

Hardin-Jefferson Independent School District 2020-2021 Student Nutrition/Wellness Plan

Purpose and Goal

The HJISD believes that children's health is essential to their success in school. Research studies over the past decade have consistently concluded that student health status and school achievement are directly connected and, in fact, that student health is one of the most significant influences on learning and achievement. Healthy eating and regular physical activity are essential components of a healthy lifestyle. Well-planned and effectively implemented nutrition and physical activity programs have been shown to enhance students' overall health, behavior and academic achievement.

Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Hardin-Jefferson has a responsibility to help students and staff members establish and maintain lifelong healthy eating patterns. It our goal to implement a well-planned and well-implemented school nutrition program that will positively influence student's life long eating habits.

Additionally, all students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. Hardin-Jefferson ISD shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs of all students and district employees, taking into consideration differences in cultural norms.

HJISD has an appointed School Health Advisory Committee (SHAC). This committee is comprised of representatives of the board, parents, Child Nutrition Director, teachers, and administrative staff. The continued goal of this committee is to promote school practices that consistently support student health and learning. This committee will monitor, implement, and offer revisions to the wellness policy annually.

Component 1: A Commitment to Nutrition and Physical Activity

- In HJISD all foods made available on school campuses should offer children nutritious choices and physical activity must be incorporated into the school day as often as possible.
- Daily physical activity is equivalent to 150 minutes a week for elementary school students and 30 minutes daily of moderate or vigorous daily physical activity for students in grades six, seven and eight.
- High School students are required to receive one credit of physical education. The required credit may be from any combination of the following one-half to one credit courses:
 - ✓ Foundations of Personal Fitness
 - ✓ Team or Individual Sports
 - ✓ Athletics, Drill Team, Marching Band, or Cheerleading
- Principals will address scheduling concerns such as: sufficient mealtime, nutrition education, and physical activity.
- Nutrition education will be integrated across the curriculum.
- The Child Nutrition Director will participate in making decisions and guidelines that will affect the school nutrition environment and comply with TDA and USDA regulations.
- Schools will provide a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically gifted.
- Schools will encourage family and community members to institute programs that support physical activities such as walking.

Component 2: Quality School Meals

- The Hardin-Jefferson Independent School District will offer breakfast and lunch to all students. Additionally, HJISD will participate in the National School Lunch Program. All students and staff are highly encouraged to promote and participate in a healthy eating program.
- Food providers will take every measure to ensure that students' access to foods and beverages meet federal, state, and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, the middle school, and high school.
- 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.
- Child Nutrition staff is properly qualified according to current professional standards and regularly participates in professional development activities in accordance with the Child Nutrition Programs.
- Share information about the nutritional content of meals with parents and students. This information may be made available on menus, social media pages, the district's website, on cafeteria menu boards, or other point-of-purchase materials.
- Food safety is a key part of the school Child Nutrition operation.

Component 3: Other Healthy Food Options

- The SHAC will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school function.
- Food and beverages other than those provided through the child nutrition department may not be available to middle school students until the end of the regular school day, and may not be available to high school students until the end of the last lunch period. All food and beverages sold at the high school must meet Competitive Food Nutritional Standards.
- The withholding of food as punishment for students is prohibited. For example, restricting a child's selection of flavored milk at mealtime due to misbehavior in the classroom.
- Hardin-Jefferson will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.

Component 4: Pleasant Eating Experiences

- Water and/or drinking fountains will be available for students to get water at meals and throughout the school day.
- School personnel are encouraged to assist all students in developing the healthy practice of washing hands before eating.
- School personnel will schedule enough time so students do not have to spend too much time waiting in line.
- Schools should not schedule pep rallies, assemblies, club/organization meetings and other activities during meal times.
- Adequate time to eat in a pleasant dining environment should be provided. The minimum eating time for each student after being served will be ten minutes for breakfast and twenty minutes for lunch.
- Schools will encourage socializing among students and between students and adults. Adults will properly supervise cafeterias and serve as a role model to students by demonstrating proper conduct and voice levels.

Component 5: Nutritional Education

- Hardin-Jefferson Independent School District will follow the health education curriculum standards and guidelines as stated by the Texas Education Agency. All campuses will link nutrition education activities with the coordinated school health program.
- Students in Pre-kindergarten through grade twelve will receive nutrition education that teaches the skills needed to adopt healthy living behaviors.
- Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.
- Nutrition education will be offered in the school cafeteria and in the classroom, with coordination between the child nutrition staff and teachers. Teachers may display posters, videos, websites, etc. on nutrition topics.
- Hardin-Jefferson will participate in the USDA nutrition programs, conduct nutrition education activities and promotions that involve students, parents, and the community.

Component 6: Nutrition Promotion

- Students will receive a positive, motivating message, both verbal and non-verbal about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
- Students will consider student needs in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, meetings with the student council, PTO's, etc.
- Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.
- Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, PTO meetings, Open Houses, teacher in-services, etc.
- School will work with a variety of media to spread the word to the community about a healthy school nutrition environment such as school newsletters and the HJ website.

Component 7: Implementation / Monitoring

- The SHAC members, comprised of parents, administrators, nurses, teachers, and the Child Nutrition director, will conduct a review of their respective campuses in the spring semester of each school year to identify areas for improvement. Campus members will report their finding to the campus principal and develop with him/her a plan of action for improvement.
- The principal will ensure compliance with those policies in the school and will report on the school's compliance to the Superintendent.
- The Child Nutrition director will ensure compliance with nutrition policies within the child nutrition department.
- The district SHAC committee will meet to review all the campus reports. Prior to the end of each school year, this committee will recommend to the Superintendent any revisions to the Student Nutrition/Wellness Plan.
- The Student Nutrition/Wellness Policy assessment will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. As part of the review, HJISD will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity.

**Hardin-Jefferson Independent School District
Student Nutrition/Wellness Plan**

Foods of Minimal Nutritional Value (FMNV)

Foods of minimal nutritional value (FMNV) are not to be provided to students any time anywhere on the elementary, middle school, or high school premises by anyone (including guest speakers) until after the end of the last scheduled class. Students may not be in possession of any of the foods or beverages listed below at school except during times approved by this plan.

- Soda water – includes any carbonated beverage, including those with added nutrients such as vitamins, minerals, and proteins.
- Chewing gum – includes any flavored products made from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

Any of the above items that are found in the possession of any student during unapproved times will be collected.

Approved Time for the Availability of Food of Minimal Nutritional Value

- | | |
|--------------------------------|--|
| • Elementary Schools | At the end of the last scheduled class |
| • Henderson Middle School | At the end of the last scheduled class |
| • Hardin-Jefferson High School | At the end of the last scheduled class |

Exemption: Students may be given, not sold, candy items or other restricted foods during the school day for up to three different events each school year to be determined by the campus. A School Official must approve the exemption events. During these events, restricted foods may not be given during meal times and regular meal service (breakfast and lunch) must continue to be made available to all students in accordance with federal guidelines.

STAAR Testing Days: Schools and parents may provide one additional nutritious snack per day for students taking the STAAR tests. The snack must not be a FMNV or consist of candy, chips, or dessert type items. Packaged snacks must be in single size serving.

Instructional Use of Food in Classroom: Students may consume food prepared for the class for instructional purposes. However, this should be on an occasional basis, and food may not be provided or sold to other students or classes. FMNV may not be served during meal periods in the area where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students.

Birthday Parties: Foods otherwise restricted by the nutrition policy are permitted at classroom birthday parties. Parties must be after the classes lunch period as to not spoil the child's appetite for a nutritious meal.

Guidelines for Food and Beverage Offered to Students at School and School Functions

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

- ✓ Raw vegetable sticks / slices with low-fat dressing or yogurt dip
- ✓ Fresh fruit and 100% fruit juices
- ✓ Frozen fruit juice pops
- ✓ Dried fruit (raisins, banana chips, etc.)
- ✓ Trail Mix (dried fruit and nuts)
- ✓ Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken / tuna salads)
- ✓ Party Mix (variety of cereals, nuts, pretzels, etc.)
- ✓ Baked corn chips and 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 and fruit parfaits
- ✓ Gelatin (Jello) and low-fat pudding cups
- ✓ Low-fat ice cream, frozen yogurts, sherbets
- ✓ Low-fat and skim milk products
- ✓ Pure ice cold water

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.