

**Wellness**

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.
3. All staff are encouraged to model healthy eating and physical activity as a valuable part of daily life.

**Development of  
Guidelines and  
Goals**

The 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 shall be realized through the collaborative efforts of District stakeholders. The wellness committee shall meet annually to review the plan. The wellness committee shall be composed of the:

- Deputy Superintendent of School Administration;
- Director of Child Nutrition;
- Registered dietitian;
- Director of Athletics;
- Director of Health;
- One P.E. teacher;
- One health teacher;
- Nutrition teacher;
- Health coordinator;
- One parent; and
- One School Health Advisory Council (SHAC) member.

**Physical Education**

Physical activity shall 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:

1. Physical education classes shall regularly emphasize moderate to vigorous activity as a primary goal of CATCH physical education.

2. Students in physical education courses shall learn, practice, and be assessed on developmentally appropriate motor skills, social skills, and knowledge.
3. The District shall ensure that state-certified physical education instructors teach all physical education classes.
4. The District shall strive to ensure that physical education classes have appropriate student-teacher ratios.
5. Time allotted for physical activity shall be consistent with research, national, and state standards. Students have several opportunities for physical activity throughout the day.
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.
7. The staff responsible for physical education shall be adequately prepared and participate in professional development to effectively implement the Texas Essentials of Knowledge and Skills (TEKS) for physical education programs as planned. Preparation and professional development activities shall 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.
8. Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds shall be safe.
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.
10. Information shall be provided to families to help them incorporate physical activity into their children's lives.
11. Schools are encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside the normal school day, following school policy and guidelines.
12. Schools encourage families and community members to institute programs that support physical activity, such as a walk-to-school program.

13. The District's campuses shall be encouraged to offer after-school programs that will encourage physical activity and healthy habit formation for all students.
14. In accordance with Education Code 39.182, the District shall require Fitness Gram testing for students in grades 3–12.

**Nutrition Guidelines  
(Quality School  
Meals: Cafeteria)**

The District shall ensure that nutrition guidelines for reimbursable school meals be at least as restrictive as federal regulations and guidance, and that all foods available on each campus are in accordance with the guidelines for foods and beverages offered to students at school and school functions regulated by the U.S. Department of Agriculture (USDA) School Nutrition Policy, Healthy Hunger-Free Kids Act.

In addition to legal requirements, the District shall ensure:

1. Nutrition information for products offered in snack bars, a la carte, vending, and school stores is readily available;
2. Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the wellness policy;
3. Advertising of foods or beverages in the areas accessible to students during meal times is consistent with established nutrition environment standards;
4. As recommended by the National Association of State Boards of Education, students are provided adequate time to eat lunch, at least ten minutes for breakfast and 20 minutes for lunch, from the time the student is seated;
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;
6. Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line;
7. Dining areas are attractive and have enough space for seating all students;
8. Drinking water is available for students at meals;
9. The employment of 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;
10. All food service personnel have adequate pre-service training in food service operations;

11. Food safety be a key part of the school food service operation;
12. Menus meet the nutrition standards established by the USDA and the Texas Department of Agriculture (TDA), 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;
13. Students be given the opportunity to provide input on local, cultural, and ethnic favorite foods;
14. School personnel, along with parents, encourage students to choose and consume full meals; and
15. If an adult eats from a student's tray, SNP 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.

**Other Healthy Food Options (Other than the Cafeteria)**

The following shall apply to other healthy food options other than the cafeteria:

1. Beverage contracts, fundraisers, concession stands, and school parties/celebrations shall comply with the current USDA and TDA nutrition regulations.
2. Food providers shall be sensitive to the school environment in displaying their logos and trademarks on school grounds.
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 foods of minimal nutritional value (FMNV) or candy items for their own child's consumption, but they may not provide restricted items to other students at the school.
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.
5. On state test days, schools and parents may provide one additional nutritious snack per day for students taking 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, and the like). Packaged snacks must be in single-size servings.

6. The District shall provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
7. Organizations such as PTA, Booster Club, and the like that sponsor fundraisers must arrange for the selling and delivery of food items to occur outside of the regular instructional school day.

### **Nutrition Education**

Nutrition education shall 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:

1. Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
  - a. Kindergarten–grade 5: Nutrition education curriculum shall be presented by classroom teachers, physical education teachers with CATCH, and Child Nutrition Services.
  - b. Grades 6–8: Nutrition education curriculum shall be presented by physical education teachers and supported by School Nutrition Services in the cafeteria.
  - c. Grades 9–12: Nutrition education curriculum shall be presented by teachers of health education, health science technology, parenting, and homemaking and shall be supported by Child Nutrition Services.
2. The staff responsible for nutrition education shall 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 shall be provided. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
3. Nutrition education information shall be reviewed by a qualified, credentialed nutrition professional (e.g. school food and nutrition specialist [SFNS], a registered dietitian who is specialized in school-based nutrition).

4. The Child Nutrition Program shall ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
5. Nutrition education shall be offered in the school dining room and in the classroom, with coordination between school food-service staff and teachers. Teachers can display posters, videos, websites, and the like on nutrition topics.
6. Campuses shall 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 shall be composed of Child Nutrition Services staff, Student Services staff, school nurses, health teachers, and physical education teachers.

**School-Based  
Activities**

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

1. Nutrition education shall involve sharing information with families and the broader community to positively impact students and the health of the community.
2. The District shall provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
3. Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
4. Promotional activities shall be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools shall be connected to activities that encourage physical activity, academic achievement, or positive youth development, and are in compliance with local guidelines.
5. Schools shall promote healthy food choices and shall not allow advertising that promotes less-nutritious food choices.
6. Schools shall work with a variety of media to spread the word to the community about a healthy school nutrition environment, such as local newspapers and television stations.
7. Healthy eating and physical activity shall be actively promoted to students, parents, teachers, administrators, and the com-

munity at beginning-of-year registration, PTA meetings, open houses, health fairs, teacher in-services, and the like.

**Staff Wellness**

Regarding staff wellness:

1. The District shall commit to staff wellness by encouraging employees to get and stay smoke-free.
2. The District staff shall be encouraged to achieve and maintain a healthy weight and follow a healthy diet.
3. The District shall encourage employees to get regular health check-ups.
4. For staff wellness, the District shall encourage employees to exercise regularly and stay fit.
5. The District shall 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.

The District staff shall be encouraged to understand social wellness by building relationships, expanding tolerance, and appreciation of others, and through concern for community and environment.