

MARTIN'S MILL I.S.D. LOCAL WELLNESS POLICY

The Martin's Mill Independent School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with the current Dietary Guidelines for Americans.
- All foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.

Nutrition Education

- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy habits. (1)
- Nutrition education information will be reviewed by a qualified, school-based nutrition specialist.
- The school cafeteria serves as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community. (7)

- School district will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families. (10)
- Students will be encouraged to start each day with a healthy breakfast.

Physical Activity

- Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies and language arts.
- Physical education courses will be the environment where students learn, practiced and are assessed on developmentally appropriate motor skills, social skills and knowledge. (1)
- Policies ensure that state-certified physical education instructors teach all physical education classes. (1)
- Policies ensure that state physical education classes have a student/teacher ratio similar to other classes. (1)
- Time allotted for physical activity will be consistent with Texas Senate Bill 19 and Texas Education Agency curriculum. (2)
- Provide a daily recess period, which is not used as a punishment or a reward.
- Physical activity participation will take into consideration the “balancing equation” of food intake and physical activity.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity. (10)
- Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted. (1)
- Information will be provided to families to help them incorporate physical activity into their student’s lives.
- Schools are encouraged to provide community access to and encourage students and community members to use the school’s physical activity facilities outside of the normal school day. (10)
- Schools encourage families and community members to institute programs that support physical activity, such as a walk to school program. (1)

Other School Based Activities

- Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- Support for the health of all students is demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- Schools organize local wellness committees comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activity in the school environment.

Nutrition Guidelines for All Foods on Campus

- All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans:
 - Vending machines
 - A la carte
 - Beverage contracts
 - Fundraisers
 - Concession stands
 - Student stores
 - School parties/celebrations
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines.
Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
- Nutrition information for products offered in vending and school stores is readily available near the point of purchase.
- Classroom snacks feature health choices. (5)
- Nutrition education is incorporated during classroom snack times, not just during meals. Foods and beverages sold at fundraisers include healthy choices and provide age appropriate selections for elementary schools, middle schools and high schools. (6)

Eating Environment

- The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated. (3)
- Lunch periods are scheduled as near the middle of the school day as possible. (8)

- Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students. (10)
- Drinking water is available for students at meals.
- Foods of Minimal Nutritional Value (FMNV) are not used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).

Child Nutrition Operations

- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity.
Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals. (1) (8)
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well. (1)
- The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch and school breakfast programs).
- Employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements. (1)
- All food service personnel shall have adequate pre-service training in food service operations. (1)
- Students are encouraged to start each day with a healthy breakfast.

Food Safety/Food Security

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools. (1)
- For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the U.S. Department of Agriculture food security guidelines. (4)

References

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- (2) Texas Education Agency. Available at:
<http://www.tea.state.tx.us/curriculum/hpe/index.html>. Accessed April 17, 2006.
- (3) National Association of State Boards of Education. Fit, healthy and ready to learn. Available at: <http://www.nasbe.org/HealthySchools/Fithealthy.html>. Accessed March 7, 2005.
- (4) United States Department of Agriculture, Food Safety and Inspection Service, Food safety and emergency preparedness. Available at:
[http://www.fsis.usda.gov/Food Security & Emergency Preparedness/index/asp](http://www.fsis.usda.gov/Food_Security_&_Emergency_Preparedness/index/asp). Accessed March 7, 2005.
- (5) Alabama Action for Healthy Kids. Guide to health school parties. Available at:
http://www.actionforhealthykids.org/AFHK/team_Center/team_public_view.php?team=AL. Accessed March 7, 2005.
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http://www.actionforhealthykids.org/AFHK/team_center/team_public_view.php?team=AL. Accessed March 7, 2005.
- (7) Texas Agriculture Commission. Creating a course for change. Available at:
http://www.squaremeals.org/fn/home/page/0,1248,2348_0_0_0,00.html. Accessed March 7, 2005.
- (8) Seattle Public Schools. Breakfast and lunch program. Available at:
<http://www.seattleschools.org/area/news/x40903nr.xml?wrapper=0>. Accessed March 7, 2005.