

Lake Dallas Independent School District Wellness Policy

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 in adults. Schools have a responsibility to help students and staffs 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 is encouraged to model healthy eating and physical activity as a valuable part of daily life. The Lake Dallas Independent School District is committed to implement this 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 interest of all students and staff, taking into consideration differences in cultural norms.

Component 1: A Commitment to Nutrition and Physical Activity

- A. The Lake Dallas Independent School District Superintendent 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 on their campus, 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 child nutrition staff will participate in making decisions and guidelines that will affect the school nutrition environment.

Component 2: Physical Activity

- A. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- B. Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- C. The schools will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- D. All LDISD students will follow state guidelines for physical activity. Elementary students will engage in moderate to vigorous exercise for a minimum of 135 minutes per week. Middle students will participate in a physical education class or athletics for at least two of the three years between grades 6-8. Lake Dallas High School students will earn at least one credit in physical education classes or an allowable substitute such as athletics or marching band.
- E. Students should be given opportunities for physical activity during the school day through daily recess periods, elective physical education (PE) classes, walking programs, and the integration of physical activity into the academic curriculum.
- F. Information will be provided to families to help them incorporate physical activity into their student's lives.

Component 3: Quality School Meals

- A. The Lake Dallas Independent School District will offer breakfast and lunch programs. Students and staff are highly encouraged to promote and participate in these programs.
- B. School foodservice 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 Healthy Hunger Free Kids Act of 2010 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. School personnel, along with parents, will encourage students to choose and consume full meals.

Component 4: Other Healthy Food Options

- A. The SHAC will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through vending, concessions, a la cart, parties, celebrations, social events, and any school functions during the school day are consistent with the Texas School Nutrition Policy.
- B. All food related fundraiser done during the school day must be compliant with "Competitive Food Restrictions" listed below

Fundraiser/Competitive Foods Restrictions

Elementary- May not serve competitive foods to students anywhere on school premises throughout the school day until the end of the last scheduled class.

Middle Schools- May not serve competitive foods to students anywhere on school premises from 30 minutes before to 30 minutes after meal periods. Any items sold must comply with USDA SMART Snack regulations.

High Schools- May not serve competitive foods to students during meal periods in areas where reimbursable meals are served and/or consumed. Any items sold must comply with USDA SMART Snack regulations.

Birthday Party Celebrations- We request that all birthday party celebrations that include food be restricted to after lunch to ensure that students have access to their nutritious meal prior to birthday snacks.

Definitions

Competitive Foods- Foods and beverages sold or made available to student that compete with the school's operation of the NSLP, SBP. This definition includes, but is not limited to, food and beverages sold or provided in vending machines, in school stores, or as part of school fundraisers. School fundraisers include food sold by school administrators or staff, students or student groups, parents or parent groups, or any other person, company or organization. This does not pertain to food items made available by the school food service department.

NSLP- National School Lunch Program

School Day- The school day begins with the start of the school breakfast period and continues until the end of the last instruction period of the day (last bell).

SBP- School Breakfast Program

- C. 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 sold and served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards.
- D. School staff shall not use food as a reward or punishment.
- E. The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious food their children.

Component 5: Pleasant Eating Experiences

- A. Facility design will be given priority in renovations and new construction
- B. Drinking fountains will be available to all students throughout the school day and throughout every school campus.
- C. Unflavored drinking water will be available in the cafeteria during mealtime.
- D. School personnel will assist all students in developing the healthy practice of washing hands before eating.
- E. School personnel will schedule enough time so students do not have to spend too much time waiting in line.
- 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.
- G. Schools will encourage socializing among students, and between students and adults. Parents are highly encouraged to dine with students in the cafeteria. Parents may only provide food for their student.
- H. Creative, innovative methods will be used to keep noise levels appropriate.

Component 6: Nutrition Education

- A. Lake Dallas Independent School District will follow health education curriculum standards and guidelines as stated by 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.
- 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. Lake Dallas Independent School District will participate in USDA nutrition program such as “Team Nutrition” and conduct nutrition education activities and promotions that involve students, parents, and the community. The school nutrition team responsible for these activities will be composed of Child Nutrition Services staff, Student Services staff, school nurses, health teachers, and physical education coaches.

Component 7: 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. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registrations, Open Houses, Health Fairs, PTA meetings, teacher in-services, etc.
- C.

Component 8: Monitoring and Implementation

- A. The SHAC shall be composed of parents and school district staff.
- B. The SHAC Committee shall oversee this policy and periodically review the implementation of the wellness policy with input from: School Coordinator, Health Services, Child Nutrition Department and the Director of Health and Physical Education. The responsible party at the campus for implementation of the local wellness policy will be the principal.
- C. The SHAC will report annually to the Superintendent the progress of the committee and the status of compliance by the campuses.