

CONROE INDEPENDENT SCHOOL DISTRICT WELLNESS PLAN

- I. Development, Implementation, and Review of Guidelines and Goals
- II. Wellness Plan
- III. Nutrition Guidelines
 1. Goal #1- USDA Nutrition Standards will be used as the standard for guidelines pertaining to foods and beverages made available on school campuses.
 - a) All foods sold on campus will comply with local, state and federal laws and regulations as well as the current USDA Dietary Guidelines for Americans.
 - b) Food providers will take every measure to ensure that student access to food and beverages meet federal, state and local laws, regulations and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for EC/PK, elementary schools, middle schools and high schools.
 - c) Schools will comply with the Federal *Smart Snacks* guidelines.
 - d) Snacks served during the day are in compliance with the Federal *Smart Snacks* guidelines.
- IV. Wellness Goals
 - A. *Nutrition Promotion and Education*
 1. Goal #1- Schools will provide and promote nutrition education to students, staff and community.
 - a) Schools will provide nutrition education and engage in nutrition promotion.
 - b) Campus *Coordinated School Health* team (may include school administrator/s, nurse, cafeteria manager, physical education teacher/s, classroom teacher/s, parents, and students etc.). The *Coordinated School Health* team will promote campus wellness education and school-wide activities.
 - c) Nutrition education will be acquired from researched based sources, such as: (American Heart Association [AHA], American Diabetes Association

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[ADA], Academy of Nutrition and Dietetics [AND], United States Department of Agriculture [USDA], School Nutrition Association [SNA] the CISD Child Nutrition Department and Coordinated Approach to Child Health (CATCH) curriculum.

- d)** Nutrition education will be increased by sharing information with families and the community via the Conroe ISD Child Nutrition Department website, campus website, monthly campus newsletters and parent meetings.
 - e)** After-school activities may encourage and include physical activity along with health and wellness information.
- 2.** Goal #2- All foods made available on campus will adhere to food safety and security guidelines.
 - a)** All foods made available on campus comply with the federal, state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (*HACCP*) plans and guidelines are implemented to prevent food borne illness in schools.
 - b)** Campuses promote and demonstrates appropriate hand washing practices.
 - c)** Access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the U.S. Department of Agriculture (USDA) food security guidelines.
 - d)** District administrators, by area of responsibility, are responsible for ensuring local, state and federal laws, regulations and guidelines are updated and in place.
 - e)** District safety, health and security policies and crisis plans are current. Training and communication is provided to staff, students and the community.

B. *Physical Activity*

- 1.** Goal #1- Schools will provide opportunities for students to participate in regular physical activity which promotes personal healthy lifestyles.
 - a)** Physical activity shall not be used as a reward or punishment.
 - b)** Opportunities for physical activity outside the classroom and/or school day are encouraged.

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- c) Daily recess break of 30 minutes for elementary students.
2. Goal #2- Schools will provide opportunities for every student to develop the knowledge and skills for specific physical activities in accordance with district, state and national guidelines.
- a) State-certified physical education instructors will teach all physical education classes.
 - b) Strive toward physical education classes to have a student/adult ratio not to exceed 45:1. If the ratio is greater than 45:1, CISD must identify protocols in which safety will be maintained for all students.
 - c) K-6th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity (MVPA) daily or 135 minutes weekly.
 - d) 7th-8th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity (MVPA) daily, or 135 minutes weekly, or 225 minutes over a two-week period.
 - e) Time allotted for physical activity will be consistent with national and state standards.
 - f) All physical education instructors must be certified in CPR/AED by *The American Red Cross* or an approved provider.

C. *School Based Activities*

1. Goal #1- The school environment is safe, comfortable and promotes healthy eating practices.
- a) Dining areas are clean and attractive, while providing enough seating for all students during all meal times.
 - b) Drinking water is available for all students during meals.
 - c) Food is not used as a reward or punishment for student behavior unless it is detailed in a student's Individualized Education Plan (IEP).
 - d) *Allergy safe* areas are available for students with identified allergies.
 - e) School-based marketing for food and beverage products are consistent with *Smart Snacks* guidelines and aligned with federal, state and local regulations, laws and guidelines.

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Source: USDA, The Child Nutrition Reauthorization Act of 2004 [Section 4 of Public Law 108-265] Approved: 05-16-2006 Revised: 12-01-2014 Reviewed: 01-14-2015

VI. Public Notification

1. Goal #1- The Deputy Superintendent representing the School Health Advisory Council (SHAC) shall report directly to the CISD School Board at least once annually, including written report with information regarding the Council's recommendations for consideration toward future district policy.

VII. Records Retention