

School Health Advisory Meeting

October 28, 2015

Agenda:

1. Welcome/Purpose
2. Goals/Objectives/Activities
3. Coordinated Health & Student Activities
4. Civil Rights Training
5. Smart Snacks/Exempt Days for Food Fundraisers
6. Other Ideas

Smyer ISD

2015-2016 Wellness Plan

Draft Last Modified 5Mar2015

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 a minimum of twice 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 meals at lunch at no charge to all students.
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
 - a. See attachment USDA guidelines for Smart Snacks,
 - b. No Limitations for classroom rewards
 - c. Testing annually grades 3-12
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, Hockley Co. "VOICES" Coalition, All Stars Program,

Committee Members

Tony Igo- Principal *Tony Igo 10-28-15*

Norma Hernandez-Cafeteria Manager *[Signature]*

Shelly Locke-PE *[Signature]*

Christy Childress- Health Professional *Christy Childress*

- Parent

Smart Snacks in School

USDA's "All Foods Sold in Schools" Standards

Nutrition Standards for Foods

- Any food sold in schools must:
 - Be a "whole grain-rich" grain product; or
 - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
 - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*
- Foods must also meet several nutrient requirements:
 - Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
 - Sodium limits:
 - Snack items: ≤ 230 mg**
 - Entrée items: ≤ 480 mg
 - Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
 - Sugar limit:
 - ≤ 35% of weight from total sugars in foods

*On July 1, 2016, foods may not qualify using the 10% DV criteria.

**On July 1, 2016, snack items must contain ≤ 200 mg sodium per item

- Accompaniments
 - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

Exemptions

- Fresh, canned or frozen fruits with no added ingredients
- Fresh and canned vegetables with no added ingredients
- NSLP/SBP Entrée items when sold on day of service or day after
- Sugar-Free Chewing Gum

Nutrition Standards for Beverages

- All schools may sell:
 - Plain water (with or without carbonation)
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice and
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- 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. There is no portion size limit for plain water. *NOTE: Caffeinated beverages are only permitted at the High School level.*
- Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.
 - No more than 20-ounce portions of*
 - Calorie-free, flavored water (with or without carbonation); and
 - No more than 12-ounce portions of*
 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Competitive Food and Beverage Sales

- Fundraisers / Vending Machines
 - The sale of food items that meet Smart Snacks requirements are not limited in any way under the standards.
 - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- Exempt Fundraiser Days
 - Texas allows up to 6 fundraisers per campus, per year.
 - Exempted fundraisers may not be sold in competition with school meals in the food service area, during meal service.

Alternative standards must be included in the Local Wellness Policy but must not be less restrictive than the federal standards.

For additional information on Smart Snacks in Texas and other program information go to www.Squaremeals.org
USDA is an equal opportunity provider and employer

SMYER ISD
2015-16

Scheduled Exempt Days for Food Fundraisers

- ~~Oct. 16, 2015~~
- **Nov. 12 & 13, 2015**
- **Jan. 22, 2016**
- **March 10, 2016**
- **April 22, 2016**

Feb 12, 2016