

Ector ISD Wellness Policy

The policies outlined within this document are intended to create a school environment that protects and promotes the health of our students. This policy applies to all schools in the district. Our commitment to providing nutrition education and regular physical activity, as well as access to nutritious foods for all students, is described here.

Nutrition Education and Promotion

Students will receive consistent nutrition messages throughout schools, classrooms, cafeteria, and school media:

- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes;
- Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar;
- Nutrition education will be provided to families via handouts, newsletters, postings on the web-site, and presentations. The school menu will be posted online monthly;
- Staff is strongly encouraged to model healthy eating habits and are discouraged from eating in front of children and sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.

Health Education Curriculum

The District will include in the health education curriculum a minimum of the 10 following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat and do not contain trans fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Risks of unhealthy weight control practices
- Accepting body size differences
- Importance of water consumption
- Importance of eating breakfast

School Meals

School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and culture food preferences. All schools will participate in the USDA school breakfast and school lunch programs.

In addition:

- All reimbursable meals will meet nutrition standards mandated by the USDA;
- All cafeteria staff will be provided training on USDA meals/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety;
- Approved USDA Menu planning software will be used to analyze school meals;
- Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated;
- Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior will be consistently enforced;
- High school campus will be “closed”, meaning that students are not permitted to leave the school grounds to purchase meals;
- Tutoring, clubs, or organizational meetings will not be scheduled during meal time unless students may eat during such activities;
- Students will have access to hand washing/hand sanitizing facilities before meals and snacks;
- Participation in school meal programs will be promoted. Parents will be notified of the availability of the breakfast and lunch food programs and will be encouraged to determine eligibility for reduced-price or free meals.

Competitive Foods and Beverages

All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered competitive foods. Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores and for in-school fundraisers. **All** competitive foods must comply with the District’s nutrition standards, as well as all applicable state and federal standards. On campus are two scholarship vending machines that operate on a timer. The vending machine’s hours of operation are the following 4pm to 7:30am. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Beverages

The only beverages allowed to be sold outside of school meals include:

- Plain water
- 100% fruit/vegetable juice
- Milk – 1% White; Fat-free Chocolate

Additional Foods Available to Students

Fundraising

- Non-food fundraising is promoted. When in-school fundraising involves food, items cannot be sold for immediate consumption. However, if food items are being sold through order forms and arrive frozen, fundraising during school hours can occur.

- Fundraising activities that promote physical activity are encouraged.

Celebrations

- Celebrations that involve food will be limited to three (3) per year. Other celebrations will be at the school Administrator's discretion. All foods brought to the school must be pre-packaged and are encouraged to meet the Smart Snack guidelines.

Access to Drinking Water

- Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water jugs and cups will be available in the cafeteria if water fountains are not present. Supervisory staff will facilitate access to water in the cafeteria.
- Water will be promoted as a substitute for sugar-sweetened beverages.
- School staff will be encouraged to model drinking water consumption.
- Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains and water jugs are maintained.

Physical Activity

All K-8th students will receive daily physical education (150 minutes per week for elementary school students and 200 minutes per week for middle school) for the entire school year. High school students will be required to meet 1 hour credit for physical education. Physical Education will be standards-based, using national and state-developed standards. Physical Education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity. Physical education program will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills. Student involvement in other activities (e.g. interscholastic or intramural sports) will not be substituted for physical education.

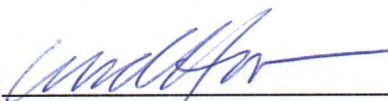
- Physical education classes will count toward graduation and GPA.
- The school will provide adequate space/equipment and conform to all safety standards.
- The school prohibits the use of physical education and withholding of physical education and other forms of physical activity as punishment.
- All Physical Education classes will be taught by a qualified physical education teacher and at least 50% of class time will be spent in moderate to vigorous activity.
- Schools will conduct an annual Fitness-gram.

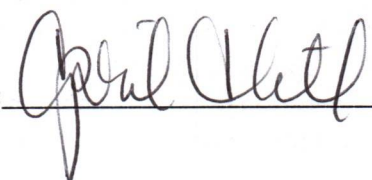
All students will have the opportunity for physical activity beyond physical education classes on a daily basis. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around. Short 3 minute physical breaks will be provided between classes on all campuses. Lower elementary school students will have at least 30 minutes a day of supervised recess and Upper elementary school students will have at least 10 minutes a day of supervised recess during which moderate to vigorous activity will be encouraged. Middle school students and High school students have at least 10 minutes after lunch that is encouraged for physical activity. Outdoor recess will only be withheld in the event of extreme weather, as defined by the school district.

The District will develop, enhance and continue relationships with community partners in support of wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated annually to ensure that they are consistent with the wellness policy.

This Wellness Policy was updated by Food Service Manager, School Nurse and the District Administration to be approved by the Ector ISD Board of Trustees. The policy will be reviewed annually and submitted to the Board of Trustees as changes are made. Policy revisions will take into account new research and evidence on health trends, new national and state standards, guidelines, and initiatives, and changes in district priorities.

Approve by the Ector ISD Board on February 16, 2023.

Ector ISD Board President signature:  Date: 02.16.2023

Ector ISD Board Secretary signature:  Date: 2-16-23