

# Vidor Independent School District Child Nutrition Department Wellness Plan SY 19 – 20

## **Preamble**

Vidor ISD is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, it is important to create positive, safe and health-promoting learning environments at every level and in every setting throughout the school year.

Research shows that two components, good nutrition and physical activity, before, during and after the school day have a strong correlation with positive student outcomes. This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

- Students in VISD have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus in accordance with Federal and State nutrition standards
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors
- Students have opportunities to be physically active before, during and after school
- Students engage in nutrition and physical activity promotion and other activities that promote student health and wellness
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication and monitoring of the policy and its established goals and objectives

This policy applies to all students, staff and schools in the Vidor Independent School District. Our commitment to providing nutrition education and regular physical activity, as well as access to nutritious food for all students, are described in this policy.

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## **School Wellness Committee**

### **Committee Role and Membership**

VISD will maintain a School Wellness Committee (SWC) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs. This SWC will combine with the School Health Advisory Council (SHAC) and work towards a common goal of wellness for the District and community alike. This SWC membership will represent all school levels and include, but not be limited to: school administrators, community members, parents, local school board members, school nutrition staff, students, physical education personnel and school health professionals. The Health and Wellness Director will coordinate services and promotions with the SHAC and facilitate the development of and updates to the wellness policy.

## **Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### **Implementation Plan**

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy.

### **Documentation**

The district shall retain documentation in accordance with state and federal guidelines. Documentation retention shall include the written wellness policy, demonstration that the policy has been made available to the public, and documentation to show effort to solicit SWC/SHAC membership and participation in the development, implementation, review and update to the wellness policy.

### **Triennial Progress Assessments**

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include the extent to which the school is in compliance with the wellness policy, the extent to which the wellness policy compares to the Alliance for a Healthier Generation's model wellness policy and a description of the progress made in attaining the goals of the wellness policy.

The District will notify the public of the availability of the triennial progress report.

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## **Revisions and Updating the Policy**

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the District website, as well as information on how the public can get involved with the school wellness committee.

The District will publish an annual report of the wellness policy and report on the progress of the district meeting the wellness goals. The policy will be updated or modified every three years based on the annual reports, triennial assessment and any new Federal or State guidelines that are issued.

## **Nutrition**

### **School Meals**

Vidor ISD is committed to serving healthy meals to students following state and federal guidelines. These foods will include whole grains, fruits, vegetables, low fat and/or fat free milk and dairy products, lean proteins and foods that are moderate in sodium, fat, saturated fat and are trans fat free. Caloric guidelines will be followed per age requirement. The school meal program aims to promote healthy food options, help fight childhood obesity, and model healthy eating habits that will last a lifetime.

All schools within the Vidor ISD participate in USDA child nutrition programs including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). Elementary students at Vidor ISD will participate in the Fresh Fruit and Vegetable Program (FFVP) for the 19- 20 SY. Vidor ISD will continue to participate in the Community Eligibility Provision (CEP) program per the USDA and TDA guidelines through the end of the 21 – 22 SY. The CEP program enables all students to receive one free reimbursable breakfast and lunch every day at school in all schools in the VISD.

Menus are posted on the District website under the Food and Nutrition Department section. School meals are administered by the Child Nutrition Director in accordance with all state and federal guidelines. The District Child Nutrition Program (CNP) will accommodate students with special dietary needs. Participation in Federal CNP will be promoted among students and families to help ensure that families know what programs are available in their children's school.

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## **Staff Qualifications and Professional Development**

All school nutrition program Directors, Coordinators, Support Staff, Managers, full and part time and substitute employees will meet or exceed hiring and annual continuing education and training requirements as outlined by the School Nutrition Association (SNA), the Texas Association of School Nutrition (TASN), the Texas Department of Agriculture (TDA) and the United States Department of Agriculture (USDA) professional standard guidelines for Child Nutrition professionals.

## **Water**

To promote hydration, free and safe unflavored drinking water will be available to all students throughout the school day and throughout every campus. The District will make free drinking water available where school meals are served during mealtimes.

## **Competitive Foods and Beverages**

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day will support healthy eating. The foods and beverages sold and served outside of the school meal program (e.g. “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide To Smart Snacks in Schools is available at <https://www.fns.usda.gov/healthierschoolday/tools-school-smartsnacks> The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at <https://www.healthiergeneration.org>

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold in the school cafeterias.

## **Celebrations and Rewards**

### **Fundraising**

Foods and beverages that meet or exceed the USDA Smart Snacks in school nutrition standards may be sold through fundraisers on school campus during the school day. A few exceptions exist. Federal guidelines allow each campus to have a maximum of six (6) free food or waiver days per school year. At these events, foods may be given or

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sold to students that may not follow the state or federal guidelines for food served to students.

#### **Nutrition Promotion**

Nutrition promotion and education positively influences lifelong eating behaviors by using evidence-based techniques and nutrition messages, thereby creating food environments that encourage healthy nutrition and encourages participation in the school meal program.

Students and staff will receive consistent nutrition messages throughout school classrooms, gymnasiums and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District shall promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

#### **Nutrition Education**

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that are designed to provide students with the knowledge and skills necessary to promote and protect their health. Nutrition education will teach and promote the consumption of fruits, vegetables, low fat milk and dairy products, low fat proteins, whole grains, healthy fats and healthy food preparation. Education will also include the promotion of physical activity and the relationship between the food and activity balance concept for overall health and wellness.

#### **Physical Activity**

Children and adolescents should participate in physical activity every day. These activities are in addition to, and not a substitute for, physical education.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repair. Facilities such as track, will be open to students, their family and the community outside of school hours when appropriate.

Access to physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason.

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## **Physical Education**

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

The District will provide at least 30 minutes of moderate to vigorous of physical education per week throughout the school year for students in PK – 5<sup>th</sup> grade.

Junior High and High School students are required to take the equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments through the Fitness Assessment/Fitnessgram.

## **Recess**

All Elementary schools will offer at least 30 minutes of recess on most days during the school year. Outdoor recess will be offered when weather is feasible for outdoor play. Recess will complement, not substitute, physical education class.

## **Staff Wellness and Health Promotion**

The District encourages staff member participation in health promotion programs and will support programs for staff members in regards to healthy eating and weight management that are accessible and free or low-cost.

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## **Glossary:**

**Extended School Day** – the time during, before and after school that includes activities such as clubs, intramural sports, band or choir practice, drama rehearsals and more.

**School Campus** – areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups and water bottles), or parking lots.

**School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years