

**Jackson Independent School District**  
**Wellness Policies on Physical Activity and Nutrition**  
**2017-18**

**Preamble:**

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of the deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years of age) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Where, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints, and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Jackson Independent School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Jackson Independent School District that:

- The school district will engage the Physical Education teacher, Food Service Director, Superintendent, Principal, and Assistant Principal and any other interested parties such as teachers, students and parents to yearly develop, implement, monitor, and review district-wide nutrition and physical activity policies.

- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school between the hours of 7:30 a.m. and 3:00 p.m. will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and State and Federal Nutrition Guidelines.
- The school district will participate in the federal school meal programs (including the School Breakfast Program, National School Lunch Program which includes after-school snacks) and the Summer Food Program to make healthy foods accessible to all children attending school.
- The Jackson City School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.
- The Jackson City School will inform the board, parents, and the public by providing a year-end report card stating goals, how these goals were implemented, a nutrition analysis, and an evaluation of all physical activities provided by the school. It will be made available no later than January 31<sup>st</sup> of each year.

## **To Achieve These Policy Goals:**

### **I. Nutrition Guidelines for all foods available on Campus:**

#### **School Meals:**

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in a clean and pleasant setting;
- Meet, at a minimum, nutrition requirements established by local, state, and federal states and regulations;
- Offer a variety of fruits and vegetables<sup>1</sup>
- Serve only low-fat (1%) and fat-free milk and fat-free dairy products such as yogurt and ice cream;
- Ensure that half of the served grains are whole grain<sup>2 3</sup>

The nutritional content of meals or a specific food item is available through the Food Service Department. Parents and/or students may request the information through the Food Service Director.

Parents who have children with food allergies or that require specially-modified meals will be provided substitutions as long as there is documentation on file verifying those allergies and special needs. Forms will be available in the Food Service Director's office for parents to complete and attach a letter from their child's doctor verifying the problem at the beginning of each year.

Breakfast: To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- The school will, to the extent possible, operate the School Breakfast Program.
- The school will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, which may include serving breakfast in the classroom, or "grab-and-go" breakfast, or serve breakfast during morning break or recess.
- The school will notify parents and students of the availability of the School Breakfast Program at the beginning of each year.
- The school staff and teachers will encourage students to eat a healthy breakfast at home or at school and give the opportunity for a student to go to the lunchroom to eat breakfast or a breakfast snack before beginning class activities at 8:20 a.m.

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<sup>1</sup>To the extent possible, the school cafeteria will offer at least two non-fried vegetables and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week.

<sup>2</sup>As recommended by the Dietary Guidelines for Americans 2005.

<sup>3</sup> A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Ex: "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Ex: "whole" wheat flour, cracked wheat, brown rice and oatmeal.

### **Free and Reduced-Priced Meals: Community Eligibility Option (CEO)**

All students in the Jackson Independent School District will receive meals at no charge. The Food Service Director has the responsibility of downloading the Direct Certified students into Infinite Campus. Signed lists will be obtained from coordinators for homeless, migrant, runaway and federal Head Start/Even Start programs. The ISP is established on April 1 when the FSD pulls the DC/Enrollment numbers from the POS system. The FRAM Coordinator then has the responsibility of entering all students that aren't on the DC listing by means of a household income form and make changes to Infinite Campus lunch status for other federal program that need the free/reduced percentages.

Since all students will still have an Eligibility Status. Jackson City School will make effort to eliminate any social stigma attached to and prevent the overt identification of students who are eligible for free and reduced-priced school meals during breakfast, lunch, or meals served on field trips.<sup>4</sup> Toward this end, the school Food Service Department provides a four-digit Meal Account Number to each student that is unique to each student, and makes meals available to all children regardless of income.

**Summer Food Program:** The school has over 50% of students who are free or reduced-price eligible. Therefore, the school is eligible to sponsor the Summer Food Program which lasts six weeks during the summer beginning the first week of June through the last full week of July.

### **Meal Times and Scheduling**

Schools:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Will provide students access to hand-washing or hand-sanitizing before they eat meals or snacks;
- The Food Service Department will make breakfast and lunch meals accessible, to the extent that is possible, to students who are on odd schedules due to class scheduling that conflicts with normal breakfast and lunch periods.

### **Food and Beverages Sold Individually (i.e. foods sold outside of reimbursable school meals, such as vending machines, ala carte, fundraisers, school stores, etc)**

- All food and beverages sold separately from the reimbursable school breakfast or lunch meals, will follow the State and Federal Guidelines for low fat and low sugar food and beverage regulations between the hours of 7:30 a.m. and 3:00 p.m. All food and beverages sold after 3:00 p.m. are not required to meet those guidelines unless it is a school sponsored program, such as After School Program. After school extra-curricular activities or school sports events are not required to follow these guidelines.
- All vending machines, not operated by the Food Service Department, will not be turned on until after 3:00 p.m. with the exception of the vending machine in the Teachers' Lounge in the Library. Access to this vending machine is restricted to students.
- All Food Fundraisers will not be allowed to begin selling until after 1:30 p.m. in the afternoon and must follow state and federal guidelines for Smart Snacks until 3:00 p.m.

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<sup>4</sup>It is against the law to make others in the classroom, cafeteria, on field trips or at a school-sponsored program aware of the eligibility status of children for free, reduced-price, or "paid" meals.

**Celebrations: (birthday parties, holiday parties, etc)**

The school will limit the number of celebrations that involve food during the school day to no more than one party per class per month and cannot begin until after 1:30 p.m. It is encouraged that teachers and parents work with the Food Service Department in purchasing food items for their parties and for ideas for providing a more healthier and nutritious food selection for their parties.

**Food in the Classroom:**

Any food used for classroom demonstrations or prepared in the classroom for educational purposes or for nutrition education that will be available for student consumption must be approved by the Food Service Director to ensure that sanitation, health and food safety regulations are being followed. All such food activities must be done after 1:00 p.m. in order not to spoil student's appetites before lunch unless approved by board prior to the event.

**II. Nutrition Guidelines promoting student health:**

The Jackson Independent School District aims to teach, encourage, and support healthy eating by students. The school provides nutrition education and promotes nutrition by:

- Teachers, grades K-5, will provide nutrition education in the classroom and integrate as much as is possible in the areas of social, science, and math classroom activities.
- The Food Service Director will provide a monthly newsletter that provides nutrition information, fun facts, and activities for a particular fruit, vegetable, grain, or protein food to be passed out to students by teachers, grades K-5.
- Middle School and High School will be provide nutrition information through the use of videos or handouts provided by teachers or the librarian.
- To encourage healthy food choices, students will be encouraged to be part of the promotion, "The Lunch Bunch Gang Club". Students K-12 will be provided with a form to record their food choices for lunch for one week. The forms will be turned into the teacher at the end of the week. The teacher will give the sheets to the Food Service Director for evaluation.

**III. Integrating Physical Activity into the Classroom and other School-Sponsored programs:**

For students to receive the nationally-recommended amount of daily physical activity (i.e. at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end:

Jackson City School will:

- Require grades K-12 to complete at least 30 minutes of daily physical activity incorporated through classroom activities (i.e. physical education class in which they participate at least 30 minutes), along with 10 minutes of the teacher providing time for a break that incorporates physical activity especially after students sit for long periods of time and 20 minutes of recess time (grade appropriate).

- For grades that do not have recess, the school will recommend students participate in after school physical activities such as sports, cheerleading, and any other activity that promotes at least 20 minutes or more of physical activity;
- Teachers will pass out classroom health education to complement physical activities to reinforce the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities such as watching TV or playing video games.
- Students with special needs, disabilities or special health needs will be provided appropriate activities to meet these guidelines.

In order to record students' progress, the school will encourage students, grades K-5, to be a part of the "Get In Shape with the Lunch Bunch Gang" program. Each student will be given an Exercise/Physical Activity Daily Plan sheet to record their daily physical activities for a period of six weeks. At the end of the six weeks, the students will turn their activity sheets into the teacher. The teacher will turn the sheets into the principal for evaluation.

Students in Middle School and High School will be provided with a "Let's Get In Shape" Daily Physical Activity Sheet to fill out for one week and will be asked to turn it back in to the teacher at the end of the week. The teachers will turn forms in to the principal for evaluation.

#### **IV. Monitoring, Measuring & Implementation of Policy Review**

##### **A. Monitoring:**

The superintendent will ensure compliance with established district-wide nutrition and physical activity wellness policies at the beginning of each year by providing a copy of the wellness policy to teachers and an explanation of their responsibilities for completing the goals of the physical activities and nutrition activities with the classroom and discuss any special nutrition and physical activity promotions that will be going on throughout the year. In each school, the principal will ensure compliance with those policies in the school and will report on the school's compliance to the school district superintendent at the end of December of each year.

The School Food Service Director will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the superintendent. An SMI food analysis of one week will be provided to the superintendent at the end of December of each year, to ensure compliance with State and Federal Nutrition Guidelines. Any findings of a USDA School Meals Initiative (SMI Review) will be reported and any resulting charges or corrections that need to be made will also be reported to the superintendent. The USDA requires an SMI Review every three years for each school.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from the school. That report will be provided to the school board and will be made available for parents and students for public viewing.

## **V. Policy Review:**

To help with the initial development of the district's wellness policies, Jackson City School will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies.<sup>5</sup> The results of that assessment will be used at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review their nutrition and physical activity policies; provision of an environment that supports health eating and physical activity, and nutrition and physical education policies and program elements. The district will revise the wellness policies and develop work plans to facilitate their implementation.

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<sup>5</sup>Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education* from the National Association for Sport and Physical Education.