

# Garrison ISD

## Local School Wellness Guidelines

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### Purpose

The link between nutrition and learning is well documented through several studies. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental development, and lifelong health and well-being. Healthy nutrition is linked to reduced risk for mortality and development of many chronic diseases in adults. Schools strive to aid students and staff in establishing and maintaining lifelong, healthy nutrition patterns. Well planned and well implemented school nutrition programs have been shown to positively influence students' nutrition habits.

Students should possess the knowledge and skills necessary to make nutritious and enjoyable food choices. The Garrison ISD staff encourages healthy nutrition practices and physical activity for our students as a valuable part of their daily schedule. Garrison ISD strives to prepare students for a healthy lifestyle during and after their time in the district. This plan will create opportunities to serve the students and staff in this manner.

This plan is developed by using input and resources from Federal and State agencies, staff members, parents, students, and community partners. The Local School Wellness Guidelines are established within the school district's School Health Advisory Council (SHAC).

# Goals and Guidelines

## Nutrition Education Goals

The primary goal of nutrition education is to influence students' nutrition behaviors. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. To make a difference, Garrison ISD will provide education in these areas that is age appropriate and is integrated into the daily education opportunities of the students. Health curriculum will also address these subjects as the students are placed into these offerings throughout their academic career.

- ✓ Students in all grades receive nutrition education that is introduced as age appropriate.
- ✓ Nutrition education is also offered in the school dining areas through Child Nutrition posters and pamphlets that outline proper nutrition.
- ✓ Students should be receiving consistent nutrition information at both home and school. Parent participation should be urged with school messages.
- ✓ District health curriculum is offered at appropriate age levels and includes information on proper nutrition and physical activity benefits.
- ✓ Information on proper nutrition and physical activity is integrated into subjects outside of health such as science, social studies, and career/technical classes.
- ✓ Staff development in the area of nutrition education is provided to the appropriate instructors.
- ✓ Students in all grades will be offered nutrition education in the school's dining areas as well as the classrooms. Promotions through the child nutrition department will be centered on healthy eating habits, proper nutrition and promotion of increased participation in the school lunch program.
- ✓ Garrison ISD will participate in the USDA nutrition programs where applicable and conduct nutrition education promotions that involve students, parents, staff, and community. School and district facilities and websites will be available to use for these promotions.
- ✓ The Child Nutrition department will conduct information item presentations to the School Board during regularly scheduled meetings.
- ✓ The Child Nutrition department will participate in nutrition programs as available that will benefit both the students and community and will communicate the availability of these programs to stakeholders.

## **Physical Activity/Wellness Goals**

Garrison ISD's physical activity components are to provide the following:

- ✓ opportunities for all students to develop the knowledge and skills for specific physical activities.
- ✓ maintain students' physical fitness throughout their educational career.
- ✓ ensure students regular participation in physical activity.
- ✓ educate students on short and long-term benefits of being physically active using healthy nutrition habits.

### **Garrison ISD activities/opportunities for reaching the physical activity and wellness goals:**

- ✓ Grades K-5th receive a minimum of 30 minutes of moderate to vigorous physical activity daily, or 150 minutes weekly.
- ✓ 6th - 8th Grade students receive a minimum of 30 minutes of moderate to vigorous physical activity daily, 150 minutes weekly, or 225 minutes in a two-week period.
- ✓ Physical education classes are taught by state certified physical education instructors.
- ✓ Lifelong sports/activities are promoted in grades K-12th.
- ✓ Promoting Cardio-Fitness at all grade levels.
- ✓ Teaching strength training in appropriate classes that is adaptable to the age group being taught.
- ✓ Proper conditioning techniques including stretching, warm-up and cool-down techniques.
- ✓ Physical activity games that are age appropriate and are conducted during physical activity times and periods.
- ✓ UIL athletic activities as well as band and fine arts that incorporate fitness.
- ✓ CPR/AED training for both staff and students.
- ✓ Completion of Fitness Gram as required.
- ✓ Create a clean/enjoyable environment for meal times in dining areas for students and staff.
- ✓ Ensure that school meal programs are set up to encourage participation by students and parents.
- ✓ School personnel stress the importance of proper hygiene for students before and after meals.
- ✓ School health personnel work with staff and students to ensure a healthy environment in all school facilities.
- ✓ Nutrition education information will be acquired from credible sources including the American Heart Association, American Diabetes Association, United States Department of Agriculture.
- ✓ Utilize the district's technology resources to communicate Health and Wellness information to students, parents, school personnel, and community members.

## **Nutrition Guidelines for All Foods and Beverages Available on School Campuses During the School Day.**

### **Any food sold in schools must:**

- ✓ Be a "whole grain-rich" grain product
- ✓ Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food
- ✓ Be a combination food that contains 1/4 cup fruit or vegetable
- ✓ Contain 10% of the daily value (DV) of one of the nutrients of public health concern in the 2010 Dietary guidelines for Americans
- ✓ Calorie limits: Snack items <200 calories.....Entree' items <350 calories
- ✓ Sodium limits: Snack items <230 mg.....Entree' items <480 mg
- ✓ Fat limits: Total fat <35% of calories.....Saturated fat <10% of calories.....Trans fat: zero grams
- ✓ Sugar limits: <35% of weight from total sugars from foods
- ✓ Beverages: Plain water (with or without carbonation).....unflavored low-fat milk.....Unflavored or flavored fat free milk.....100% vegetable or fruit juice.

\*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.

### \*"No Calorie" or "Low Calorie" options for High School students:

- ✓ no more than 20-ounce portions
- ✓ calorie free flavored water
- ✓ 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
- ✓ beverages with <40 calories per 8 fluid ounces or <60 calories per 12 fluid ounces

### \*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, or 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 events take place that allow the sale of food and beverage items that do not meet the nutrition standards
- ✓ Food items that are not intended to be consumed at school
- ✓ Any foods sold by individuals and groups outside of the Child Nutrition Department must follow the time and place restrictions

\*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

\*Record-Keeping

- ✓ Child Nutrition Department is responsible for maintaining accurate documentation of foods and beverages sold through the department

**Celebration Guidelines:**

- ✓ Celebrations may occur in grades Pre-K - 8th after the last lunch period of the day, as approved by the Campus Administration.
- ✓ It is recommended that all outside food is checked into through the Campus Administrators Office

**Evaluation:**

- ✓ Annual meetings will be held with parents, SHAC committee members, Child Nutrition department and other entities to review the guidelines set forth in this policy.
- ✓ A posted agenda will be given for the annual meetings. Minutes from these meetings will also be posted on the district website.
- ✓ Based on input from these meetings and other sources of information gathered throughout each school year, the Wellness Guidelines will be updated annually.
- ✓ An evaluation tool will be available for campuses, students, and parents to be completed for feedback as well.

\*See Attachment.

## GARRISON ISD WELLNESS GUIDELINES EVALUATION TOOL

Rating Key = Clearly Outstanding = 3 pts.

Proficient = 2 pts.

Needs Improvement = 1 pt.

No Implementation = 0 pts.

Indicators	Rating
1. All students have been provided nutrition education that was age appropriate.	
2. The district health curriculum includes information on the benefits of proper nutrition and physical activity in areas including: Jump Rope for heart PK-5, Fitness Gram 3-12, Science Curriculum 6-8, High School Health Credit 9-12, etc.	
3. Information regarding proper nutrition and physical activity is integrated into subjects other than health education through advertisement of summer feeding programs.	
4. Staff development opportunities are offered to instructors in the area of health education.	
5. Garrison ISD offers information to all stakeholders regarding USDA nutrition programs for Schools through the GISD website menu.	
6. All grade levels are offered physical activity opportunities based on the state requirements.	
7. Students are educated on the short and long-term benefits of being physically active.	
8. CPR/AED training is offered to both staff and students in grades 5-12.	
9. A clean/safe environment exist for meal times in designated dining areas for staff and students.	
10. Child Nutrition department ensures that student meals meet federal and state guidelines.	
11. The USDA guidelines for "Smart Snacks in Schools" are implemented district-wide.	
12. Drinking water is accessible for all students during meals and in strategic locations in school buildings.	
13. Adequate time is provided for students to eat breakfast and lunch, and lunch times are scheduled during the middle of the school day.	
14. The SHAC committee works with all entities to ensure students and staff are kept informed of nutrition and health matters.	