

Runge Independent School District Local School Wellness Policy

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies.

Thus, the Runge Independent School District (RISD) is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Goals

Therefore, it is the policy of the RISD that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet federal and state guidelines.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], and the Summer Food Service Program).

- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Advisory Council

The School Board shall establish a local School Health Advisory Council (SHAC). The SHAC will meet at least four times each year. The board shall appoint at least five members to the SHAC. A majority of the members must be parents of students enrolled in the District and must not be employed by the District. One of those members shall serve as the chair or co-chair.

II. Foods and Beverages Sold and Served on Campus

A. School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA or TDA);
- ensure that at least half of the served grains are whole grain; and
- ensure that foods are not deep fried.

B. Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

C. Free Meals

RISD currently provides free breakfast and lunch to all students.

D. Meal Times and Scheduling

Schools will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes to eat after sitting down for lunch.

Schools should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11:00 a.m. and 1:00 p.m.

Schools should not schedule tutoring, club meetings, organizational meetings, or activities during mealtimes, unless students may eat during such activities.

If possible, elementary schools will schedule recess periods prior to lunch periods.

Schools will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Schools should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

E. Sharing of Foods and Beverages

Given concerns about allergies and other restrictions on some children's diets, students will be prohibited from sharing their foods or beverages with one another during meal or snack times.

F. Foods and Beverages Sold in Schools

The following guidelines apply to food and beverages **sold** outside of reimbursable school meals, such as through vending machines, cafeteria a la carte (snack) lines, fundraisers, school stores, etc.

All foods sold in schools must comply with the USDA "Smart Snacks in Schools." The following guidelines apply:

Beverages

- Allowed: plain water; unflavored low-fat milk; unflavored or flavored fat-free milk and milk alternatives permitted by the NSLP/SBP; 100% fruit or vegetable juice; and 100% fruit or vegetable juice diluted with water, and no added sweeteners
- Portion Sizes: Elementary campuses 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.
- Not allowed: soft drinks; sports drinks; iced teas; fruit-based drinks that are not 100% real fruit juice; and beverages containing caffeine

Foods

Any food sold in school 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 ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber). As of July 1, 2016, foods may not qualify using the 10% DV.

- Foods must also meet the following nutrient guidelines:

NUTRIENT	SNACK SIZE	ENTREE SIZE
Calorie Limit	≤ 200 calories	≤ 350 calories
Sodium Limit	≤ 230 mg	≤ 480 mg
Fat Limits: Total fat Saturated fat Trans fat	≤ 35% of calories < 10% of calories zero grams	
Sugar limit	≤ 35% of weight from total sugars in foods	

G. Fundraising Activities

Any food items sold during the school day must meet the “Smart Snacks in Schools” guidelines. Fundraisers with these food items are unlimited.

The standards do not apply outside of the school day, on weekends, and at off-campus fundraising events. For the purpose of this policy, the school day is defined as midnight until thirty minutes after the last bell.

Fundraisers with food items for consumption at home are acceptable (such as cookie dough or pizza kits).

H. Rewards

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,¹ and will not withhold food or beverages (including food served through school meals) as a punishment.

I. Birthday Parties

According to RISD Policy CO (Legal), on the occasion of a child’s birthday, the parent or grandparent may provide the food product of their choice to celebrate the birthday. Food may be provided any time after 1:30pm. The campus administrator will determine the time during the school day in which the food will be provided.

J. Campus-wide Celebrations

Campus administrators should limit celebrations that involve providing food during the school day to no more than five days per school year. During these campus wide days, food and beverages may be provided to students without nutrition restrictions. The five days will be determined by the administrator at each campus. Other than these designated days, foods that do not meet the “Smart Snacks in Schools” should not be provided to students during the school day. For the purpose of this policy, the school day is defined as midnight until thirty minutes after the last bell.

¹ Unless this practice is allowed by a student’s individual education plan (IEP).

K. Snacks

- All snacks that are *sold* during the school day must meet the guidelines as noted above.
- Other than the five celebration days and STAAR testing days, any snack that is *provided* to students must meet the guidelines as noted above.
- The classroom teachers may or may not permit students to have a snack time during the school day. If students bring snacks from home, the snack must be a healthy snack. The only beverage that students may drink in class is water.
- The district will provide a list of healthy snack items to teachers and parents. The list will be posted on the district website.

L. Exemptions

STAAR testing days are exempt from any restrictions on foods that are provided as snacks to students.

The five campus-wide celebrations are exempt from any restrictions on foods that are provided to students. This exemption does **not** cover any foods or beverages that are sold to students.

With the approval of the campus administrator, teachers may provide food to students in the classroom for instructional purposes. After receiving administrator approval, the teacher should consult the campus nurse to ensure any student health restrictions or food allergies are considered.

Foods and beverages offered or sold at school-sponsored events outside the school day (such as dances, athletic events, and concession stands) do not have to meet the nutrition standards for meals or for foods and beverages sold during the school day.

III. Nutrition & Physical Activity Promotion and Food Marketing

A. Nutrition Education and Promotion

The RISD aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;

- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

B. Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.
- Opportunities for physical activity will be incorporated into other subject lessons.
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

C. Communications with Parents

RISD will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will send home nutrition information, post nutrition tips on the school website, and provide nutrient analyses of school menus upon request. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through the website, newsletters, or special events.

D. Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold

individually (above).² School-based marketing of brands promoting predominantly low-nutrition foods and beverages³ is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

IV. Physical Activity Opportunities and Physical Education

A. Physical Education (P.E.) K-12

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education or its equivalent as follows:

- Elementary School Students: 30 minutes per day or 135 minutes per week
- Middle School Students: 30 minutes per day or 225 minutes every two weeks
- High School Students: 1 credit to meet graduation requirements

The goal is for students to spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

B. Daily Recess

All elementary school students will be encouraged to have at least 20 minutes a day of supervised recess, outdoors as weather permits, during which schools should encourage moderate to vigorous physical activity.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

² Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

³ Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

C. Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity as punishment (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess or physical education) as punishment.

D. Fitness Assessment

The FITNESSGRAM assessment will be administered to students grades 3-12 in a course that satisfies the curriculum requirements for physical education.

The District is not required to assess a student for whom, as a result of disability or other condition identified by Commissioner rule, the assessment instrument is inappropriate.

FITNESSGRAM is a physical assessment. The assessment is not to become a competitive sport. The assessment is not to be used as a grade.

The District shall provide the results of individual student performance on the physical fitness assessment to TEA. The results may not contain the names of individual students or teachers or a student's social security number or date of birth.

The results of individual student performance on the physical fitness assessment instrument are confidential and may be released only in accordance with state and federal law.

V. Monitoring and Policy Review

A. Monitoring

The superintendent will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the campus principal 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.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent.

B. Policy Review and Annual Progress Report

In order to review policy compliance, assess progress, and determine areas in need of improvement the RISD Wellness Policy will be reviewed, assessed, and revised annually by the SHAC. The following individuals will be permitted to participate in this endeavor:

- Parents
- Students
- Representatives of the food services department
- School Board members
- School Administrators
- Members of the community
- School Health Professionals
- Teachers of physical education

The superintendent or designee will develop a wellness policy annual progress report that, at minimum, includes:

- The website address for the local wellness policy and/or how the public can receive or access a copy of the policy.
- A description of each school's progress in meeting the local school wellness goals.
- A summary of each school's events or activities related to local school wellness policy implementation.
- The name, title, and contact information of the designated local agency official(s) or school official(s) leading/coordinating the wellness policy team/ SHAC chair or co-chair.
- Information on how individuals and the public can get involved with the school wellness policy team.

The progress report will be made available to the school board and also distributed to the SHAC, campus principals, school health services personnel and the public.