

Lasara Independent School District Student Nutrition/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 of 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 Lasara 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 interest of all students and staff, taking into consideration differences in cultural norms.

Initiative 1: A Commitment to Nutrition and Physical Activity

- A. The Lasara Independent School District Board of Trustees shall approve 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 food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.

Initiative 2: Quality School Meals

- A. The Lasara Independent School District will offer breakfast, lunch, and after School snack programs and will participate in a district-wide universal feeding program providing meals at no charge to all students. Students and staff are highly encouraged to promote and participate in these programs.
- B. School food service staff is properly qualified according to current

- professional standards.
- C. 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.
 - D. Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
 - E. School personnel, along with parent, will encourage students to choose and consume full meals.

Initiative 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, social events, and any school functions. See attachment A.
- B. Students in possession of foods or beverages of minimal nutritional value will Will be asked to surrender such items to school staff members, See attachment B.
- C. No foods or beverages other than those provided through the school food service department may be made available to elementary school students at anytime. Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during lunchtime) under the teacher's guidance. The snack may be provided by the school food service, the teacher, parents or other groups and should be at no cost to the students. Foods and beverages other than those provided through the school food service department may not be available to junior high students until the end of the regular school day. See attachment A for serving size restrictions.
- D. 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 mealtime due to misbehavior in the classroom.
- E. The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
- F. 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 individually wrapped candy (i.e. candy bars) as a fundraiser is prohibited; however, packaged candy gift items are allowed provided they are only part of a fund-raising project that includes other gift items (i.e. nuts, candles, jewelry) as well.

Initiative 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. A short snack-free recess for elementary campuses is encouraged to be scheduled sometime after lunch so that children will come to lunch less distracted and ready to eat.

- 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. Schools should not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during meal times.
- G. 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, and by eating with the students. Parents are highly encouraged to dine with students in the cafeteria.
- I. Creative, innovative methods will be used to keep noise levels appropriate.

Initiative 5: Nutrition Education

- A. Lasara Independent School District 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 8 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 food service staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.
- D. Lasara ISD campuses will participate in USDA nutrition programs 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.

Initiative 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. Schools 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. Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.
- D. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, PTO meetings, Open Houses, Health Fairs, teacher in-services, etc.

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

Initiative 7: Implementation

- A. The SHAC shall be composed of parents and school district staff.
- B. The SHAC members of Lasara will conduct a review of the campus in the Fall semester of each year to identify areas for improvement. These groups will report their finding to the campus principal and develop with him/her a plan of action for improvement.
- C. The SHAC, will report quarterly to the Superintendent the progress of the committee and the status of compliance by the campus.

Initiative 8: Accessibility of Exercise Room

- A. Lasara ISD will have an exercise room available for teachers/community members to exercise after school.
- B. Lasara ISD teachers/community members will participate in exercise room, if an only prescribed by a physician, if age 35 years and above.
- C. Lasara ISD personnel will supervise exercise room, for assistance in how to use equipment, and for the safety of participants.

At any school function (parties, celebrations, receptions, festivals, sporting events, etc.) healthy food choice option should be available to students. Some suggested foods are listed below to include on refreshment tables, price lists, etc.

Raw vegetable sticks/slices with low fat-dressing or yogurt dip
Fresh fruit and 100% fruit juices
Frozen fruit juice pops
Dried fruits (raisins, banana chips, etc.)
Trail mix (dried fruits and nuts)
Dry roasted peanuts, tree nuts, and soy nuts (not coconut or palm nuts)
Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
Party Mix (variety of cereals, nuts, pretzels, etc.)
Low sodium crackers
Baked corn chips & fat-free potato chips with salsa and low-fat dips (Ranch, French, Onion, Bean, etc.)
Low-fat muffins, granola bars, and cookies
Angel food and sponge cakes
Flavored yogurt & fruit parfaits
Jello and low-fat pudding cups
Low-fat icecreams, frozen yogurts, sherbets
Low-fat and skim milk products
Pure ice cold water

Foods to Avoid –

Carbonated and caffeinated beverages (soft drinks, tea, & coffee)
High sugar content candies and desserts
High fat foods (fried foods like French fries, fatty meats, most cheeses, buttery popcorn)
High sodium foods (luncheon meats, cheeses, chips, salty popcorn, pickles)

- In selection food items to offer keep in mind the numerous students and adults who are on special diets and their consumption of sugar, fat, sodium, etc. is restricted.
- The foods of minimal nutritional value (see attachment B) as learning incentives should not be practiced, and healthy food choices or non-food items should be substituted.
- Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

Approved Times for the Availability of Foods and Beverages Other Than School Meals

Elementary Schools – *No access any time during the school day.*

Attachment A

**Lasara Independent School District
Student Nutrition/Wellness Plan**

Guidelines for Food and Beverage offered to Students at School & School Functions

All foods and beverages, other than school meals, made available to students during allowable times must meet the following maximum portion size and nutrition standards.

Food Items:	Elementary School
Chips (regular)	1oz.
Baked Chips, Crackers, popcorn, Trail Mix, Seeds, Dried fruit, jerky, Pretzels.	1.5oz.
Cookies/cereal bars	2oz.
Baked Goods (Pastry/muffin)	3oz.
Frozen Desserts, Ice cream	3oz.
Yogurt	8oz.
Whole Milk	8oz.
Reduced fat milk	8oz.
Beverage other than Milk or FMNV (water exempt)	12oz
Fruit Drinks/slushes (50% juice minimum)	6oz.
All other food/beverages	No more than 9 grams of fat per package. (except nuts & seeds) and no more than 35% by weight or 15 grams per serving of added sugar.

Approved Times for the Availability of Foods and Beverages Other Than School Meals

Elementary Schools – No access any time during the school day.

Attachment B

Lasara Independent School District Student Nutrition/Wellness Plan Foods of Minimal Nutritional Value

Students may not be in possession of any of the food or beverages listed below at school except during times approved by this policy.*

- Soda Water – any carbonated beverage (even water). No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals, and protein.
- Water Ices – any frozen, sweetened water such as “...sicles” and flavored ice with the exception of products that contain fruit or fruit juice.
- Chewing Gum – any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- All Candies – any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of other ingredients, including powdered drink mix (i.e. Kool Aid).
- Certain Chips and Snack Foods – any portions larger than or nutritional content other than those indicated on Attachment A.

Any of the above items that are found in the possession of any student during unapproved times will be collected.

***Approved Times for the Availability of Foods of Minimal Nutritional Value.**

Elementary Schools – *No access any time during the school day.*

Exemption:

Three days will be exempt from the inaccessibility of the Foods of Minimal Nutritional Value listed above. These items may not be made available during meal times in the areas where school meals are being served and/or consumed. The designated days will be:

- The last day of school before Christmas Holiday
- The last day of school before Easter Holiday
- The last day of school