

# **Fort Stockton Independent School District**



## **Wellness Plan May 2023**

**Fort Stockton Independent School District Wellness Plan**

## **We Believe:**

- It is the District's role, as part of the larger community, to model and actively practice, through policies and procedures, the promotion of family health, physical activity, and good nutrition.
- Emotionally healthy students learn and succeed socially and academically.
- Healthy children are the foundation of a healthy society.
- Well-nourished and physically fit students are better able to learn.
- Eating and exercise habits developed in childhood will affect students' health throughout their lives.
- The cafeteria is a classroom; the cafeteria teaches what balanced, nutritious meals look like and how to demonstrate positive character traits at mealtimes.
- Staff morale is impacted by a higher level of commitment by FSISD regarding the wellness of each employee in the district.
- An integrated school, parent, and community approach is essential for enhancing the health and well-being of all students' development.

## **Preamble**

Fort Stockton Independent School District (FSISD) is committed to the optimal development of every student. FSISD 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. Research shows that 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 United States 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 engage in active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities do better academically.

This plan 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 document establishes procedures to ensure that:

- FSISD should coordinate the wellness plan with other aspects of school management, including the district’s School Improvement Plan.
- Students in FSISD 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 during and after school.
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness.
- School 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.
- FSISD establishes and maintains an infrastructure for management, oversight, implementation, communication, and monitoring of the plan; at least once every three years, the district will review compliance with this wellness plan.

- 
- I. School Health Council
  - II. Nutrition
  - III. Physical Activity and Physical Education
  - IV. Parent and Community Involvement
  - V. Wellness and Health Promotion
  - VI. Counseling and Mental Health Services
  - VII. Monitoring and Plan Review
- 

## **I. School Health Advisory Council (SHAC)**

FSISD will create, strengthen, or work within the existing school health council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils will also serve as a resource to school sites for implementing those policies. The Superintendent or designee will convene the SHAC, facilitate the development of and updates to the wellness guidelines, and will ensure each school’s compliance with the document.

## **II. Nutrition**

### ***School Meals***

FSISD is committed to serving healthy meals to children that are in compliance with federal regulations. 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.

FSISD establishes the following goal to create an environment conducive to healthful eating and to express a consistent wellness message through other school-based activities. Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable. A pleasant cafeteria environment will be maintained that is conducive to students eating, while allowing for socialization.

### ***Nutrition Guidelines***

FSISD shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods sold on campus during the school day meet the federal regulations for Smart Snacks.

### ***Wellness Goals-Nutrition Education***

FSISD shall implement, in accordance with law, a coordinated health program with a nutrition education component.

Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Staff responsible for nutrition education shall be adequately prepared and shall participate in professional development activities to effectively deliver the program as planned.

The food service staff and campus personnel shall coordinate the promotion of nutrition messages in the cafeteria, classroom, and other appropriate settings.

All campuses will participate in the National School Lunch Program (NSLP) and the School Breakfast Program (SBP).

FSISD child nutrition program will accommodate students with special dietary needs with a signed note from their physician.

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 schools.

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

- Provides 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 in subjects such as math, science, language arts, social sciences, and elective subjects.
- 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, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods.
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise).

### ***Water***

To promote hydration, free, safe, and unflavored drinking water will be available to all students throughout the school day and throughout every campus. FSISD will make drinking water available where school meals are served during mealtimes via drinking fountains or containers of water.

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

According to federal guidelines, the school day is defined as midnight the day prior to 30 minutes after the last class period.

FSISD 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 served outside of the school meal programs (i.e., “competitive” foods and beverages) shall meet the USDA Smart Snacks in the School Nutrition Standards. 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: <https://www.fns.usda.gov/tn/guide-smart-snacks-schools>.

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 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, à la carte options in cafeterias, vending machines, school stores, and snack or food carts and food sold for fundraising sales during the school day by the Smart Snack regulation.

### ***Fundraising***

A fundraiser is an event that includes any activity during which currency, tokens, tickets, donation, or other forms of payment are exchanged for the sale or purchase of a product. This includes payment that is made toward a future purchase. There is no limit on fundraisers for foods and beverages that meet or exceed the USDA Smart Snacks in Schools Nutrition Standards. Any food and/or beverage item that meets the standards may be sold on the school campus during the school day. For more information, refer to the following USDA flier: [http://www.squaremeals.org/Portals/8/files/SmartSnacks/Fundraisers\\_FactSheet.pdf](http://www.squaremeals.org/Portals/8/files/SmartSnacks/Fundraisers_FactSheet.pdf)

### ***Exempt Fundraisers***

The district campuses may sell food and/or beverages as part of a fundraiser that does not meet the Competitive Foods Nutritional Standards during the school day for up to six (6) days per school year on each school campus. Food and/or beverages sold during an exempt fundraiser must not be sold in competition with school meals service or consumed in the school meal service area.

### ***Concession Stands or Other Events Where Food and/or Beverages are Sold during the School Day***

Foods and/or beverages sold to students at concession stands or other events must meet the Competitive Food and Beverage Nutrition Standards if the sale occurs during the school day on the school campus, as defined in this section.

### ***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. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. 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, parents, students, and the community.

FSISD 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. FSISD strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on district property that contains messages inconsistent with the health information the FSISD is imparting through nutrition education and health promotion efforts. It is the intent of the FSISD to protect and promote student's health by minimizing advertising and marketing for those foods and beverages that are not permitted to be sold on the school campus, consistent with the FSISD's wellness guidelines.

## **III. Physical Activity and Physical Education**

FSISD shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.

In addition, FSISD will encourage teachers to integrate physical activity into the academic curriculum where appropriate. FSISD establishes the following goals to create an environment conducive to physical activity and to express a consistent wellness message through other school-based activities:

- A substantial percentage of students' physical activity can be provided through these activities: physical education, recess, classroom-based physical activity, walk and

- bicycle to school, and out-of-school time activities.
- Non-food fundraisers will be encouraged, including those that promote physical activity such as walk-a-thons, jump rope for heart, fun runs, etc. Food fundraisers outside of school hours should include healthy options.

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).

### ***Physical Education***

FSISD 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.

All students will be provided with an equal opportunity to participate in physical education classes. FSISD will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment, as necessary.

All FSISD elementary students in each grade will receive physical education for at least 135 minutes per week throughout the school year. To continue exceeding state requirements, students will participate in daily physical education through the sixth grade.

All FSISD secondary students (middle and high school) are required to take the equivalent of one academic year of physical education.

- 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 classes are taught by licensed teachers who are certified or endorsed to teach physical education.
- FSISD will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
- Teachers and other school staff will participate in activities to promote enjoyable, life-long physical activity for themselves and students.

FSISD will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

### ***Recess (Elementary)***

All elementary schools will offer at least 20 minutes of recess on all or most days during the school year. Schools will have hand-washing facilities and/or hand-sanitizing mechanisms. Handwashing, as well as time to put away coats/hats/gloves, will be built into the recess transition period/time frame before students enter the cafeteria.

I will offer outdoor recess when the weather is feasible for outdoor play. Students will be allowed outside for recess unless outdoor temperature is above/below FSISD set temperature, inclusive of wind chill factors, during storms with lightning or thunder, or at the discretion of the

building administrator, based on his/her best judgment of safety conditions.

Recess will complement, not substitute for, physical education class. Recess monitors or teachers will encourage students to be active.

### ***Active Academics***

Teachers are encouraged to 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.

## **IV. Parent and Community Involvement**

FSISD will coordinate and integrate other initiatives related to physical activity, nutrition, and wellness components so all efforts are complementary and work towards promoting student well-being.

### ***Community Partnerships***

FSISD will develop, enhance, and continue relationships with community partners (i.e., hospitals, universities/colleges, local businesses, etc.) to support this wellness policy’s implementation (such as the requirement for seniors to participate in CPR training). Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals. We understand that an integrated school, parent, and community approach for enhancing the health and well-being of students must be a powerful component in our approach to good health.

### ***Parent/Family Partnerships***

FSISD 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.

## **V. Wellness and Health Promotion**

FSISD is committed to supporting the health and well-being of all employees by providing opportunities to increase health and wellness education.

- Promote health and wellness in all staff activities throughout the school year.
- Provide opportunities for school staff to improve their health status through activities such as wellness checks by the campus nurses.
- Offer healthy food options at faculty and staff events.

### ***Professional Learning***

When feasible, FSISD will offer annual professional learning opportunities and resources for staff to increase knowledge and skills promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches). Food service staff will participate in the required training to prepare and serve nutritional meals according to state and federal



guidelines.

## **VI. Counseling and Mental Health Services**

FSISD is committed to supporting social and emotional wellness in relation to counseling and Mental Health Services. I commit FSISD to supporting the health and well-being of all students in the district by providing:

- Staff development related to mental health services for all counselors.
- Support for students in high-risk situations to prevent dropouts.
- Increased focus on current and emerging mental health issues and research to determine the need to provide to meet the growing needs of our students.

### ***Student and Staff Health Services***

FSISD supports a school nurse on each campus. The primary purpose of each nurse is to implement comprehensive programs of health services and strengthen and facilitate the educational process by improving and protecting the health status of students/ staff. Nurses identify and assist in the removal or modification of health-related barriers to learning and promote health education and preventative health practices for students, faculty, and staff. FSISD adheres to the immunization requirements of students, according to the Texas Department of State Health Services (TDSHS).

## **VII. Monitoring and Plan Review**

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. Campus principals will ensure compliance with the district policies and will report on the school's compliance to the school district superintendent or designee.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal or superintendent.