recess. Physical Education classes will be provided daily for a minimum of 45 minutes.

C. Recess to promote physical activities outside of physical education classes will be provided for 30 minutes daily in grade Kindergarten – Fourth Grade. For grade fifth and sixth, recess will be provided once a week for 30 minutes.

D. Physical education pupils are required by state law (Senate Bill 530) to participate in the Fitness Gram health-related fitness and activity assessment. The Fitness Gram is a comprehensive health-related fitness and activity assessment and computerized reporting system. One of the unique features of the program is that it allows teachers to produce individualized reports for each student in a class. The reports provide feedback based on whether the child achieved the criterion-referenced standards for physical activity or fitness. The use of health-related criteria helps to minimize comparisons between children and to emphasize personal fitness for health rather than goals based on performance. These standards are age and gender specific and are established based on how fit children need to be for good health.

Component 5: Marketing

A. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.

B. Schools will consider student need in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, student advisory meetings, and attention will be given to their comments.

C. Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.

D. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, PTA meetings, Open Houses, Health Fairs, teacher in-services, etc.

E. Schools will work with a variety of media to spread the word to the community about a healthy school nutrition environment, such as local newspaper and television stations.

¹Needville Independent School District Student Nutrition/Wellness Plan

Component 6: Implementation / Monitoring

A. Needville I.S.D. Wellness Committee membership will include a minimum:

- A school board member
- An administrative representative from each campus
- A nurse representative from each campus
- A representative of school food services
- Student representatives
- Parent representatives
- A community representative

The NISD Wellness Committee Chairman will be the Assistant Superintendent. The chairman will be responsible for coordinating committee activities, policy implementation and monitoring, and reporting to the Board of Education.

B. On each campus, the Principal will be assigned to ensure compliance with standards of the NISD Wellness Policy. The principal will report on the school's compliance to the Assistant Superintendent.

C. The Director of School Food Service will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the Assistant Superintendent.

D. The Assistant Superintendent will report the district's compliance with the wellness policy to the school board.

¹Needville Independent School District Student Nutrition/Wellness Plan

Attachment A Needville Independent School District Student Nutrition/Wellness Plan Guidelines for Food and Beverages Offered to Students at School & School Functions

All foods and beverages, other than school meals, made available to students during allowable times must meet the following maximum portion size and nutrition standards.

NUTRITION STANDARDS FOR FOOD

The following food items are exempt from all competitive food nutrient standards, and therefore may be sold:

- Fresh, canned or frozen fruits with no added ingredients except water or packed in 100% juice, extra light syrup or light syrup
- Fresh vegetables and canned vegetables with no added ingredients except water or sugar for processing
- NSLP/SBP Entrée** items are exempt when they are sold on the day of service or the school day after service
- Sugar-Free Chewing Gum

All other food items must meet the following criteria, for all age/grade levels:

General Criteria (must be *one* of these 4 items)

1. Whole grain-rich (50% or more whole grains by weight or first ingredient whole grain); **OR**
2. Have as the first ingredient fruit, vegetable, dairy or protein (meat, beans, nuts, eggs etc.); **OR**
3. A combination food with at least ¼ cup fruit and/or vegetable; **OR**
4. Contain 10% of the Daily Value of one of the four nutrients of public health concern: calcium, potassium, vitamin D, dietary fiber

AND meet the following additional nutrient standards Nutrient

Nutrient	Standard
Calories	Entrée: ≤350 calories per item Snack/Side Dish: ≤200 calories per item
Sodium	Entrée: ≤480 mg sodium per item Snack/Side Dish: ≤230 mg sodium per item (≤200 mg after July 1, 2016)
Total Fat	≤35% of total calories from fat per item as packaged/served
Saturated Fat	≤10% of total calories per item as packaged/served
Trans Fat	Zero (<0.5 g) grams of trans fat per portion as packaged/served

¹Needville Independent School District Student Nutrition/Wellness Plan

Total Sugar ≤35% of weight from total sugars per item
(dried/dehydrated fruits/vegetables exempt)

NUTRITION STANDARDS FOR BEVERAGES

Beverage	Elementary School	Middle School	High School
Plain water, with or without carbonation	No size limit	No size limit	No size limit
Low fat milk (1%), unflavored	≤ 8 oz	≤ 12 oz	≤ 12 oz
Nonfat milk, unflavored or flavored	≤ 8 oz	≤ 12 oz	≤ 12 oz
100% fruit/vegetable juice(A)	≤ 8 oz	≤ 12 oz	≤ 12 oz
Caffeinated beverages Calorie free(C) and low-calorie beverages(D)	Not allowed(B) Not allowed	Not allowed(B) Not allowed	Allowed Limited Allowability per State Regulations(E)

Approved Times for the Availability of Foods of Minimal Nutritional Value (FMNV's) and All Forms of Candy

Elementary Schools – Not allowed until after the end of the regular school day
 Junior High Schools – Not allowed until after the end of the regular school day
 High Schools – Not allowed until after the end of the regular school day

Exemption from TPSNP (Texas Public School Nutrition Policy):

Three days will be exempt from the inaccessibility of Foods of Minimal Nutritional Value. (NOTE: Federal regulations do not allow FMNV's to be sold or given away during meal periods where reimbursable meals are served/consumed, including during any exempted events.)

For Grades Pre-K – 4th:
 Halloween Party
 Valentine's Day Party
 Easter Party

For Grades 5th – 6th:
 Medieval Day