

Splendor Independent School District
Wellness Guidelines

Purpose and Goal:

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating has been linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff to establish and maintain lifelong healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence student's eating habits.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices that will impact them for a lifetime. In addition, staff should be encouraged to model healthy eating and physical activity as a valuable part of daily life. The Splendor Independent School District shall prepare, adopt, and implement a comprehensive plan to educate and encourage students on healthy eating habits and physical activity.

Component 1: Commitment To Nutrition Education and Promoting Student Wellness

- A. Principals and Nurses will provide nutritional information to parents that will encourage parents to provide nutritious foods for their children once a month through newsletters, emails, daily announcements etc. Each campus will have the ability to decide the best practice in reaching their parents.
- B. Nutritional education shall be integrated across the curriculum and physical activity will be encouraged daily.
- C. Students in pre-kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies and language arts as applicable.
- D. Schools will work with a variety of media to spread the word to the community about healthy school nutrition environment, such as local newspaper and television stations.

Component 2: School Based Activities and the Local Wellness Policy

- A. Splendor Independent School District will follow all health education curriculum standards and guidelines as stated by the Texas Education Agency. Schools will link nutrition education activities with coordinated school health program.
- B. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, Health Fairs, Open Houses, PTO meetings, teacher in-services, etc.

- C. Schools will consider student need in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys and attention will be given to their comments.

Component 3: Physical Activity Outside of Physical Education

- A. Splendora ISD has a variety of UIL athletics that students are encouraged to participate in such as Baseball, Football, Powerlifting, Basketball, Golf, Track and Volleyball.
- B. Student clubs are a big part of Splendora ISD, for example:
- a. Greenleaf Elementary: Flag Corps, Running Club
 - b. Peach Creek Elementary: Thumbs, Robotics Club
 - c. Piney Woods Elementary: Treblemakers, Student Council
 - d. Splendora Junior High School: Art, Athletics, Band, Cheerleading, Choir, National Junior Honor Society, Science Club, Student Council and Yearbook
 - e. Splendora High School: Academic Decathlon, AFJROTC, AD Mechanics, Art, Band, Athletics, Cheerleading, Chess, Choir, Construction, Cosmetology, Debate, Drill, FFA, Fishing, Floral Design, Culinary Arts, Future Business Clubs of America, Interact, National Honor Society, Powerlifting, Ready-Set-Teach, Student Council, Theatre Arts and Yearbook
- C. Students enrolled in a PE or PE equivalent classes meet state mandated credit and time requirements.

Component 4: Schools and Smart Snack Policy

- A. The Child Nutrition Department will ensure that all items sold as a la carte will meet Smart Snack Guideline and proper documentation will be available at the Child Nutrition office.
- B. Principals will evaluate and address concerns in regards to any foods sold from sources other than the Child Nutrition Department. Principals will ensure that food from other sources will be in compliance with Smart Snack Policy and will not be sold or consumed in the cafeteria at any time during serving hours. Principals will ensure sufficient time for students to consume meals.
- C. Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.
- D. The Child Nutrition staff will participate in making decisions and guidelines that will affect the school nutrition environment.
- E. The campus will encourage that healthy, nutritious snacks be served at parties/activities which are provided to students free of charge during the school day.

Component 5: Compliance

- A. Splendora Independent School District will offer breakfast, lunch, and after school snack programs to all students in accordance to the NSLP, SBP, ASCP and all other School Nutrition Programs that pertain to our district.
- B. Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture, 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.
- C. Child Nutrition staff will be in compliance with current professional standards and will regularly participate in professional development activities.
- D. Food safety will be a key part of the Child Nutrition operation.
- E. Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
- F. School personnel along with parents, will encourage students to choose and consume full meals. Drinking fountains/potable water will be available for students to get water at meals and throughout the day.
- G. A short snack-free recess for elementary campuses is encouraged to be scheduled sometime before lunch so that children will come to lunch less distracted and ready to eat.
- H. School personnel will assist all students in developing the healthy practice of washing hands before eating.
- I. Schools should not schedule tutoring, pep rallies, assemblies, club/organization meetings and other activities during mealtime.
- J. Adequate time to eat in a pleasant dining environment should be provided. The minimum eating time for each child after being served will be ten minutes for breakfast and twenty minutes for lunch.
- K. Schools will encourage socializing among students and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level and by eating with the students. Parents are highly encouraged to dine with students in the cafeteria.

Component 6: Measurement of Implementation

- A. The SHAC shall be composed of parents and school district staff. Each campus principal shall select three parents and one staff member, such as a teacher, nurse, counselor, CNS manager, or administrator to represent the campus. Permanent members of the committee shall include the Community Engagement Coordinator, an Elementary PE Coach and the Child Nutrition Director.
- B. The SHAC members from each campus will conduct a review of their respective campuses in the fall semester of each year to identify areas for improvement. These groups will

report their finding to the campus principal and develop with him/her a plan for action for improvement.

- C. The SHAC will assign campus groups, excluding classroom teachers, to do peer reviews of another campus in the spring semester of each year.
- D. The SHAC will hear reports from each campus group after each review period. Before the end of the school year, the committee will recommend to the Superintendent any revisions to the Student Nutrition/Wellness Plan it deems necessary.