

Cherokee ISD
District Site Based Decision Making Committee
Student Nutrition and Wellness Plan
Board Approved: 1/26/2023

Purpose and Goal:

Cherokee ISD has the responsibility to help students and staff establish and maintain lifelong and healthy eating patterns and physical activity. Well-planned and well-implemented school nutrition programs have been shown to positively impact students' eating habits.

Cherokee ISD shall develop nutrition guidelines and wellness goals in consultation with the local district committee and involvement from representatives of the student body, school foodservice, school administration, the school board, parents, and community.

Nutrition Education:

1. The district will follow health education curriculum standards and guidelines as stated by the Texas Education Agency
2. Pre-K - 12 grade will receive nutrition education that teaches skills needed to make healthy eating choices; teachers are encouraged to integrate nutrition education into core subject areas as applicable
3. Food service staff, teachers and other personnel will coordinate the promotion of nutrition messages in the cafeteria, classroom, and other appropriate settings.
4. School personnel, along with parents, will encourage students to choose and consume full meals
5. A school garden will be established and maintained by various school courses, grades and groups (i.e., Culinary, GT, NHS and Elem Science)
6. Nutrition education and nutrition themes will be integrated through the maintenance of the school garden

Standards/Guidelines for District Nutrition and Quality School Meals:

1. Cherokee ISD participates in the National School Lunch Program and Breakfast Program; students are offered nutritionally balanced breakfast and lunch daily
2. Meal prices will be established by the school board
3. Menus meet the nutritional guidelines established by the United States Department of Agriculture and the Texas Department of Agriculture including standards for meal patterns, nutrient levels, and calorie requirements for the age/grade level served
4. Free and reduced meals are available based on financial need; information is provided at the beginning of the school year, at student registration and on the school website; information about a student's participation is confidential
5. All students, regardless of type of payment made for meals or food being purchased are entered into the registered by a confidential code

6. The district must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money
7. School menus will conform to good menu planning and feature a variety of healthy choices that are tasty, excellent quality and served at the proper temperature
8. As feasible meals will be made from scratch rather than pre-packaged/processed and include fresh fruit
9. Sufficient time (minimum of 20 minutes) shall be available for students to eat meals in the cafeteria that is clean, safe and comfortable
10. Drinking water will be available for students at meals and throughout the day
11. School staff shall not use food as a reward for student accomplishment; withholding of food as a punishment for students is prohibited
12. School foodservice staff are properly trained and qualified to administer the Child Nutrition Program and complete continuing education hours annually
13. Food safety will be a key part of the school food service program

Other Standards and Guidelines for Healthy Food Options:

1. A short snack- free recess for elementary students is scheduled at times that does not interfere with meal times but allow students to be less distracted and ready to learn
2. School-sponsored fund-raising activities that involve serving or selling food are not served/sold during the serving times of the school meal programs; as per board policy CO (LEGAL) the district may sell food and beverages that do not meet nutritional standards outlined in 7 C.F.R. Parts 210 and 220 as part of a fundraiser, during the school day, for up to six days per school year on each school campus, provided that no specially exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service. 4 TAC 26.2
3. The superintendent and principals are responsible for coordinating the district exempt days (i.e., Christmas, Valentines and End of School parties)
4. Due to the long day and late lunch period high school and junior high students are allowed to bring snacks and water for personal consumption (not to share)
5. Snack foods may not purchased during meals; vending machines will remain turned off during the school day
6. It is encouraged at the high school level that the sale of beverages containing caffeine be limited

Physical Education and Physical Activity:

1. Physical education classes are taught daily (57 minutes daily/228 minutes weekly) K-12th grades and regularly emphasize moderate to vigorous activity
2. Physical Education is taught by a certified teacher endorsed to teach PE and provided professional development opportunities

3. Physical activity equipment is available for students to use not only during PE but also at recess
4. Elementary students receive adequate recess daily (min of 20 minutes)
5. Teachers are encouraged to integrate physical activity and movement into the academic curriculum where appropriate
6. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment
7. PreK- 6th participate in an annual Field Day
8. Fitness Gram administered annually 3rd -12th grades
9. Students have opportunities to participate in the community sports leagues and afterschool programs

Other Wellness Activities:

1. Acanthosis Nigricans (precursor to diabetes and hypertension) screening will be conducted for students in 1st, 3rd, 5th and 7th grades
2. School staff are encouraged to model healthy eating and physical activity behaviors
3. School physical activity equipment is available for use by staff before or after school hours to support staff wellness

Wellness Promotion and Marketing:

1. Healthy eating, physical activity and the school meal programs will actively promote to students, parents and staff at school registration, Parent Teacher Club meetings, and open house
2. The district will encourage staff wellness, healthy eating choices and physical activity through annual challenges/contests
3. The school will share information about a healthy school nutrition environment through the local newspaper and on the school website
4. Monthly Lunch and Breakfast Menus are provided in the classroom, school office, on the school website and/or hard copy if requested
5. Advertising of food or beverages that do not meet school nutrition standards is prohibited.
6. The school district will make available to staff, parents and students nutritional information that will encourage safe and nutritious food/meal choices
7. Staff and students will be given opportunity to provide feedback on school nutrition and wellness

Implementation:

1. The district level committee will address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment; the committee will offer revisions to the guidelines annually
2. The district level committee will review the latest recommendations pertaining to school nutrition and health every three years; the committee will update the policy accordingly and present to the school board
3. The district level committee meets 3-4 times per year
4. The local wellness policy is posted on the school website and available upon request
5. The school superintendent shall ensure compliance with established district wide nutrition and physical activity policies
6. All records of Local Well Policy, Local Wellness Plan, district level meetings, and agendas will be retained in the central office for 5 years; current year will be posted on the school website