

Turkey-Quitaque Independent School District Wellness Policy

Setting Nutrition Education Goals:

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 Turkey-Quitaque 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 that will help meet the needs and interests of all students and staff.

- A. The Turkey-Quitaque Independent School District Board of Trustees 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 food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.
- E. The Turkey-Quitaque Independent School District will offer breakfast and lunch meals that meet the USDA/TDA standards. Students and staff are highly encouraged to promote and participate in these programs.
- F. 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.
- G. Food safety will be a key part of the school foodservice operation.
- H. 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.
- I. Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
- J. School personnel, along with parents, will encourage students to choose and consume full meals. Positive nutrition statements will be provided to students on a daily basis.
- K. 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.
- L. The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
- M. Special dietary needs will be met according to USDA/TDA guidelines.

Setting Physical Activity Goals

- A. The Turkey-Quitaque Independent School District Board of Trustees 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. Any revisions or suggestions regarding nutrition issues will be in keeping with the USDA/TDA guidelines for the Child Nutrition program.
- 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.
- E. The school will promote a school environment that is conducive to being physically fit.

Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

- 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, implementing the Texas Department of Agriculture's (TDA) Texas Nutrition Policy. 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.
- B. 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.
- C. The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for the children.

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

- A. Drinking fountains will be available for students to get water at meals and throughout the day.
- B. A short snack-free recess for elementary campuses is encouraged to be scheduled sometime before lunch so that children will come to lunch less distracted and ready to eat.
- C. School personnel will assist all students in developing the healthy practice of washing hands before eating.
- D. School personnel will schedule enough time so students do not have to spend too much time waiting in line.
- E. School personnel will provide educational posters and bulletin boards on wellness, nutrition, and fitness throughout the school.
- 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.

Setting Goals for Measurement and Evaluation

- A. Turkey-Quitque Independent School District will have regular SHAC meetings to discuss Wellness goals and evaluate the impact of those goals.
- B. Students promoting Wellness will be recognized.
- C. Families promoting Wellness will be recognized.
- D. Teachers promoting Wellness will be recognized.
- E. Campus principals promoting Wellness will be recognized.
- F. The CATCH program will be promoted.

Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name

Reviewer

School Name

Date

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

Yes No I. Public Involvement

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

- Administrators School Food Service Staff P.E. Teachers Parents
 School Board Members School Health Professionals Students Public

We have a designee in charge of compliance.

Name/Title:

We make our policy available to the public.

Please describe:

We measure the implementation of our policy goals and communicate results to the public.

Please describe:

Our district reviews the wellness policy at least annually.

Yes No II. Nutrition Education

Our district's written wellness policy includes measurable goals for nutrition education.

We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

We offer nutrition education to students in: Elementary School Middle School High School

Yes No III. Nutrition Promotion

Our district's written wellness policy includes measurable goals for nutrition promotion.

We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

We ensure students have access to hand-washing facilities prior to meals.

We annually evaluate how to market and promote our school meal program(s).

We regularly share school meal nutrition, calorie, and sodium content information with students and families.

We offer taste testing or menu planning opportunities to our students.

We participate in Farm to School activities and/or have a school garden.

We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

We price nutritious foods and beverages lower than less nutritious foods and beverages.

We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte

We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

We provide teachers with samples of alternative reward options other than food or beverages.

We prohibit the use of food and beverages as a reward.

(Cont. on page 2)

Yes No IV. Nutrition Guidelines (Cont. from page 1)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast program: Before School In the Classroom Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 as à La Carte Offerings in School Stores in Vending Machines as Fundraisers

Yes No V. Physical Activity

- Our district's written wellness policy includes measurable goals for physical activity.
- We provide physical education for elementary students on a weekly basis.
- We provide physical education for middle school during a term or semester.
- We require physical education classes for graduation (high schools only).
- We provide recess for elementary students on a daily basis.
- We provide opportunities for physical activity integrated throughout the day.
- We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Teachers are allowed to offer physical activity as a reward for students.
- We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

Yes No VI. Other School Based Wellness Activities

- Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- We provide training to staff on the importance of modeling healthy behaviors.
- We provide annual training to all staff on: Nutrition Physical Activity
- We have a staff wellness program.
- We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff) .
- We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- We have a recycling /environmental stewardship program.
- We have a recognition /reward program for students who exhibit healthy behaviors.
- We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name Position/Title

Email Phone

Turkey-Quitaque ISD
Valley Wellness Committee Meeting
January 5, 2016 @ 1:00 P.M.
Agenda

1. Discuss CPR training for teachers
2. Discuss CPR training possibilities for students
3. Discuss mental health training for appropriate staff/students
4. Discuss benefits/concerns of implementation of the P.A.P.A. Program
5. Discuss progress on new gym
6. Good things going on at Valley
7. Complete Wellness Assessment Tool
8. Discuss additional needs

Minutes

Members present were: Superintendent Jackie Jenkins, Coach Shawn Harrison, Principal Brandon Smith, Susan Day, Randa Green, Kathy Taylor, Kristy Maynard, Dr. Keeli Stumbo, Ryleigh Carson, and Lacy Cruse

All mandatory staff requiring CPR certification are currently certified. Several staff members have certifications expiring in August 2016. During August in-service training, CPR certification opportunities will be provided.

A survey will be taken in February 2016 to determine a need/desire of the student population to become CPR certified. Will check on the possibility of including interested students in the August training.

Fall 2015 MHMR training for teachers was discussed. The teachers, law officers and local medical staff that attended the 2 day MHMR training found it beneficial. It was determined that further training for staff would be desired.

The implementation of the P.A.P.A program was discussed. Currently information from this program is being used with the Principles of Human Services in the Child Development section. The sections on rights and responsibilities of parenthood, realities of parenting, and your future as a parent are especially useful with this age group.

Collaboration among the science classes and Food Science classes has emphasized the use of sugar in American diets. Scenes from the movie, Fed Up, have been previewed and healthy snacks have been prepared in food labs. The Principles of Education and Training classes have also collaborated with the elementary classes with their handwashing lesson plans.

The new gym was discussed. It is almost completed. This new gym will provide opportunities for students to have more PE classes in the afternoons avoiding key academic learning times.

Good Things Going On:

“Shout Outs” – students caught being good (helping other children/adults, cleaning up after themselves and others in cafeteria and around school, making healthy choices, being kind to others, etc...) will be recognized during daily announcements.

Collaboration among the science classes and Food Science classes has emphasized the use of sugar in American diets. Scenes from the movie, Fed Up, have been previewed and healthy snacks have been prepared in food labs. The Principles of Education and Training classes have also collaborated with the elementary classes with their handwashing lesson plans.

The committee completed the Wellness Assessment tool. Students displaying “good health habits” will be included in the Principal “Shout Out” during morning announcements. During the early Fall, Mrs. Day took her science classes to tour local gardens. She will continue this and include other grade levels in her garden tours. Nutritional eating will continue to be emphasized in science, health and FCS classes.

Meeting adjourned at 2:15.

If you are interested in being on this committee, please contact Mrs. Jenkins at 806-455-1411 ext 2606