

# 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:**

### **I. 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.

QISD will be responsive to community input and involvement. QISD will communicate ways in which community members can participate in the development, implementation, and review of the Wellness Policy through means appropriate to our district.

## **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.

**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 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 a week of PE and Recess every day.**

### 6<sup>th</sup>-8<sup>th</sup> 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.**

### 9<sup>th</sup>-12<sup>th</sup> 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, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal.

At least once every three years, the district will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The District compliance with the wellness policy:
- The District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy, and
- A description of progress made in attaining goals of the district's wellness policy.

## **Charge policy:**

### **Charge Policy**

K-5<sup>th</sup> Allowed up to \$6.00 in charges on reimbursable meals then student will receive an alternative tray.

6-12<sup>th</sup> Allowed up to \$6.00 in charges on reimbursable meals then student will not be allowed to eat.