

Royal Independent School District Wellness Policy June 2017

Royal Independent School District is committed to the optimal development of every student. We believe that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level and in every setting, throughout the school year.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing distractions. Specifically, this policy establishes goal and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campuses in accordance with federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversights, implementation, communication about and monitoring of the policy and its established goals and objectives.

The policy applies to all students, staff and schools in the District.

I. School Health Advisory Council (SHAC)

Committee Role and Membership

The District will convene a representative District wellness committee known as School Health Advisory Council that meets at least four times a year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of the District-level wellness policy.

A majority of the SHAC membership must be persons who are parents of students enrolled in the district and who are not employed by the district. The remaining SHAC members may represent all school levels (elementary and secondary schools) and may include, but no limited to: public school teachers, public school administrators, district students, health care professionals, the business community, law enforcement, senior citizens, clergy, and nonprofit health organizations. To the extent possible, the SHAC will include representatives from each school building and reflect the diversity of the community.

Leadership

The Superintendent or designee(s) will convene the SHAC and facilitate development of and updates to the wellness policy.

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy.

The wellness policy and the progress reports can be found at: www.royal-isd.net

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy on the district website: www.royal-isd.net. Documentation maintained in this location will include, but not limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the local school's Wellness Policy; including an indication of who is involved in the update and methods the District uses to make stakeholders aware of their ability to participate on the SHAC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school Wellness Policy; and
- Documentation demonstrating the most recent assessment on the implementation of the local school Wellness Policy has been made available to the public.

Annual Progress Reports

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the District website and/or District-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's or school's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District or school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

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 extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;

- The extent to which the District’s wellness policy compares to the Alliance for a Healthier Generation’s model wellness policy; and
- A description of the process made in attaining the goals of the District’s wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Dr. Ryan Steele.

The SHAC, in collaboration with individual schools, will monitor the schools’ compliance with this wellness policy.

Revisions and Updating the Policy

The SHAC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessment, and/or district priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issues. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach and Communications

The District will actively notify the public about the content of or any updates to the wellness policy annually, at the minimum. The District will use electronic mechanisms, such as email or displaying notices on the district’s website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

III. Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer’s specification); and to meeting needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, and model healthy eating to support the development of lifelong health eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), and the School Breakfast Program (SBP), Fresh fruit & Vegetable Program (FFVP). Starting with the 2017-2018 school year, our district will also be participating in the Child and Adult Care Food Program (CACFP). All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;

- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
 - Sliced or cut fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - All available vegetable options have been given creative or descriptive names.
 - Daily vegetable options are bundled into all grab-and-go meals available to students.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meals.
 - White milk is placed in front of other beverages in all coolers.
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
 - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
 - Student surveys and taste-testing opportunities are used to inform menu development, dining space décor and promotional ideas.
 - Student artwork is displayed in the service and/or dining areas.
 - Daily announcements are used to promote and market menu options.
- Menus are posted on the District website or individual school websites.
- Menus will be created/reviewed by the Registered Dietitian or other certified nutrition professional.
- The District child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Students are served lunch at a reasonable and appropriate time of day.
- Lunch will follow the recess period to better support learning and healthy eating.
- Participation in Federal child nutrition will be promoted among students and families to help insure that families know what programs are available in their children's school.

Free and Reduced-Price 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. Towards this end, schools may utilize electronic identification and payment systems.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus.

Competitive Foods and Beverages

Royal ISD is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and serve outside of the school meal program (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at the minimum. Smart snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in School are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where food and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores and snack or food carts.

Celebrations and Rewards

Royal ISD will encourage that all foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. The District will encourage parents and teachers to provide healthy party treats, including having non-food celebrations.
2. Classroom snacks brought by parents. The District will encourage parents and teachers to provide healthy classroom snacks, and
3. Rewards and incentives. The District will encourage parents, teachers, and other relevant school staff to provide alternated rewards and incentives to students. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards may be sold through fundraisers on the school campus during the school day.

Schools will use only non-food fundraisers, and encourage those promoting physical activity (such as Walk-A-Thons, Jump Rope for Heart, fun runs, etc.).

- Fundraising during school hours will see only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include, but are not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc.

Fundraising Exceptions

All campuses will be allowed 6 (six) days per year to sale food or beverages that DO NOT meet the nutritional Smart Snacks guidelines outlined in the policy.

Nutrition Promotion

Nutrition promotion and education positively influences lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout school, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious food and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques,
- Promoting foods and beverages that meet the USDA Smart Snacks in school nutrition standards,
- Displaying posters promoting good nutrition, such as My Plate, in school cafeteria where possible, and
- Promoting nutrition and wellness through special events and activities throughout the year.

Nutrition Education Goals

The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education that:

- Is 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 integrated into other classroom instruction through subject such as math, science, language arts, social sciences, and elective subjects when appropriate.
- Is included as part of a sequential, comprehensive, health curriculum in accordance with federal curriculum standards and benchmarks.

IV. Physical Activity

The primary goals for Royal Independent School District's physical activity components are to provide opportunities for every student to develop the knowledge and skills for specific physical activities; to

maintain students' physical fitness; to ensure students' regular participation in physical activity; and to teach students the short and long-term benefits of a physically active and healthful lifestyle.

- Student are given the opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Schools provide training to enable teachers and other school staff to promote enjoyable, lifelong physical activity among students.
- Teachers and other school personnel will not use physical education as a punishment for failure to learn what is being taught or for behavior concerns. Recess will complement, not substitute, physical education class.
- Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education

Royal ISD will provide opportunities, support, and encouragement for every student to regularly participate in physical activity; develop the knowledge and skills for specific physical activities; maintain physical fitness; reduce sedentary time; learn about cooperation, fair play, responsible and safe participation that meets the needs of all students; and gain appreciation for lifelong physical activity through a healthy lifestyle.

All students will be provided equal opportunity to participate in age-appropriate physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District elementary students in grades PK-5 that are enrolled in full day shall receive physical education for a minimum of either 30 minutes daily or 135 minutes in each calendar week. If the district determines for any particular grade level below 6th grade, 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.

All District secondary students (middle and high school) grades 6-12 are required to participate in moderate or vigorous 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 and taught by a certified physical education teacher. Schools with block scheduling are permitted to require students to participate in moderate or vigorous physical activity for at least 225 minutes during a two-week period.

The District is required to conduct physical assessments for students in grade 3 or higher who are enrolled in a physical education course.

Classroom Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active and stretch. Thus, students will be offered **periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week**. The District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom times at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

Royal ISD will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

Royal ISD offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by participation in extra-curricular organizations.

V. Other Activities that Promote Student Wellness

Royal ISD will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in Royal ISD are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District’s curriculum experts.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the SHAC.

Community Partnerships

Royal ISD will enhance relationships with community partners (i.e. hospitals, university/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

Royal ISD will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion effects.

Royal ISD will use electronic mechanisms (such as email or displaying notices on the district's website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are activity notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Professional Learning

When feasible, Royal ISD will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into the math class). Professional learning will help the district staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

VI. Glossary of Terms

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.

