

Alief Independent School District Wellness Policy

Nutrition Standards

Schools will comply with the current United States Department of Agriculture Dietary Guidelines for Americans and the Texas Public Schools Nutrition Policy. Noncompliance may result in monetary fines for campuses. Alief ISD will ensure that all snacks and beverage items sold or served anywhere on the school property during the school day, including items sold in a la carte lines, vending machines, snack bars, school stores and fundraising shall meet the following standards.

Nutrition Standards for Foods

Any food sold in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼cup of fruit and/or vegetable; or

Foods must also meet several nutrient requirements:

- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
- Sodium limits:
 - Snack items: ≤ 200 mg
 - Entrée items: ≤ 480 mg
- Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
- Sugar limit:
 - ≤ 35% of weight from total sugars in foods

Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow additional “no calorie” and “lower calorie” beverages options for high school students.

- No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and

- No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Diet sodas will not be allowed at any level.

Other Requirements

Smart Snacks, Fundraisers, Giveaways, and Birthday celebrations shall adhere to the following:

- Food items that do not meet the USDA Smart Snacks guidelines must be sold outside of the school day which is defined as midnight the night before to 30 minutes after the school day ends.
- Elementary and intermediate school campuses will not allow foods to be sold during the school day except for those food items made available by the school food service department. They will be allowed two days per semester for incentive events on their campuses. Foods given away on these days they do not have to meet the guidelines. No food should be sold for these events.
- Middle school will not allow foods to be sold during the school day except for those food items made available by the school food service department, excluding the after school snack program.
- High schools may not serve Smart Snacks (or provide access to them through indirect sales) to students during meal periods in areas where reimbursable school meals are served and /or consumed except for those food items made available by the school food service department.
- Middle and high school campuses will be allowed one day per month for academic or behavioral incentive events. If foods are sold on those days, they must meet all USDA/TDA Smart Snacks guidelines. If foods are given away on these days they do not have to meet the guidelines.
- All foods sold must meet USDA/TDA Smart Snacks Guidelines except on the six exemption days (see exemption rule below).
- All campuses will be allowed six exemption days with no Smart Snacks restrictions.
- Foods shall not be given away as rewards in the classroom.
- Birthday celebrations cannot be held in the campus cafeteria areas.
- Food shall not be withheld as a punishment on any campus.

Nutrition Education Goals

Schools will provide nutrition education for all students. Guidelines include:

- Using TEKS-based curriculum to support nutrition education in grades K-12. Teachers will follow curriculum outlines. CATCH/Healthy and Wise will be used for grades K-8 in accordance with state laws for coordinated school health.
- Health education teachers working closely with the campus food service department to help students apply skills taught in the classroom. Students will analyze the menus and learn to make healthy choices.
- Promoting a healthy eating environment in all school cafeterias. This includes posters that encourage healthy eating and other nutrition education displays.

Nutrition education will not be limited to the health and physical education classrooms. Guidelines include:

- Sharing nutrition education information with families to positively impact students and the health of the community.
- Providing nutrition education for teachers and other staff.

- Adequately preparing teachers responsible for nutrition education and requiring such teachers to regularly participate in professional development that focuses on healthy choices.

Physical Activity Goals

The District shall implement, in accordance with the law, a coordinated school health program with physical education and physical activity components and shall implement all state standards and state laws. Physical education will be TEKS based, sequential, and developmentally appropriate. Guidelines include:

- K-8 schools implementing physical activities from the CATCH curriculum. High schools implementing a fitness-based physical education program.
- Allotting time for physical activity that is consistent with research and state standards of 30 minutes of structured daily physical activity or 135 minutes a week in grades K-5 and 4 semesters of structured daily physical activity in grades 6-8. High school students will complete 2 semesters of Physical Education (or an equivalent class), one of which will be Foundations of Personal Fitness.
- Integrating physical activity across curricula and throughout the school day. This will be in addition to regular PE and recess time.
- Making movement a part of daily music classes to ensure that time allotted for physical activity will be consistent with the state standards listed above.
- Ensuring that students are not removed from physical activity as punishment.
- Not using exercise to punish students who misbehave.
- Providing movement daily.

Schools will provide opportunities to connect and promote brain-based physical activities in all campus classrooms. Guidelines include:

- Providing training for schools to assist teachers and other school staff on how to incorporate daily opportunities for physical activity among all students.
- Giving students opportunities for physical activity through a range of before and/or after school programs, including morning campus wide activities, athletics, and physical activity clubs.
- Not removing students from physical activity classes for tutoring or disciplinary action without a written plan in place to address how the state requirement for physical activity will be fulfilled.
- Identifying the manner in which the safety of students will be maintained if the student teacher ratio exceeds 45 to 1. This is required by state law; however, the district recommends the student teacher ratio for physical education classes be no more than 35 to 1.

Other School Based Activities and Home Connection

Schools will create an environment that is conducive to being physically active. Guidelines include:

- Ensuring that students are not denied participation in recess or other physical activities as a form of discipline or for classroom makeup time.

- Coordinating and holding a health fair once a year, while encouraging community partnerships to help promote and educate the school and community.
- Schools partnering with community organizations to sponsor physical activities.
- Encouraging teachers to participate in physical activity programs.
- Including physical activity and promoting healthy habits in after school programs.

Schools will create a total school environment that is conducive to healthy eating. Guidelines include:

- Ensuring that all school fundraising efforts conducted during the school day, including vending machines and school stores, are in compliance with USDA/TDA regulations.
- Including information about healthy eating and the benefits of physical activity in each school's newsletter.
- Encouraging all students to participate in the school meals program and actively promoting the school breakfast program.
- Ensuring that any snacks that are provided for after school tutorials or programs will be healthy snacks and will follow district and USDA/TDA guidelines.
- Teaching proper hand washing techniques and providing sanitizers or hand washing time prior to meal service.
- Encouraging students, teachers, and community volunteers to practice healthy eating habits and serve as role models in school dining areas.
- Permitting marketing on the school campus during the school day of only those foods and beverages that meet competitive foods standards.
- Not allowing outside foods to be purchased and delivered to students during the school day.

K-8 schools will create goals and objectives for coordinated school health which combine education with practice to create healthful school environments and encourage healthy behavior. These goals will be included in campus action plans. Guidelines include:

- Each campus will have a wellness team composed of a campus administrator, physical education teacher, classroom teacher, and food service manager. Campuses should be encouraged to also include the nurse, counselor, parent, and community member. The wellness team will promote coordinated school health.
- Each campus wellness team will evaluate the coordinated school health program by using the CDC's School Health Index (or other approved evaluation programs) once every two years. Evaluation will be used to help campuses develop action steps for areas in need of improvement.

Monitoring Implementation of the Wellness Policy

The Alief Independent School District's SHAC shall assist in the implementation, monitoring, and assessment of the Wellness Policy by:

- The SHAC designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.
- Developing a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and available to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.
- Reviewing the policy every three years to assure policy compliance, assess progress yearly and determine areas in need of improvement.
- As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The SHAC will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Glossary

SHAC (School Health Advisory Committee) - is a group of individual's representative of segments of the community, generally appointed by the school district to serve at the district level. They provide advice on coordinated school health programming and its impact on student health and learning. SHACs provide recommendations that impact the entire school district, not just individual school campuses. School districts use a SHAC to advise them on a variety of topics, such as health education curriculum or dropout prevention.

A la carte foods - a menu term signifying that each item is sold and priced separately from the National School Lunch and School Breakfast Programs.

Coordinated School Health Program – are integrated, planned, school-based programs that were designed by the Center of Disease Control, to promote physical, emotional, and educational development of students. The eight components consist of Physical Education, Health Education, Health Services, Counseling, Psychological & Social Services, Healthy School Environment, Health Promotion for Faculty and Staff, Parent and Community Involvement and Nutrition/Food Service.

Dietary Guidelines for Americans – is published jointly every 5 years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). It provides authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases.

Federal Nutrient Standards - standards for healthy school meals developed by the USDA to set required levels for key nutrients in keeping with the recommendations of the Dietary Guidelines for Americans.

Physical Activity - exercise or health related activity that is planned, structured and repetitive, consisting of moderate to high intensity levels of exertion, resulting in the maintenance or improvement of physical fitness (body composition, flexibility, aerobic power, muscular strength and endurance).

Physical Education – learning a wide range of movements, knowledge, and skills that will contribute to the development of responsible practices, attitudes and behaviors essential to a healthy lifestyle.

Reimbursable meals – meals that are free, reduced and are reimbursable by the federal and state government. These meals must meet federal requirements established by the National School Lunch Program. Schools who participate are required to offer lunches to eligible children.

Saturated Fats - fats that are derived from animal fats, such as those in meat, poultry, dairy products, processed and fast foods.

Trans fats - are hydrogenated fats that are created when oils are "partially hydrogenated". The process of hydrogenation changes the chemical structure of unsaturated fats by adding hydrogen atoms to make the fats more saturated.

School Day- School day is defined as the period from the midnight before to 30 minutes after the end of the official instructional day.

Local Wellness Policy Federal public law (PL108.265 Section 204) states that by the first day of the 2006 school year, all schools must develop a local wellness policy that includes (at a minimum) goals for nutrition education, physical activity, and other school-based activities that promote student wellness, as well as nutrition standards to promote healthy eating and reduce childhood obesity for all food available on each school campus. The 2010 Healthy, Hunger-Free Kids Act expands the policy to ensure that nutrition is promoted and that more community and school

representatives are involved in developing and modifying the policies. The team of wellness policy collaborators should also be involved in implementation with periodic reviews and updates.