Quinlan ISD

School Wellness Plan

Reviewed by the School Board

The Quinlan Independent School District is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.

 The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

 All students (in grades K-12) will have opportunities, support, and encouragement to be physically active on a regular basis while at school and will be educated about the importance of physical activity at home.

 Foods and beverages provided through the school food service department will meet or exceed the nutrition recommendations of Healthy Hunger-Free Act of 2010.

 Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of

students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

 All campuses in our district will participate in available federal school meal programs (including the School Breakfast Program, National School

Lunch Program.)

 Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish connections between health education, school meal programs, and related community services as part of a Coordinated School Health Program (SHAC).

**TO ACHIEVE THESE POLICY GOALS:**

**l. School Health Councils**

The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies and other programs important to student health such as decreasing high risk behavior, reducing exposure to violence or bullying, and injury prevention. The councils also will serve as resources to school sites for implementing those policies and programs. The school health council will consist of a group of individuals representing the school, community, and parents, students, and one or more representatives of the school food & nutrition department.

**II. Nutritional Quality of Foods and Beverages Sold and Served on**

**Campus**

**School Meals**

Meals served through the National School Lunch and Breakfast Programs will:

 be appealing and attractive to children;

 be served in clean and pleasant settings;

 meet, at a minimum, nutrition requirements established by local, state, and federal statute and regulations;

 (offer) encourage the consumption of a variety of fruits and vegetables;

 serve only fat-free flavored milks;

 serve only 1% white milk;

 ensure that whole grains are offered as menu items.

Schools should engage students, through taste-tests of new foods and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards or other point of purchase materials.

**Breakfast**: To ensure that all children have breakfast, in order to meet their nutritional needs and enhance their ability to learn:

 Schools will operate the School Breakfast Program.

 Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.

**Free and Reduced-priced Meals**: Schools will 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.

**Meal Times and Scheduling**:

**Schools:**

 It is recommended to allow sufficient time for students to eat meals in the cafeteria:

 should schedule meal periods at appropriate times;

 should not schedule tutoring, club, or organizational meetings or activities during meal times, unless students may eat during such activities:

 will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and

**Qualifications of School Food Service Staff**: Qualified nutrition professionals will administer the school meal programs. As part of the school district’s responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

**Sharing of Foods and Beverages**: Schools should discourage students from sharing their foods or beverages with one another during meal or snack times given concerns about allergies and other dietary restrictions.

**Elementary Schools:** The school food service program will approve and provide all food and beverage sales to students in elementary schools.

**Middle/Junior High and High Schools:** In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the Smart Snack requirements. (See Smart Snack Rule attachment.)

**Fundraising Activities**: To support children’s health and school nutrition-education efforts, school fundraising activities will encourage foods that meet the above nutrition and portion size standards for foods and beverages sold individually. The district in partnership with the SHAC and Food Service Department will make available a list of ideas for suggested fundraising activities. Fund raising products not in alignment with school nutritional values and portion sizes should not be sold for profit during the school day.

**Snacks**: Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children’s diets and health. Schools will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations. Classroom teachers, sponsors and after-school providers should consult with campus administration for approval of snack & drink items to be served in accordance with recommendations from the QISD Food Service Department

**Rewards**: Schools will be encouraged to not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually as listed above, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

**Quinlan ISD will allow any foods sold only on the designated 6 days per campus per year if the Administrator approves the days. Each campus will be responsible for getting to the Food Service Director in writing which days they choose at the beginning of the school year.**

**III. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion**: Quinlan ISD aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

 is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;

 is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;

 includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing:

 promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

 emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

**Communications with Parents**: Quinlan ISD will support parents’ efforts to provide a healthy diet and daily physical activity for their children. Quinlan ISD will provide nutrition tips on school websites and have nutrient analyses of school menus available to parents. Schools should encourage parents to pack healthy lunches and snacks.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents’ efforts to provide their children with opportunities to be physically active outside of school.

**Food Marketing in Schools**: School-based marketing will be consistent with nutrition education and health promotion. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

**IV. Physical Activity Opportunities and Physical Education**

According to Texas Education Code (TEC) §28.002(a)(2)(C); the administrative rules adopted by the State Board of Education (SBOE); Texas Administrative Code (TAC) §74.1(a)(2)(C), §74.2, and §74.3; PE must be offered in grades K-12 as a part of the required curriculum in Texas Schools. A school district may provide instruction in a variety of arrangements and settings; may add elements at its discretion; but must not delete or omit instruction in the enrichment curriculum which includes PE.

**Pre-K-5 Physical Activity Requirements**

**TEC §28.002**(l) requires students enrolled in full-day prekindergarten, in kindergarten, or in a grade level below grade six to participate in moderate or vigorous daily physical activity for at least 30 minutes throughout the school year as part of the district's physical education curriculum or through structured activity during a school campus's daily recess. To the extent practicable, a school district shall require a student enrolled in prekindergarten on less than a full-day basis to participate in the same type and amount of physical activity as a student enrolled in full-day prekindergarten. If a school district determines, for any particular grade level below grade six, that requiring moderate or vigorous daily physical activity is impractical due to scheduling concerns or other factors, the district may as an alternative require a student in that grade level to participate in moderate or vigorous physical activity for at least 135 minutes during each school week.

**QISD students in grades K-5 have 3 days of PE and Recess every week.**

**6th-8th Physical Activity Requirements**

**TEC §28.002**(l) requires students enrolled in grade levels six, seven, and eight to participate in moderate or vigorous daily physical activity for at least 30 minutes for at least four semesters during those grade levels as part of the district's physical education curriculum. Additionally, a school district may as an alternative require a student enrolled in a grade level for which the district uses block scheduling to participate in moderate or vigorous physical activity for at least 225 minutes during each period of two school weeks.

**QISD students in 6-8 grade must have 2 out of the 3 years 30 minutes of PE and Recess a day.**

**6-8 grade offers PE and Pre Athletics.**

**9th-12th Physical Activity Requirements**

TAC §74, Subchapters (B) and (G), state that students must earn 1.0 PE credit to satisfy graduation requirements.

**QISD students in 9-12 grades offers 2 different PE classed (team and individual), athletics, drill and fall marching band.**

**V. Monitoring and Policy Review**

**Monitoring:** The SHAC committee 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 SHAC committee.

School Food Service staff, at the district level, well ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal.

**Charge policy:**

**Charge Policy**

K-5thAllowed 2 charges then student will receive an alternative tray.

6-12th Allowed 2 charges then student will not be allowed to eat.

Overview of the USDA Smart Snacks Rule

Guidance for School Nutrition Professionals

The Healthy, Hunger-Free Kids Act required the USDA to establish nutrition standards for competitive foods sold in schools. USDA’s interim final rule “Nutrition Standards for All Foods Sold in School,” is **effective July 1, 2014**. These science-based nutrition standards promote a healthy school environment and apply to all foods and beverages sold outside of the reimbursable school nutrition program meals, such as:

Definitions

**Competitive food**

All food and beverages sold to students on the school campus during the school day, other than those meals reimbursable under the National School Lunch Program and the School Breakfast Program.

**School campus**

All areas of the property under the jurisdiction of the school that is accessible to students during the school day

**School day**

The period from midnight before to 30 minutes after the end of the official school day

**A La Carte**

Menu items sold individually and, therefore, not part of the school nutrition program’s reimbursable meals

* A la carte cafeteria sales
* School stores
* Snack bars
* Vending machines
* Fundraisers

*HOW WILL THIS IMPACT MY SCHOOL?*

**School Nutrition Program Revenue**

This rule may impact school nutrition program revenue, depending on each school’s current competitive food product selection and sales. A la carte items served as either an entrée or snack/side dish must meet the Smart Snacks standards, with the exception of NSLP/SBP entrée items that are sold a la carte the day of service or the day after service.

**Beverages**

Allowable beverages for all grades include plain water, low-fat (1%) milk (unflavored), nonfat milk (flavored and unflavored) and 100% fruit and/or vegetable juice. Although federal regulations allow high schools the additional flexibility to sell other flavored and/or carbonated diet and low-calorie beverages, including those that contain caffeine, the Texas Public School Nutrition Policy does not currently allow carbonated beverages of any kind. New state level guidance is forthcoming that will provide additional guidance.

**Record-Keeping**

School food operators are responsible for maintaining accurate documentation of foods and beverages sold through the nonprofit Child Nutrition account. Compliance will be assessed during the Administrative Review.

**A Team Approach**

The Smart Snacks standards apply to all foods sold in schools, including fundraisers. Food and beverages that meet Smart Snacks may be sold to raise funds for school sponsored events, clubs, and activities. Food and beverages that do not meet Smart Snacks **may not** be sold at any time during the school day. It is important to communicate with school leadership and staff, parent organizations, extracurricular groups, and the Local Wellness Policy committee. that sell food or beverages for fundraisers should be aware of these standards. A collaborative team approach can ensure compliance and promote a healthy school environment.

*NUTRITION STANDARDS FOR FOOD*

**The following food items are exempt from all competitive food nutrient standards, and therefore may be sold:**

* Fresh, canned or frozen fruits with no added ingredients except water or packed in 100% juice, extra light syrup or light syrup
* Fresh vegetables and canned vegetables with no added ingredients except water or sugar for processing
* **NSLP/SBP Entrée** items are exempt when they are sold on the day of service or the school day after service
* Sugar-Free Chewing Gum

**All other food items must meet the following criteria, for all age/grade levels:**

General Criteria (must be *one* of these 4 items)

1. Whole grain-rich (50% or more whole grains by weight or first ingredient whole grain); **OR**
2. Have as the first ingredient fruit, vegetable, dairy or protein (meat, beans, nuts, eggs etc.); **OR**
3. A combination food with at least ¼ cup fruit and/or vegetable; **OR**
4. Contain 10% of the Daily Value of one of the four nutrients of public health concern: calcium, potassium, vitamin D, dietary fiber

**AND meet the following additional nutrient standards**

|  |  |
| --- | --- |
| Nutrient | Standard |
| Calories | **Entrée:** ≤350 calories per item  **Snack/Side Dish:** ≤200 calories per item |
| Sodium | **Entrée:** ≤480 mg sodium per item  **Snack/Side Dish:** ≤230 mg sodium per item (≤200 mg after July 1, 2016) |
| Total Fat | ≤35% of total calories from fat per item as packaged/served |
| Saturated Fat | ≤10% of total calories per item as packaged/served |
| Trans Fat | Zero (<0.5 g) grams of trans fat per portion as packaged/served |
| Total Sugar | ≤35% of weight from total sugars per item (dried/dehydrated fruits/vegetables exempt) |

*NUTRITION STANDARDS FOR ALLOWED BEVERAGES*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Beverage | | Elementary School | | Middle School | | High School | |
| Plain water, with or without carbonation | | No size limit | | No size limit | | No size limit | |
| Low fat milk (1%), unflavored | | ≤ 8 oz | | ≤ 12 oz | | ≤ 12 oz | |
| Nonfat milk, unflavored or flavored | | ≤ 8 oz | | ≤ 12 oz | | ≤ 12 oz | |
| 100% fruit/vegetable juice(A) | | ≤ 8 oz | | ≤ 12 oz | | ≤ 12 oz | |
| Caffeinated beverages | | Not allowed(B) | | Not allowed(B) | | Allowed | |
|  |  | |  | |  | |
| Calorie free(C) and low-calorie beverages(D) | Not allowed | | Not allowed | | Limited Allowability per State Regulation(E) | |

(A)100% fruit/vegetable juice and 100% fruit/vegetable juice diluted with water, with or without carbonation, and no added sweeteners

(B) Foods and beverages must be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances

(C) Other flavored and/or carbonated beverages (≤20 fl oz) that are labeled to contain ≤5 calories per 8 fl oz, or ≤10 calories per 20 fl oz

(D) Other flavored and/or carbonated beverages (≤12 fl oz) that are labeled to contain ≤40 calories per 8 fl oz, or ≤60 calories per 12 fl oz

(E) Texas regulations do not allow certain calorie free and low calorie beverages to be sold during the school day

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