

Kaufman ISD Wellness Plan

2018-2019

Nutrition Promotion

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District's nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District.

In accordance with FFA(LOCAL), the District has established the following goals for nutrition promotion.

Goal 1: The District's food service staff, teachers and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

Objective 1: The District will increase participation in federal child nutrition programs by two percent by the end of each school year.

Action Steps	Person(s) Responsible	Resources	Timeline	Evaluation
1. Distribute fliers regarding school food programs within first two weeks of the school year.	Food Service Staff(SFE)	Fliers	August 2018-May 2019	Participation rates in federal child nutrition programs at the beginning, middle and end of the school year.
2. Send a follow up letter within first two weeks of second semester.	Food Service Staff(SFE)	Follow up letter	August 2018-May 2019	Participation rates in federal child nutrition programs at the beginning, middle and end of the school year.

Goal 2: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

Objective 1: The District will research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding any programs offered by the District.

Action Steps	Person(s) Responsible	Resources	Timeline	Evaluation
1. Research food access programs available in the community with which the District could partner (food pantry programs supported by a local area food bank, backpack programs, summer meal programs etc.	SHAC Counselors Food Service Director Parent Liaison	Partnerships with community organizations Literature to send to families/community	August 2018-May 2019	Number of supplemental programs the District currently offers or promotes. The types of food access programs identified and ways the information was communicated to families and the community.

Objective 2: Consistently post in an easily accessible location on the District's website and the My School Menu App, the monthly school breakfast and lunch menus, along with the nutritional information of each meal.

Action Steps	Person(s) Responsible	Resources	Timeline	Evaluation
1. Work with the District campus child nutrition directors to develop menus that are in compliance with this objective and are designed at least one month in advance.	Food Service Director Technology Department	Website location along with metrics to tabulate number of views. Staff to create and distribute the menus for posting to the website. Fliers to inform parents about the My School Menu App.	August 2018-May 2019	The manner in which the menus and nutrition information are currently communicated to parents. The number of times the menus were viewed during the school year.

Goal 3: The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.

Objective 1: One-hundred percent of the exterior displays on vending machines available for student use during the school day will be Smart Snacks compliant.

Action Steps	Person(s) Responsible	Resources	Timeline	Evaluation
1. Work with campus administrators to communicate this expectation. 2. Identify vending machines that require adjustments to exterior displays. 3. Work with vendors to provide alternative exterior displays.	Campus Administration SHAC Coordinator	Alternative exterior displays (if necessary).	August 2018-May 2019	Beginning, middle and end of year reports from Campus Administration on the percentage of vending machines that are Smart Snack compliant.

Nutrition Education

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a nutrition services and health education component at the elementary and middle school levels.

In accordance with FFA(LOCAL), the District has established the following goals for nutrition education.

Goal 4: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: At least 70 Percent of Eighth grade students will complete one-half credit of health education as an elective.

Action Steps	Person(s) Responsible	Resources	Timeline	Evaluation
1. Inform counselors to encourage students to take health education as an elective during 8 th grade.	Counselors Campus Administration	Certified staff to teach course Four-year plans to accommodate health as an elective	August 2018-May 2019	Percentage of each eighth grade class who successfully complete health as an elective

Objective 2: One hundred percent of students will have access to drinking water at all times during the day.

Action Steps	Person(s) Responsible	Resources	Timeline	Evaluation
1. Include in enrollment and registration materials that students are permitted to carry personally owned water bottles at all times.	Campus Principals	Easily accessible water fountains Guidance/signs on any locations where water bottles may not be permitted on campus.	August 2018-May 2019	Documentation from the school nutrition department that water was available during meal periods, as required by federal standards, and that students were informed of water bottle policy.

Goal 5: The District shall make nutrition education a District- wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

Objective 1: District staff will promote and integrate nutrition education facts during at least 5 cafeteria (SFE) sponsored events during the school year.

Action Steps	Person(s) Responsible	Resources	Timeline	Evaluation
Sponsored Events: 1. Thanksgiving Lunch 2. Monthly promotions	Food Service Staff Food Service Director Technology Department	Flyers to distribute to students. Posters for advertising the promotion for cafeteria. Website location for advertising the monthly promotion.	August 2018-May 2019	The number of events during the school year at which nutrition education was either communicated or distributed.

Goal 6: The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

Objective 1: All child nutrition job descriptions will be updated to require at least the minimum qualifications as required by federal law.

Action Steps	Person(s) Responsible	Resources	Timeline	Evaluation
Request that SFE review and update current job descriptions for child nutrition positions.	Food Service Director	The current minimum qualifications of child nutrition staff	August 2018-May 2019	The number of job descriptions that were revised during the school year.

Physical Activity

The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades.

Federal law requires that the District establish goals for physical activity in its wellness policy.

In accordance with FFA(LOCAL), the District has established the following goals for physical activity.

Goal 7: The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

Objective 1: At least two campuses will promote after-school physical activity programs each year.

Action Steps	Person(s) Responsible	Resources	Timeline	Evaluation
Encourage organizations to offer such programs and have staff from campuses share information.	Campus Staff Fitness Coordinator Wellness Coordinator	Support from campus administrators and employees to provide access to the facilities for these programs. Informational materials to explain the program to students and parents.	August 2018-May 2019	Number and type of programs offered compared to the previous school year. Student participation rates in the program from year to year

Goal 8: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, like-long physical activity for District employees and students.

Objective 1: The District will offer a free or low-cost health assessment to employees at least once per year.

Action Steps	Person(s) Responsible	Resources	Timeline	Evaluation
Seek out providers for this service on behalf of the District. Contract with an entity to provide the service.	Wellness Coordinator Fitness Coordinator	District publications and correspondence to advertise the service.	August 2018-May 2019	Number of employees who participated compared to previous school year.

Goal 9: The District shall encourage students, parents staff and community members to use the District's recreational facilities, such as tracks, playgrounds, and the like, that are available for use outside of the school day.

Objective 1: Inform the community of the facilities that are available for use outside of the school day by including a statement in a least one District or campus publication, by posting information on the District or campus website, or through the use of appropriate signs.

Action Steps	Person(s) Responsible	Resources	Timeline	Evaluation
Create sample wording to be used in a publication or on a website. Create wording for a sign that could be posted at certain facilities.	SHAC Technology Department	A list of the types and locations of facilities that are available for use in the District.	August 2018-May 2019	Documentation of publications, website postings and signs verifying that the information has been communicated.

School-Based Activities

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness.

In accordance with FFA(LOCAL), the District has established the following goal(s) as part of its student wellness policy to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.

Goal 10: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Objective 1: All campuses will allow for at least ten minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.

Action Steps	Person(s) Responsible	Resources	Timeline	Evaluation
Evaluate current meal time allowances by campus. Work with campus administrators to adjust master schedules as necessary. Custodians are provided to clean the dining areas and school nutrition employees clean the kitchen facilities.	Campus Administrators Cafeteria Staff Custodians	Average time it takes for students to receive a meal and be seated.	August 2018-May 2019	The number of campuses that currently meet the standard compared to the previous school year.

Goal 11: The District shall promote wellness for students and their families at suitable District and campus activities.

Objective 1: Support for the health of all students will be demonstrated by hosting health fairs and/or health services.

Action Steps	Person(s) Responsible	Resources	Timeline	Evaluation
Plan district events for hosting health services such as back to school registration, athletic sponsored events and Kindergarten Roundup.	SHAC District Administrators Campus Administrators	List of health providers who can provide services. Staff to set up and plan events.	August 2018-May 2019	The number of students and parents who receive services

Goal 12: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Objective 1: The District will utilize its health insurance provider to encourage wellness by communicating the preventive services and wellness information.

Action Steps	Person(s) Responsible	Resources	Timeline	Evaluation
Develop and distribute materials via e-mails to all employees regarding wellness. District employees are encouraged to participate in the KISD Wellness Program	Wellness Coordinator Fitness Coordinator	E-mail	August 2018-May 2019	E-mails to employees The number of employees who participate in the KISD Wellness Program from year to year.

SB 530: Physical Activity Requirements for Public Schools

Students below sixth grade are required to participate in moderate or vigorous daily physical activity for at least 30 minutes throughout the school year as part of the district's education curriculum or through structured activity during recess. Students in grades six through eight will be required to participate in daily physical activity for at least 30 minutes for at least four semesters during those grade levels.

If a school district determines, for any particular grade level below sixth grade, that this requirement is impractical due to scheduling concerns or other factors, students in that grade level may participate in moderate or vigorous physical activity for at least 135 minutes during each school week. Districts that use block scheduling may as an alternative require students to participate in moderate or vigorous physical activity for at least 225 minutes during each two-week school period.

The local school health advisory committee must consider and make policy recommendations concerning the importance of daily recess for elementary school students, taking into account research on unstructured and undirected play, academic and social development, and health benefits of daily recess. Any policy recommendations by the council to the district must reflect local community values.

Attachment A

Kaufman Independent School District Student Nutrition/Wellness Plan

Guidelines for Food and Beverages Sold to Students at School

The district will follow the USDA'S "Nutrition Standards for All Foods Sold in School," which became effective July 1, 2014. (See below – copied from USDA's website, www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf.)

United States Department of Agriculture

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The Smart Snacks in School standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

Smart Snacks in School

USDA's "All Foods Sold in Schools" Standards

Nutrition Standards for Foods

Any food sold in schools must:

- Be a "whole grain-rich" grain product; or*
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or*
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or*
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).**

Foods must also meet several nutrient requirements:

Calorie limits:

° Snack items: ≤ 200 calories

° Entrée items: ≤ 350 calories

Sodium limits:

*° Snack items: ≤ 200 mg***

° Entrée items: ≤ 480 mg

Fat limits:

° Total fat: ≤ 35% of calories

° Saturated fat: < 10% of calories

° Trans-fat: zero grams

Sugar limit:

° ≤ 35% of weight from total sugars in foods

**On July 1, 2016, foods may not qualify using the 10% DV criteria.*

***On July 1, 2016, snack items must contain ≤ 200 mg sodium per item*

Smart Snacks in School: USDA's "All Foods Sold in Schools" Standards

Nutrition Standards for Beverages

All schools may sell:

- *Plain water (with or without carbonation)*
- *Unflavored low fat milk*
- *Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP*
- *100% fruit or vegetable juice and*
- *100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.*

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.

- *No more than 20-ounce portions of*
- *Calorie-free, flavored water (with or without carbonation); and*
- *Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.*
- *No more than 12-ounce portions of*
- *Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.*

Other Requirements

Fundraisers

- *The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.*
- *The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.*
- *The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.*

Accompaniments

- *Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.*
- *This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.*

At any school function (parties, celebrations, receptions, festivals, etc.) healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshment tables, etc.

Raw vegetable sticks/slices with low-fat dressing or yogurt dip

Fresh fruit and 100% fruit juices
Frozen fruit juice pops
Dried fruits (raisins, banana chips, etc.)
Trail Mix (dried fruits and nuts)
Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
Party Mix (variety of cereals, nuts, pretzels, etc.)
Low-sodium crackers
Baked corn chips & fat-free potato chips with salsa and low-fat dips (Ranch, French, Onion, bean, etc.)

Low-fat muffins, granola bars, and cookies

Angel food and sponge cakes

Flavored yogurt & fruit parfaits
Jell-O and low-fat pudding cups
Low-fat ice creams, frozen yogurts, sherbets
Low-fat and skim milk products
Pure ice cold water

Foods to avoid --- consume only occasionally

High sugar content candies and desserts

High fat foods (fried foods like French fries, fatty meats, most cheeses, buttery popcorn)

High sodium foods (luncheon meats, cheeses, chips, salty popcorn, pickles)

- In selecting food items to offer keep in mind the numerous students and adults who are on special diets and their consumption of sugar, fat, sodium, etc. is restricted.
- The use of foods of minimal nutritional value as learning incentives should not be practiced, and healthy food choices or non-food items should be substituted.
- Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

Exemption:

Three days will be exempt from the inaccessibility of the Foods of Minimal Nutritional Value listed above. These items may not be made available during meal times in the areas where school meals are being served and or consumed. The designated days will be:

For Grades Pre-K-K:

- Fall Party (week of Halloween)
- The last day before Christmas
- The last day of school

Grades 1-2:

- The last day before Christmas break
- The last day of school

Grades 3-4:

- The last day before Christmas break
- 3rd grade picnic /play day
- 4th grade picnic/playday

Grades 5-6:

- The last day before Christmas break
- The last day of school

Grades 7-8

- Morrowland- The Friday before Thanksgiving (November)
- The last day before Christmas break
- Morrowland- The 3rd or 4th Friday of April

Grades 9-12

- Adopt-a-Kid Day
- Last day of school

Gary Campbell High School

- Adopt-a-Kid Day
- Last day of school Awards/cookout

