

West Rusk CCISD

School Wellness Plan

I. **Purpose**

To establish a policy that addresses nutrition education goals, physical activity goals, nutrition standards for all foods available on school campuses during the school day when school is in session and other school-based activity goals designed to promote student wellness.

II. **Goals**

- A. The primary goal of nutrition education is to influence students' eating behaviors. All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime.
- B. The primary goal for West Rusk's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long term benefits of physically active and healthful lifestyle.
- C. West Rusk will ensure that school meals meet the program requirements and nutrition standards set forth under the 7 CFR (Code of Federal Regulation) Part 210 (National School Lunch Program) and Part 220 (School Breakfast Program).
- D. West Rusk will create and maintain a school environment that provides consistent wellness and messages and is conducive to healthy eating and physical activity.

III. **Nutrition and Wellness Policy**

West Rusk CCISD will comply with Section 204 of the Federal Child Nutrition and WIC (Women, Infants, and Children) Reauthorization Act of 2004. The regulations were updated in 2011 based on the Institute of Medicine (IOM) recommendations to include:

- Increasing the amount and variety of fruits, vegetables, and whole grains
- Setting a minimum and maximum level of calories
- Focusing more on reducing saturated fat and sodium

A. Nutrition Education Goal

1. West Rusk CCISD will maintain a School Health Advisory Council (SHAC). In addition to its other duties, the School Health Council will monitor, review, and as necessary recommend revision of the school nutrition and wellness

policy to the Board of Education and/or the Superintendent. The council will serve as a resource to West Rusk CCISD in the implementation of this policy.

2. Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, and social studies.
3. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
4. Each campus will provide information to families that encourage them to teach their children about health and nutrition and provide nutritious meals to their families.
5. Nutrition education will be offered in the school cafeteria and in the classroom, with coordination between school foodservice staff and teachers. Educational posters about nutrition will be displayed in the cafeteria to help turn the eating environment into a learning environment.

B. Goals for Physical Activity

The primary focus of the integrated curriculum is for schools to provide quality physical education in which students engage in maximum amounts of enjoyable (moderate to vigorous physical activity) during class time.

1. Physical activity will be integrated across the curricula and throughout the school day. Movement can be made a part of math, science, language arts, and social studies.
2. Time allotted for physical activity will be consistent with research, national and state standards.
3. Encourage students to become more physically active outside of school.
4. Information will be provided to families to help them incorporate physical activity into their family lives.
5. Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

C. Goals for School Based Activities

West Rusk CCISD will implement several school based activities to not only promote student wellness, but also to help incorporate the community and families in our school's efforts to achieve a healthier school environment.

1. Support for the health of all students is demonstrated by hosting health screenings for students and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
2. Schools will offer a range of activities that meet the needs, interest, and abilities of all students, including boys, girls, students with disabilities, and students with special health care needs.
3. School-based marketing for good products will be consistent with nutrition education and health goals according to nutrition policy.
4. Students will be encouraged to start each day with a healthy breakfast.
5. Each school will strive to increase participation in the available federal Child Nutrition programs (school breakfast and lunch).

D. Goals for Nutrition Guidelines

West Rusk CCISD follows the Texas Public School Nutrition Policy which guides the effort in reducing childhood obesity by stating specific guidelines on availability and sale of Food of Minimal Nutrition Value (FMNV), competitive foods, as well as portion size limitations on certain items.

1. The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need so stay healthy and learn well.
2. Meals served through the National School Lunch and Breakfast Programs will adhere to the federal guidelines.
3. Schools will continue to 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. The schools will use electric identification and such other methods and strategies as practical to promote this end.

4. Schools will not schedule tutoring, club, detention, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
5. Classroom snacks will feature healthy choices.

E. Goals for Monitoring of the Nutrition and Wellness Policy

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.

1. The school food service staff will ensure compliance with nutrition policies within school food service areas and will report compliance issues to the superintendent.
2. The school district will report to the Board of Trustees on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.
3. The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutritional and physical activity wellness policies, based on input from schools within the district. The report will be provided to the school board and also distributed to the members of the School Health Advisory Council (SHAC), Parent/Teacher organizations (PTO) and school principals.

Approval and Implementation

The West Rusk CCISD School Wellness Plan is hereby approved.
This plan is effective immediately.

	10 - 17 - 2011
Superintendent – Tommy Alexander	Date
	10 – 17 - 2011
President, Board of Trustees – Sandra Smith	Date

Updated by Wellness Committee

October 15, 2013