

Cross Plains ISD

Nutrition/Health Wellness Policy

Cross Plains ISD shall implement guidelines that advance student health and reduce childhood obesity and promote general wellness of students through nutrition education, physical activity, and other school related activities.

Nutrition Education Goals

- Nutritional messages are shared with the community through social media, Cross Plains ISD website, and newspapers.
- Cafeteria staff are professionally trained in the area of nutrition and nutrition education.
- All documents pertaining to school nutrition programs will be kept for a minimum of 5 years.
- Cafeteria staff serve as a resource to classroom teachers.

Physical Activity Goals

- Physical education will be required for graduation in accordance with State Laws.
- Pre-K through 5th grade will participate in 135 minutes per week or 30 minutes per day 6th through 8th grade will participate for 225 minutes every two weeks or 30 minutes per day. 9th through 12th grade are required to have one credit of physical education which could be band, athletics or PE.
- Students will participate in the Fitness Gram as required by state laws.
- Time allotted to physical education is consistent with research on a national and state level and will include moderate to vigorous activity.
- Time allotted to physical education will not be used as a reward or punishment.

- Student/teacher ratio in physical education classes are in accordance with State Law.
- All physical education classes will be instructed by staff certified in physical education.
- Activity and movement are integrated in the curriculum and teachers are professionally prepared to implement accordingly.

Nutrition Standards for foods available during school hours

- Food and beverages are not used as rewards or punishment.
- All foods and beverages sold in vending machines shall be consistent with USDA's All Foods Sold in School Policy.
- School lunches shall meet USDA's Healthy Hunger Free Kids Act of 2010.
- Provide healthy meals to accommodate students with special diets with a doctor's note stating the students' accommodations as required in the 504 plan or special education examples could include lactose intolerant, gluten free diets, etc.
- Fundraisers sponsored by the school or any school groups should be limited to non-food sales or food sales after school hours except when items are sold as one of the six exempt days.
- All food items sold during the school day will meet the Competitive Food Nutrition Standards

Goals in the School Meal Program

- Students K-12th will have healthy food options for the food items on the menu known as offer vs. serve.
- All food served in the meal program shall be evaluated for sodium, fat, and calories.
- All food items should be baked instead of fried.
- Food storage and preparation areas are adequately funded and meet the needs of preparing and storing foods.

- Preparation areas are represented by a person trained in food safety.
- Sanitation deficiencies cited on local health inspections are corrected immediately.
- Drinking water is available to students at no charge during meal times and throughout the day.
- Lunch is served as close to the middle of the school day as possible.
- Students will have adequate time to eat school meals after being seated. (25 minutes)
- Breakfast and lunch are served at no charge to all students.

Goals for other school activities to promote student health and wellness

- Cross Plains ISD recognizes that parents and guardians play a fundamental role in their child/children's health to include a healthy diet and daily physical activity.
- Staff will encourage parents/guardians to pack a healthy breakfast and or lunch and refrain from foods/drinks with low to no nutritional value.
- Provide information to households, community organizations and the general public on ways to promote a healthy lifestyle.

Goals for Evaluation

- Cross Plains ISD will establish and support the School Health Advisory Committee also known as SHAC that addresses a coordinated school health program as well as a school wellness policy.
- The SHAC will revise and update the wellness policy as needed.
- The School Health Advisory Committee will meet twice a year to discuss any changes or concerns.
- Cross Plains ISD will measure the effectiveness of the wellness policy every three years.