

GOOSE CREEK CISD ADMINISTRATIVE REGULATION

Board Policy: FFA (Legal) (Local)

Date Effective: March 7, 2007

Revised **FEBRUARY, 2017**

RE: WELLNESS

Goose Creek Consolidated Independent School District Student Nutrition/Wellness Plan

Purpose and Goal:

The link between nutrition, physical activity and learning is well documented. Healthy eating patterns and consistent daily exercise are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and a steady exercise regimen have been proven to substantially improve student learning abilities and behavior, as well as being demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have the opportunity to help students and staff establish and maintain lifelong, healthy eating and physical exercise patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

Goose Creek Consolidated Independent School District has prepared, adopted, and implemented 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. The objectives of this plan are: 1) All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. 2) All students shall be provided daily opportunities for physical exercise to promote development of positive habits that will carry through to adulthood. In addition, 3) All staff are encouraged to model healthy eating and physical activity as a valuable part of daily life.

The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.

The Wellness Committee Structure

Goose Creek CISD Wellness Committee is committed to implementing the Student Nutrition/Wellness Plan and the long-term sustainability of the ideals above. This commitment will be realized through the collaborative efforts of district stakeholders. The Wellness Committee will meet annually to review the plan. The Wellness Committee shall be composed of:

<ul style="list-style-type: none">▪ Deputy Superintendent of School Administration▪ Director of Child Nutrition▪ Registered Dietitian▪ Director of Athletics▪ Director of Health	<ul style="list-style-type: none">▪ 1 P.E. Teacher▪ 1 Health Teacher▪ Nutrition Teacher▪ Health Coordinator▪ 1 Parent▪ 1 SHAC member
--	---

Component 1: A Commitment to Physical Education

- 1.1 Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies and language arts.
 - In addition, the District establishes the following goals for physical activity:
 - Physical education classes will regularly emphasize moderate to vigorous activity as a primary goal of CATCH physical education.
- 1.2 Students in physical education courses will learn, practice and be assessed on developmentally appropriate motor skills, social skills and knowledge.
- 1.3 GCCISD will ensure that state-certified physical education instructors teach all physical education classes.
- 1.4 GCCISD will strive to ensure that state physical education classes have appropriate student/teacher ratios.
- 1.5 Time allotted for physical activity will be consistent with research, national and state standards. Students have several opportunities for physical activity throughout the day.
- 1.6 If recess is scheduled, consider scheduling it before lunch as research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.
- 1.7 The staff responsible for physical education will be adequately prepared and participate in professional development to effectively implement the Texas Essentials of Knowledge and Skills for physical education (TEKS) programs as planned. Preparation and professional development activities will provide increased knowledge of student wellness physical activity needs, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy physical exercise habits.
- 1.8 Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- 1.9 The school provides well supervised activities in a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- 1.10 Information will be provided to families to help them incorporate physical activity into their children's lives.
- 1.11 Schools are encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day, following school policy and guidelines.
- 1.12 Schools encourage families and community members to institute programs that support physical activity, such as a walk to school program.
- 1.13 GCCISD campuses will be encouraged to offer after-school programs which will encourage physical activity and healthy habit formation for all students.
- 1.14 In accordance with TEC (39.182), GCCISD shall require Fitness Gram testing for student's grades 3-12.

Component 2: A Commitment to Quality School Meals (Cafeteria)

- 2.1 Nutrition information for products offered in snack bars, a la carte, vending and school stores is readily available
- 2.2 Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the wellness policy.
- 2.3 Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.
- 2.4 The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- 2.5 Lunch periods are scheduled as near the middle of the school day as possible. When possible, recess for elementary grades is scheduled before lunch.
- 2.6 Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
- 2.7 Dining areas are attractive and have enough space for seating all students.
- 2.8 Drinking water is available for students at meals.
- 2.9 GCCISD will employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.
- 2.10 All food service personnel shall have adequate pre-service training in food service operations.
- 2.11 Food safety will be a key part of the school food service operation.
- 2.12 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.
- 2.13 Students will be given the opportunity to provide input on local, cultural, and ethnic favorite foods.
- 2.14 School personnel, along with parents, will encourage students to choose and consume full meals.
- 2.15 If an adult eats from a student's tray, SNP staff must inform the adult that the meal is for the student's consumption and that the adult **must** either purchase a meal at the school, bring in an outside meal to eat, or not eat with the student.

Component 3: A Commitment to Other Healthy Food Options (Other than cafeteria)

- 3.1 The following will comply with the current USDA and TDA Nutrition Regulations: Beverage contracts, fundraisers, concession stands and school parties/celebrations (See Attachment A)
- 3.2 Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
- 3.3 Foods or beverages made available to students must comply with the regulations stated in the USDA Healthy Hunger-Free Kids Act Smart Snacks. This policy does not restrict what parents may provide for their own child's lunch or snack. Parents may provide FMNV (Foods of Minimal Nutritional Value) or candy items for their own child's consumption, but they may not provide restricted items to other students at the school.
- 3.4 The withholding of food as punishment for students is prohibited. For example, restricting a child's selection of flavored milk at mealtime due to misbehavior in the classroom.
- 3.5 On State Test Days: Schools and parents may provide one additional nutritious snack per day for students taking the State tests. The snack must comply with the fat, sugar, calories, and sodium limits of the Healthy Hunger-Free Kids Act and may not contain any FMNV or consist of candy, chips or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.). Packaged snacks must be in single size servings.
- 3.6 The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.

3.7 Organizations such as PTA, Booster Club, etc. who sponsor fund raisers must arrange for the selling and delivery of food items to occur outside of the regular instructional school day.

Component 4: A Commitment to Nutrition/ Health Education

- 4.1 Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
- In addition, the District establishes the following goals for nutrition education:
 - Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
 - a. Kindergarten-grade 5: Nutrition education curriculum will be presented by classroom teachers, physical education teachers with CATCH and Child Nutrition Services.
 - b. Grades 6-8: Nutrition education curriculum will be presented by the physical education teachers and supported by School Nutrition Services in the cafeteria.
 - c. Grades 9-12: Nutrition education curriculum will be presented by the teachers of health education, health science technology, parenting, and homemaking and will be supported by Child Nutrition Services.
- 4.2 The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. At all levels, staff development with CATCH and other nutrition curriculum will be provided. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- 4.3 Nutrition education information will be reviewed by a qualified, credentialed nutrition professional (e.g. School Food and Nutrition Specialist, (SFNS), a Registered Dietitian (RD), who is specialized in school-based nutrition).
- 4.4 The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- 4.5 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.
- 4.6 Campuses will participate in USDA nutrition programs such as “Team Nutrition” and conduct nutrition education activities and promotions that involve students, parents, and the community. The school nutrition team responsible for these activities will be composed of Child Nutrition Services staff, Student Services staff, school nurses, health teachers, and physical education teachers.

Component 5: A Commitment to Marketing and Implementation

- 5.1 Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- 5.2 School district(s) will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- 5.3 Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- 5.4 Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.
- 5.5 Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.
- 5.6 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.

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

Component 6: A Commitment to Staff Wellness

6.1 Goose Creek CISD will commit to staff wellness by encouraging employees to get and stay smoke-free.

6.2 Goose Creek CISD staff will be encouraged to achieve and maintain a healthy weight and follow a healthy diet.

6.3 Goose Creek CISD will encourage employees to get regular health check-ups.

6.4 Goose Creek CISD staff wellness will encourage employees to exercise regularly and stay fit.

6.5 Goose Creek CISD will commit to staff wellness by encouraging employees to balance work and play to gain personal satisfaction and find enrichment in one's life and work.

6.6 Goose Creek CISD staff will be encouraged to understand social wellness by building relationships, expanding tolerance and appreciation of others, and through concern for community and environment.

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

Guidelines for foods and beverages offered to students at school and school functions are regulated by the USDA (United States Department of Agriculture) School Nutrition Policy Healthy Hunger-Free Kids Act Smart Snacks. Please refer to this policy for the current school year's regulations and Attachment C. The policy is available online at www.squaremeals.org or by contacting the Child Nutrition Department of Goose Creek CISD.

During school functions, where food is permitted to be served, (See Attachment C) by the USDA Healthy Hunger-Free Kids Act Smart Snacks healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshment tables, price lists, etc.

Raw vegetable sticks/slices with low-fat dressing or yogurt dip
Fresh fruit and 100% fruit juices
Dried fruits (raisins, banana chips, etc.)
Trail Mix (dried fruits and nuts)
Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
Party Mix (variety of cereals, nuts, pretzels, etc.)
Low-sodium crackers
Baked corn chips & fat-free potato chips with salsa
Low-fat muffins, granola bars
Flavored yogurt & fruit parfaits

Low-fat ice creams, frozen yogurts, sherbets
Low-fat and skim milk products
Pure ice cold water

- In selecting food items to offer keep in mind the numerous students and adults who are on special diets and their consumption of sugar, fat, sodium, etc. is restricted.
- Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

Attachment B
Goose Creek Consolidated Independent School District
Student Nutrition/Wellness Plan
Foods of Minimal Nutritional Value

Students may not be in possession of any of the foods or beverages listed below at school except if brought from home and not shared with other students.

- Other flavored and/or carbonated beverages (≤ 20 fl oz) that are labeled to contain ≤ 5 calories per 8 fl oz, or ≤ 10 calories per 20 fl oz.
- Other flavored and/or carbonated beverages (≤ 12 fl oz) that are labeled to contain ≤ 40 calories per 8 fl oz, or ≤ 60 calories per 12 fl oz.
- Water Ices – any frozen, sweetened water such as “...sicles” and flavored ice with the exception of products that contain fruit or fruit juice.
- Chewing Gum – any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- All Candies – any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of other ingredients, including powdered drink mix (i.e., Kool-Aid).
- Certain Chips and Snack Foods – any portions larger than or nutritional content other than those indicated on Attachment A.

Attachment C
Goose Creek Consolidated Independent School District
Student Nutrition/Wellness Plan
Competitive Foods

Competitive Foods are all foods and beverages that are not provided by school foodservice and are sold or given to students during the regularly scheduled school day. If a CE extends the operation of the traditional NSLP or SBP into the summer, the Competitive Food Nutrition Standards do apply to all food and/or beverages sold on the school campus during the school day. The Competitive Food Nutrition Standards (Smart Snacks and Texas School Nutrition Policy) do not apply to non-school sites where the CE is operating the Seamless Summer Option (SSO) or Summer Food Service Program (SFSP).

Elementary: Competitive foods are not allowed to be sold or provided to students any time anywhere on school premises until after the end of the last scheduled class.

Junior High Schools: Competitive foods are not allowed to be sold or provided to students on school premises from 30 minutes before to 30 minutes after breakfast and lunch meal periods. All food, beverages and snack items must comply with the nutrition standards and portion size restrictions in the USDA's Healthy Hunger-Free Kids Act Smart Snacks policy.

High Schools: Competitive foods are not allowed to be sold or provided to students on school premises during meal periods in areas where reimbursable meals are served and consumed. All food, beverages and snack items must comply with the nutrition standards and portion size restrictions in the USDA's Healthy Hunger-Free Kids Act Smart Snacks policy.

Exemptions:

Four Exempt Days

Four school days will be exempt from the "provided" portion of the Competitive Food and policy listed above as well as Smart Snack regulations respectively. During these four designated days, foods that are only given free of charge to students will be exempt from the Smart Snacks guidelines. These items may not be made available during meal times in areas where reimbursable meals are being served and/or consumed. The four designated dates that will be exempt from the Competitive Food policy must be forwarded to the Director of Child Nutrition by the campus principal by September 15 at the beginning of each school year.

Elementary Classroom Parties

Foods otherwise restricted by the Competitive Food and Smart Snacks policy are permitted at student birthday parties. Such parties must be scheduled after the end of the class's lunch period so that these celebrations will not replace a nutritious lunch.

Fundraisers

Texas public, charter, and private schools that participate in the National School Lunch Program (NSLP) or SBP may sell food and/or beverages as part of a fundraiser that does not meet Competitive Foods Nutritional Standards during the school day for up to six (6) day per school year on each school campus if no food and/or beverages sold for an exempted fundraiser are sold in competition with school meals served or consumed in the food service area. The six designated dates that will be exempt from the Competitive Food policy must be forwarded to the Director of Child Nutrition by the campus principal by September 15 at the beginning of each school year.