

**Turkey-Quitaque Independent School District**  
**Wellness Policy**  
Revised June 5, 2017

**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 ISD 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 ISD 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 food 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. In the event that the water fountains are not working, water be provided in the classrooms and will be available in the cafeteria at no additional charge to the students. (Revised June 2017)
- B. A short snack-free recess for all 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/organizational 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-Quitauque ISD 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.