

# Flour Bluff ISD Wellness Policy Guidelines

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# Preamble

## Mission Statement

Flour Bluff ISD (hereto referred to as the District) is committed to the optimal development of every student. The District believes 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, in every setting, throughout the school year. The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – perform better academically.

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 commercial distractions. Specifically, this policy establishes goals 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 campus—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;
- District staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- 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;
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives;
- The District will coordinate the wellness policy with other aspects of school management; and this policy applies to all students, staff, and schools in the District.

# School Wellness Committee

## ***Committee Role and Membership***

The District will convene a representative local school health advisory council (hereto referred to as the SHAC) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The SHAC membership will represent all school levels and include, but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school health professionals; school administrators, school board members; health professionals; and the general public. To the extent possible, the SHAC will include representatives from each school building and reflect the diversity of the community. Flour Bluff ISD encourages and welcomes community stakeholders to participate in the development, review, update, and implementation of the FBISD Local Wellness Policy.

## ***Leadership***

The Superintendent or designee(s) will convene the SHAC and facilitate development of and updates to the wellness policy, plan implementation, maintain guidelines and ensure each school’s compliance with the policy. The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is:

Name	Title	Email address
Gina Valdez	Director of Nutrition	<a href="mailto:gvaldez@flourbluffschoools.net">gvaldez@flourbluffschoools.net</a>
Brittany Buchanan	School Nutrition Coordinator	<a href="mailto:bbuchanan@flourbluffschoools.net">bbuchanan@flourbluffschoools.net</a>
Linda Barganski	Director of Special Programs	<a href="mailto:lbarganski@flourbluffschoools.net">lbarganski@flourbluffschoools.net</a>
Yajaira Uribe Baker	Physical Education	<a href="mailto:ybaker@flourbluffschoools.net">ybaker@flourbluffschoools.net</a>
Dawn Evans	Head Nurse	<a href="mailto:devans@flourbluffschoools.net">devans@flourbluffschoools.net</a>

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is:

Name	Campus	Email address
Pam Pailes	High School	<a href="mailto:ppailes@flourbluffschoools.net">ppailes@flourbluffschoools.net</a>
Tiffany Spencer	Junior High School	<a href="mailto:tspencer@flourbluffschoools.net">tspencer@flourbluffschoools.net</a>
Dawn Evans	Intermediate School	<a href="mailto:devans@flourbluffschoools.net">devans@flourbluffschoools.net</a>
Nikol Youngberg	Elementary School	<a href="mailto:nyoungberg@flourbluffschoools.net">nyoungberg@flourbluffschoools.net</a>
Bill Robinson	Primary School	<a href="mailto:brobinson@flourbluffschoools.net">brobinson@flourbluffschoools.net</a>
Janet Daniel	Early Childhood Center	<a href="mailto:jdaniel@flourbluffschoools.net">jdaniel@flourbluffschoools.net</a>

# 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 plan delineates roles, responsibilities, actions, and timelines specific to each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. It is suggested that the school use the [Healthy Schools Program online tools](#) to complete a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and generate an annual progress report.

## ***Recordkeeping***

The District will retain records to document compliance with the requirements of the wellness policy including public notifications with the School Nutrition Coordinator, located in the Central Kitchen Office and/or at <http://flourbluffschoools.net/student-nutrition/>. Documentation will be maintained in this location/ website and will include but will not be limited to:

- The written wellness policy as approved by the School Health Advisory Council;
- Documentation of annual policy progress reports for each school under its jurisdiction; and
- Documentation of the triennial assessment of the policy for each school under its jurisdiction.

## ***Annual Progress Reports***

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the District in meeting wellness goals. This annual report will be published around the same time each year and will include information from each school within the District. This report will include, but is not limited to:

- A description of each school's progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation;
- The name, position/title, and contact information of the designated District policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the SHAC.

The SHAC will establish and monitor goals and objectives for the District's schools, specific and appropriate for each campus for each of the content-specific components listed in Sections III-V of

this policy. The District will also track and annually report other related information, such as findings from food safety inspections, aggregate participation in school meal programs, income reported from competitive food sales, fundraising revenues, and other such information, as feasible.

### 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 progress made in attaining the goals of the District's wellness policy.

**Triennial Assessment:** <http://flourbluffschoools.net/wp-content/uploads/2017/02/Triennial-Assessment.pdf>

The position/person responsible for managing the triennial assessment and contact information is the School Nutrition Coordinator. All School Wellness Coordinators must contact the School Nutrition Coordinator with any changes immediately.

The SHAC, in collaboration with individual schools, will monitor 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 assessments, and/or as 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 issued. **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 is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of SHAC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that District. The District will use electronic mechanisms, such as email or displaying notices on the district's website, to ensure that 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.

# Nutrition

## Mission Statement

Flour Bluff Independent School District's Child Nutrition Department's mission is to put in place and uphold the standards set by United States Department of Agriculture (USDA) and the Texas Department of Agriculture (TDA). We want to ensure that all children get a healthy, well-balanced, nutritional meal and are involved in physical activities to promote better health.

## *School Meals*

The District is committed to serving healthy, balanced meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition 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, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs. The District Wellness Policy sub-committee Nutrition leader is the School Nutrition Coordinator.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and Fresh Fruit & Vegetable Program (FFVP), and the Summer Food Service Program (SFSP). The District also operates additional nutrition-related programs and activities including if applicable, insert here a list of other programs such as Farm to School Program (FSP), and options for Mobile Breakfast kiosks. 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 Smarter Lunchroom techniques;

### Smarter Lunchroom techniques:

- Whole fruit options are displayed in attractive cold merchandisers;
- Sliced or cut fruit is available daily;
- Daily fruit options are displayed in a location in the line of sight and reach of students;
- Daily vegetable options are bundled into easily accessible grab and go containers 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 meal;

- White milk is placed in front of other beverages in all coolers;
  - A reimbursable meal can be created in any service area available to students;
  - Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas;
  - Student artwork is encouraged to be displayed in the cafeteria dining halls;
  - Announcements are used to promote and market menu options for special events, for example; National School Breakfast Week, and National School Lunch Week.
- Menus will be posted on the District website or individual school websites and will include nutrient content and ingredients;
  - School meals are administered by a team of child nutrition professionals;
  - The District child nutrition program will accommodate students with medically documented 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 (meets HSP Gold level). Students are served lunch at a reasonable and appropriate time of day;
  - Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school;
  - The District will implement at least four of the following Farm to School activities;
    - Local and/or regional products are incorporated into the school meal program;
    - Messages about agriculture and nutrition are reinforced throughout the learning environment;
    - School utilizes promotions or special events, such as tastings, that highlight the local/regional products.

### ***Staff Qualifications and Professional Development***

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements. Documentation to verify continued education and additional trainings is recorded and filed with the School Nutrition Coordinator. 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. The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present;
- All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water;
- A Water Boil Plan has been established for when district wide public water contamination occurs.



## ***Competitive Foods and Beverages***

The District 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 served and given/provided outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a 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 are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks in School available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks).

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 and the extended school day, will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods 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 only to be offered by the National School Lunch Program or School Breakfast Program.

## ***Celebrations and Rewards***

Foods offered during the school day are encouraged to meet the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. The District will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards; and Smart Snack Calculator <http://rdp.healthiergeneration.org/calc/calculator/> to determine if the food meets the nutrition standards.
3. Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

## ***Smart Snack Exemption School Days:***

Flour Bluff ISD has determined 3 specific school days utilized for non-competitive foods to be consumed by students for classroom parties and celebrations. These school day exemption dates are scheduled on:

- Last day of school before Winter Holiday Break
- Valentine's Day, February 14<sup>th</sup>
- Last day of school before Summer Break

## ***Fundraising***

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The District will make available to parents and teachers a list of healthy fundraising ideas [ [Alliance for a Healthier Generation](#) and the [USDA](#)].

- Schools will encourage non-food fundraisers and those promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).
- Fundraising during school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards.
- The District has allowed 6 exemption days within the school year that permit food and beverages that do not meet the Smart Snacks in School nutritional standards for fundraisers sold during the school day, and after lunch period.
- These 6 exemption dates/events are determined at beginning of the school year by each school individually by the school level wellness policy coordinators and principals.
- Fundraiser exemption dates are reported to the School Nutrition Coordinator, before the start of the school year.

## ***Nutrition Promotion***

Nutrition promotion and education positively influence 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. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and 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 through the school meal programs using [Smarter Lunchroom techniques](#); and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotions that the District may use are available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks).

## **Competitive Foods: Smart Snacks**

All Competitive Foods, also known as Smart Snacks, must adhere to the guidelines listed by the Federal and State requirements to be sold during breakfast/lunch services. These standards are to comply with all foods and beverages sold in lunch areas, vending machines, snack bars, etc. Also, any classroom parties or school celebrations that involve food, food-related rewards and incentives and other such events must meet the criteria for competitive foods given to students.

List of Competitive Foods offered at each school campus:

### **Early Childhood Center:**

- Bottled Water
- Fruit 2-0 Flavored Water

### **Primary and Elementary Schools:**

- Bottled Water
- Fruit 2-0 Flavored Water
- Fruit Rush Frozen cups

### **Intermediate School:**

- Bottled Water
- Fruit 2-0 Flavored Water
- V8 Fusion 100% Fruit Juice
- Lays Chips (variety)
- Cookietree Cookies
- Dave's Brownie
- Rice Krispie Treats
- Hershey's Ice Cream Assorted Flavors

### **Junior High:**

- Bottled Water
- Fruit 2-0 Flavored Water
- Lays Chips (variety)
- Cookietree Cookies
- Dave's Brownie
- Rice Krispie Treats
- V8 Fusion 100% Fruit Juice
- Tropicana Orange Juice & Apple Juice
- Juice Alive Slushie Assorted Flavors
- Hershey's Ice Cream Assorted Flavors

### **High School:**

- Bottled Water
- Fruit 2-0 Flavored Water
- Lays Chips (variety)
- Cookietree Cookies
- Dave's Brownie
- Rice Krispie Treats
- V8 Fusion 100% Fruit Juice
- Gatorade G2
- Tropicana Orange Juice & Apple Juice
- Diet Sodas
- Juice Alive Slushie Assorted Flavors

- Hershey's Ice Cream Assorted Flavors

### ***Food and Beverage Marketing in Schools***

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

### ***Marketing Information and Resources***

For further information regarding marketing and advertising information for the public/community, please see the District's website at: [www.flourbluffschoools.net](http://www.flourbluffschoools.net). Or call the FBISD Public Relations Office at (361)-694-9808.

### ***Nutrition Education***

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

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens.;
- Promote fruits, vegetables, healthy grain products, healthy fat dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Teach media literacy with an emphasis on food and beverage marketing;
- In elementary schools, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards; and
- All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula.

## ***Essential Healthy Eating Topics in Health Education***

The District offers the following health and nutrition education curricula to promote essential topics on healthy eating: The Great Body Shop, The Wise and Healthy Curriculum, Health and Nutrition for Life, Lifetime Nutrition and Wellness, Principles of Human Services, Family and Consumer Science & Culinary Arts. The following topics are discussed in the educational curricula:

- The relationship between healthy eating and personal health and disease prevention;
- Food guidance from [MyPlate](#);
- Reading and using USDA's food labels;
- Eating a variety of foods every day;
- Balancing food intake and physical activity;
- Eating more fruits, vegetables, and whole grain products;
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat;
- Choosing foods and beverages with little added sugars;
- Eating more calcium-rich foods;
- Preparing healthy meals and snacks;
- Risks of unhealthy weight control practices;
- Accepting body size differences;
- Food safety;
- Importance of water consumption;
- Importance of eating breakfast;
- Making healthy choices when eating at restaurants;
- Eating disorders;
- The Dietary Guidelines for Americans;
- Reducing sodium intake;
- Social influences on healthy eating, including media, family, peers, and culture;
- How to find valid information or services related to nutrition and dietary behavior;
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully;
- Resisting peer pressure related to unhealthy dietary behavior; and
- Influencing, supporting, or advocating for others' healthy dietary behavior

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

## Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and the District is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the District will be encouraged to participate in *Let's Move! Active Schools* and use [www.letsmoveschools.org](http://www.letsmoveschools.org) to successfully address all CSPAP areas. The designated Wellness and Physical Activity and Physical Education leader is Yajaira Baker.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason. This does not include participation on sports teams that have specific academic requirements. The District will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

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.

- Through formal joint or shared use agreements, indoor and outdoor physical activity facilities will be open to students, their families, and the community outside of school hours. [Change Lab Solutions](#) provides guidance regarding joint or shared use agreements.
- The District will work with schools to ensure that inventories of physical activity supplies are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage activity for as many students as possible.

### **Physical Education**

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection).

All students will be provided equal opportunity to participate in 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 **primary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year. All Flour Bluff ISD **elementary students** in each grade will receive physical education for at least 90-149 minutes per week throughout the school year. Physical education is provided through The Great Body Shop and The Healthy Bodies Curriculum.

All Flour Bluff ISD **secondary students** (middle and high school) are required to take the equivalent of one academic year of **physical education**. The physical education curricula offered include The Great Body Shop and The Healthy Bodies Curriculum.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments via the [Presidential Youth Fitness Program](#) or other appropriate assessment tools and will use criterion-based reporting for each student.

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions;
- All physical education teachers at FBISD will be required to participate in at least once a year professional development in education;
- All physical education classes in FBISD are taught by licensed teachers who are certified or endorsed to teach physical education; and
- Waivers, exemptions or substitutions for physical education classes are not granted.

### ***Essential Physical Activity Topics in Health Education***

The District will include in the health education curriculum the following essential topics on physical activity when health education is taught:

- The physical, psychological, or social benefits of physical activity;
- How physical activity can contribute to a healthy weight;
- How physical activity can contribute to the academic learning process;
- How an inactive lifestyle contributes to chronic disease;
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition;
- Differences between physical activity, exercise, and fitness;
- Phases of an exercise session, that is, warm up, workout, and cool down;
- Overcoming barriers to physical activity;
- Decreasing sedentary activities, such as TV watching;
- Opportunities for physical activity in the community;
- Preventing injury during physical activity;
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active;
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity;
- Developing an individualized physical activity and fitness plan;
- Monitoring progress toward reaching goals in an individualized physical activity plan;
- Dangers of using performance-enhancing drugs, such as steroids;
- Social influences on physical activity, including media, family, peers, and culture;
- How to find valid information or services related to physical activity and fitness;
- How to influence, support, or advocate for others to engage in physical activity; and
- How to resist peer pressure that discourages physical activity.

### ***Recess (Primary/Elementary)***

All primary and elementary schools will offer at least **20 minutes of recess** on all or most days during the school year. This policy may be waived on early dismissal or late arrival days. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

**Outdoor recess** will be offered when weather is feasible for outdoor play. Students will be allowed outside for recess except when outdoor temperature is above/below District-set temperature, inclusive of wind chill factors, during “code orange” or “code red” days, during storms with lightening or thunder, or at the discretion of the building administrator based on his/her best judgment of safety conditions.

In the event that the school or District must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Each school will maintain and enforce its own indoor recess guidelines.

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.

### ***Physical Activity Breaks (Primary/Elementary and Intermediate)***

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or 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. These physical activity breaks will complement, not substitute, physical education class, recess, and class transition periods.

The District will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

### ***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.



The District 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***

The District 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: providing students with the opportunity to participate in clubs, physical activity in aftercare, intramurals, and varsity sports.

### ***Active Transport***

The District will support active transport to and from school, such as walking or biking. The District will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to:

- Designating safe or preferred routes to school;
- Providing secure storage facilities for bicycles and helmets (e.g., bicycle racks, lockers for helmets);
- Instructing students on walking/bicycling safety;
- The utilization of crossing guards;
- Having crosswalks on streets leading to schools;
- Walking school buses are used; and
- Documenting the number of children walking and or biking to and from school.

## **Other Activities that Promote Student Wellness**

The District 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 the District will 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 DWC/SWC.

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.

### ***Community Partnerships***

The District will continue relationships with community partners (i.e. hospitals, universities/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 Engagement***

The District 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 efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, 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 opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

### ***Staff Wellness and Health Promotion***

The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff and the Employee Benefits Committee.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, including the Wellness Walk/Run events, Wellness Yoga and Core Fitness Class, Flu and Pneumonia Vaccines available for Staff, and Healthy Nutrition Meetings to optimize a variety of healthy food options and dietary needs. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

### ***Professional Learning***

When feasible, the District 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 math class). Professional learning will help 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.