

Coordinated School Health Plan (CSHP)

Slocum Independent School District

Student Nutrition/ CSHP-Wellness Plan

Purpose and Goal:

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits. All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff are encouraged to model healthy eating and physical activity as a valuable part of daily life. The Slocum Independent School District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

Component 1: A Commitment to Nutrition and Physical Activity

- A. Slocum ISD Board of Trustees shall appoint a School Health Advisory Committee (SHAC). One of its missions shall be to address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually or more often if necessary.
- B. Principals will address concerns such as kinds of foods available, sufficient mealtime, nutrition education, and physical activity.
- C. Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
- D. The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.

Component 2: Quality School Meals

- A. Slocum ISD will offer breakfast and lunch and will provide meals at no charge to students who meet qualifications. Students are highly encouraged to participate in these meal programs.
- B. School food service staff that is properly qualified according to current professional standards and regularly participates in professional development activities will administer the Child Nutrition Programs.
- C. Food safety will be a key part of the school foodservice operation.
- D. Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- E. Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
- F. School personnel, along with parents, will encourage students to choose and consume full meals.

Component 3: Other Healthy Food Options

- A. The SHAC will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, and social events.
- B. No foods or beverages other than those provided through the school food service department may be made available to elementary school students at anytime. Foods and beverages other than

those provided through the school food service department may not be available to junior high and high school students until thirty minutes after the regular school day.

C. School staff shall not use food as a reward for student accomplishment. The withholding of food as punishment for students is prohibited. (For example, restricting a child's selection of flavored milk at meal-time due to misbehavior in the classroom)

D. The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.

E. Organizations shall only use non-food items or foods designed for delivery and consumption after school hours as fund-raisers. For example, barbecue plate sales after school hours would be acceptable. The sale of candy as a fund-raiser is prohibited.

Component 4: Pleasant Eating Experiences

A. Facility design will be given priority in renovations and new construction.

B. Drinking fountains will be available for students to get water at meals and throughout the day.

C. School personnel will assist all students in developing the healthy practice of washing hands before eating.

D. School personnel will schedule enough time so students do not have to spend too much time waiting in line.

E. Tutoring, pep rallies, assemblies, club/organization meetings, and other activities should not be scheduled during meal times.

F. Adequate time to eat in a pleasant dining environment should be provided. The minimum eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch.

H. Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level. Parents are highly encouraged to dine with students in the cafeteria.

Component 5: Nutrition Education

A. Slocum ISD will follow health education curriculum standards and guidelines as stated by the Texas Education Agency. Schools will link nutrition education activities with the coordinated school health program.

B. Students in pre-kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.

C. Nutrition education will be offered in the school dining room and in the classroom, with coordination between school foodservice staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.

D. Slocum ISD will participate in USDA nutrition programs such as "Team Nutrition" and conduct nutrition education activities and promotions that involve students, parents, and the community.

Component 6: Marketing

A. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.

B. Slocum ISD will consider student need in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.

C. Slocum ISD will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.

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D. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at Open Houses, Health Fairs, etc.

E. Slocum ISD will work with a variety of media to spread the word to the community about a healthy school nutrition environment, such as local newspaper and radio stations.

Component 7: Implementation

A. The SHAC shall be composed of parents, school district staff, students, and community members. Permanent members of the committee shall include the School Nurse Aide, a Principal, and the Food Service Director.

B. The SHAC members will conduct a review of their campus in the fall semester of each year to identify areas for improvement. This group will report their finding to the superintendent and develop with him/her a plan of action for improvement.

C. The SHAC, via the Food Service Director, will report quarterly to the Superintendent the progress of the committee and the status of compliance by the school.