

Smyer ISD

2018-2019 Wellness Plan

Updated December 17, 2018

Purpose

The link between nutrition and learning is well documented. Healthy eating patterns are essential for student to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff to establish and maintain lifelong, healthy eating patterns. Well planned and well implemented school nutrition programs have been shown to positively influence student's eating habits.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a life time. In addition, staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life. The Smyer Independent School district shall prepare adopt, and implement a comprehensive plan to encourage healthy eating, physical activity, wellness, and a coordinated health curriculum . This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

Goals/Objectives

1. The Smyer Independent School District Board of Trustees shall appoint a School Health Advisory Committee (SHAC). It's mission shall be to address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment This committee shall offer revisions to this plan upon annual review or as often as necessary to meet the needs of the Smyer Community.
 - a. SHAC will meet at least annually
 - b. SHAC will review wellness plan and initiatives annually with a report to the board of trustees annually on or before April 1

2. Principals will address concerns such as kinds of foods available, sufficient mealtimes, scheduling, nutrition education, and physical activity.
 - a. Weekly review of Menu Items
 - b. Schedule meals of adequate length and appropriate timing for each grade level
 - c. Provide a minimum of 30 minutes per day or 150 minutes per week of vigorous physical activity for every student, with adaptations as necessary for Individualized Education Plan
 - d. Provide nutrition education in the form of posters, and other media, as well as provide supporting materials for use in coordination with all curriculum areas

3. Smyer ISD will provide a nutritious breakfast at no charge to all students.
 - a. Free breakfast program
4. Smyer ISD will provide nutritious meals at lunch at no charge to all students.
 - a. Offer salad bar with fresh vegetables and fruits daily
 - b. Half of the grain products will be whole grain
5. Nutrition education shall be integrated across the curriculum.
 - a. Support materials from USDA
 - b. Extension Service Health Bodies Program
 - c. SRA Health Curriculum
6. Foods of Minimal Nutritional Value has been replaced with only foods sold in schools and will be limited to guidelines provided by the USDA with the exception of exempt days.
 - a. See attachment USDA guidelines for Smart Snacks,
 - b. No Limitations for classroom rewards
 - c. Exempt days for elementary will be October 31, December 21, March 8, April 9-10, and May 23
 - d. No exemption days for high school
7. Physical activity will be provided in daily schedule meeting or exceeding state standards
 - a. Texas Essential Knowledge and Skills (TEKS) per grade level
 - b. Spark Fitness Program
 - c. Fitnessgram- Evaluation program, Updated to web hosted version
8. The school food service staff will participate in the decision making process
 - a. Weekly conferences with Principals as needed
 - b. Participation in SHAC
9. Smyer ISD will provide a coordinated health curriculum.
 - a. Texas Essential Knowledge and Skills (TEKS)
 - b. Coordinate Physical Education Curriculum, Health Curriculum, Nutrition Education, and Wellness Plan
 - c. TEKS will be implemented with Science, FCCLA, and Physical Education
 - d. Incorporate and provide state mandated Alcohol Awareness program in Health curriculum Grades 7-12, Provided through FCCLA
 - e. Providing Paternity Awareness (PAPA) program grades 7-12,
10. Smyer ISD will provide disease prevention education, and a means to reinforce wellness as a healthy lifestyle to all students at all grade levels

- b. Promote Healthy lifestyle by educating students in the importance of disease prevention, appropriate hygiene, hand washing etc.
- c. Promote abstinence in a healthy lifestyle for school age children as the most effective means of limiting sexually transmitted diseases such as Aids and HIV, and pregnancy
- d. Texas Essential Knowledge and Skills (TEKS) , Student Council Summit, Guest Speakers

SMYER ISD
WELLNESS/SHAC COMMITTEE MEETING MINUTES
DECEMBER 17, 2018

Smyer ISD Wellness/SHAC met on December 17, 2018. The following committee members were in attendance: Tony Igo, Shari Blount, Summer Stracener, Blake Cage, Aspen Stevens, Bill Black, Sydney O'Guinn, Norma Hernandez and Ann Callaway.

The committee reviewed the previous wellness plan. Goals met were providing physical activity and daily recess for elementary students. Students completed Fitness gram. Nutrition was promoted through nutrition posters in the cafeteria. Nutrition standard were met with offering a nutritious breakfast and lunch following USDA and TDA guidelines to all students at no charge.

Summer Stracener, R.N., school nurse, reported that shot records have been updated; vision, hearing and scoliosis screenings are being completed and a list of students with food allergies has been given to the cafeteria manager. She is working with teachers and students on how to stay healthy. All staff members received CPR training at the beginning of the year. Mrs. Stracener stated that the high school principal did an all call phone call to parents or guardians of students recently when a virus was going around school. Parents and guardians were asked to keep student's home if they were running a fever or had nausea. The district hopes this will help with students not spreading an illness.

Child nutrition director, Ann Callaway, reported the following from the child nutrition (cafeteria) program:

- * Smyer ISD reestablished their base year CEP status. All students will continue to receive breakfast and lunch meals at no charge.
- * A fresh vegetable salad bar is offered daily to K-12 students.
- * Students are offered a choice of a fresh fruit at breakfast and lunch.
- * At least ½ of grain products served during the week are whole grain products.
- * Discussed with students the benefits of eating whole grain products.
- * Snack bar with smart snacks offered to Grades 7-12 during lunch period.

The principals discussed the smart snack exemption days for the current school year:

Elementary – 10/31, 12/21, 3/8, 4/9-10, and 5/23

High School – No exempt days

The committee discussed the following as goals for the upcoming year:

Nutrition Education

Lessons on My Plate to elementary grades, PK-6

Lessons on the benefits of eating fresh fruits and vegetables; whole grain products to PK-12 students

Nutrition Guidelines

All child nutrition staff retain food handler or food service manager certification

Follow nutrition regulations for the breakfast and lunch program.

Nutrition Promotion

Continue to offer salad bar and fresh fruit choices to PK-12 daily

Physical Activity – suggested activities

Jump Rope for Heart

Relay for Life

Field Day

Walk Across Texas

Encourage teachers to use physical activity as rewards

School Based Wellness Activities

Provide annual training to all staff on nutrition as it pertains to the child nutrition program.

Develop physical activities that parents' and community members can be involved in with the students.

SMYER ISD WELLNESS/SHAC COMMITTEE
2018-2019

POSITION	NAME
Elementary Principal	Tony Igo
High School Principal	Bill Black
Community Member	Mary Hernandez
Parent	Wendy Johnson
Elementary Teacher	Shari Blount
High School Teacher	Sharla Bruns
Board of Trustees Representative	Juan Cavazos
Nurse	Summer Stracener
Elementary Student	Blake Cage
Elementary Student	Aspen Stevens
High School Student	Sydney O'Guinn
Cafeteria Manager	Norma Hernandez
Food Service Director	Ann Callaway