

# Paradise ISD Local Wellness Policy

Section 204 of Public Law 108-265—June 30, 2004

Child Nutrition and WIC Reauthorization Act of 2004

July 1, 2015 TDA repealed several previous USDA requirements. Texas policy allows six days per school year to sell foods or beverages on campus that do not have to meet federal nutrition standards. There are no restrictions on foods or beverages given away.

Paradise Independent School District is committed to providing a school environment that promotes and protects student and staff health, well-being, and the ability to learn by supporting healthy eating habits and physical activity. Therefore, it is the policy of the Paradise Independent School District 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 the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional 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, and National School Lunch 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.

## **I. School Health Councils**

The School Health Advisory Council (SHAC) of Paradise ISD will work to develop, implement, monitor, review, and, as necessary, recommend revisions to school nutrition and physical activity policies. The council also will serve as a resource to school sites for implementing those policies.

## **II. Nutritional Quality of Foods and Beverages Sold or Served on Campus**

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 a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.  
High School: foods and beverages may contain caffeine.

### **Beverages**

#### **Elementary School**

- Plain water or plain carbonated water (no size limit);
- Low fat milk, unflavored ( $\leq 8$  fl oz);
- Non fat milk, flavored or unflavored ( $\leq 8$  fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 100% fruit/vegetable juice ( $\leq 8$  fl oz); and
- 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( $\leq 8$  fl oz).

#### **Middle School**

- Plain water or plain carbonated water (no size limit);
- Low-fat milk, unflavored ( $\leq 12$  fl oz);
- Non-fat milk, flavored or unflavored ( $\leq 12$  fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 100% fruit/vegetable juice ( $\leq 12$  fl oz); and
- 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( $\leq 12$  fl oz).

## **High School**

- Plain water or plain carbonated water (no size limit);
- Low-fat milk, unflavored ( $\leq 12$  fl oz);
- Non-fat milk, flavored or unflavored ( $\leq 12$  fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 100% fruit/vegetable juice ( $\leq 12$  fl oz);
- 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( $\leq 12$  fl oz);
- Other flavored and/or carbonated beverages ( $\leq 20$  fl oz) that are labeled to contain  $\leq 5$  calories per 8 fl oz, or  $\leq 10$  calories per 20 fl oz; and
- Other flavored and/or carbonated beverages ( $\leq 12$  fl oz) that are labeled to contain  $\leq 40$  calories

All schools will gather input from parents, teachers and students on ideas for improvements in food choices through various means such as informal and formal surveys, and input from staff and site-base meetings. Parents and students shall be given nutritional content of meals upon request.

## **Breakfast**

Paradise ISD will encourage all children to 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 will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.

## **Free and Reduced-priced Meals**

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price school meals.

## **Meal Times and Scheduling**

Schools:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Will schedule meal periods at appropriate times, *e.g.*, lunch will be scheduled between 10:50 a.m. and 1:30 p.m.;

- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

### **Qualifications of School Food Service Staff**

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

### **Sharing of Foods and Beverages**

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

### **Fundraising Activities**

Texas policy allows **six days per campus per school year** to sell foods or beverages on campus that do not have to meet federal nutrition standards.

Fundraisers that include food or beverage items that do not meet the competitive food nutritional standards, and are intended to be consumed at a school **must be sold outside the school day or on exempt days only**. The school day is defined as beginning at midnight and ending 30 minutes after the end of the official day.

Exempt food or beverage items may be sold anywhere on campus (6 days per year) except during meal service times in areas where school meals are sold or consumed.

ALL foods or beverages sold at ALL grade levels **on non-exempt days** must meet the nutritional requirements.

### **What Can be Given Away?**

There are **no restrictions on foods or beverages given away** including foods or beverages at events such as field days, birthdays, class parties, and celebration days tied to curriculum or cultural events. Campus administrators will monitor these activities.

### **Beverages**

(See requirements under **II. Nutritional Quality of Foods and Beverages Sold or Served on Campus**)

## **Foods**

A food item sold individually:

- Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and contain no trans fat;
- Will have no more than 35% of its *weight* from total sugars;
- Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- Snack items 200 calories or lower ad entrée items 350 calories.

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried or canned vegetables (that meet the above fat and sodium guidelines).

## **Snacks**

Paradise ISD encourages snacks served during the school day be from the Smart Snacks list so they make a positive contribution to children's diets and health. Paradise ISD will emphasize serving fruits and vegetables, when feasible, as a snack and encourage water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

## **Rewards**

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

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

#### **Nutrition Education and Promotion**

Paradise Independent School District aims to teach, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program 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);
- Encourages staff to increase their physical activities, consider healthy food choices and monitor food portion intake through campus support groups.
- Encourages staff to offer a healthy food choice at campus and district meetings.

#### **Integrating Physical Activity into the Classroom Setting**

For students to receive at least 30 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.

#### **Communications with Parents**

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district will send home nutrition information, post nutrition tips on school websites, 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 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 on the district website, and at special events.

## **IV. Physical Activities Opportunities**

### **Daily 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 daily physical education (or its equivalent of 150 minutes/week for elementary and intermediate school students and 225 minutes/week for middle and high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

### **Daily Recess**

Elementary school students have at least 20 minutes a day of supervised recess and intermediate school students have 15 minutes of recess, generally outdoors, where schools encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

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.

### **Physical Activity Opportunities Before and After School**

All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

### **Use of School Facilities Outside of School Hours**

School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

## **V. Staff Wellness**

Paradise ISD encourages school staff to improve their health status through activities such as health-related fitness activities. These opportunities promote a healthy lifestyle that contributes to improved health status, improved morale, and a greater personal commitment to the school's overall coordinated health program. This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling. One goal of health promotion activities is to improve productivity, decrease absenteeism, and reduced health insurance costs. Future plans include expanding physical fitness opportunities as well as providing health assessments and health education. (See Staff Wellness physical activity opportunities on the district website)

## **VI. Monitoring and Policy Review**

### **Monitoring**

The superintendent or 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.

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 (or if done at the school level, to the school principal). The superintendent or designee will develop 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 also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.



## **Policy Review**

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review the 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 district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Initial policy adopted by PISD Board – August 2006

Board review of policy updates- May 17, 2010

Board review of policy updates- July 21, 2014

Board review of revisions after September 1, 2014 proposals by Texas Department of Agriculture (TDA) became effective- September 25, 2014

Board review and revision – February 19, 2015

Board review and revision after TDA repealed portions of USDA requirements- October 19, 2015