

LORENZO INDEPENDENT SCHOOL DISTRICT

NUTRITION/WELLNESS PLAN

"HEALTH IS WEALTH"

RATIONALE:

Children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive.

Good health fosters student attendance and education.

Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive caloric intake are the predominant causes of obesity.

Heart disease, cancer, stroke and diabetes are responsible for two-thirds of 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.

33% of high school students do not participate in sufficient vigorous healthy activity and 72% of high school student do not attend daily physical education classes.

Only 2% of children (2 to 19 years of age) eat a healthy diet consistent with the five recommendations from My Plate.

Nationally, the items most commonly sold from school vending machine, school store, and snack bars include low-nutrition foods and beverages.

School districts around the country are facing significant fiscal and scheduling constraints.

Community participation is essential to the development and implementation of successful wellness policies.

Thus, the Lorenzo 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 Lorenzo Independent School District that:

- The school district will engage student, parents, teachers, food service professionals, health professionals, and other interested stakeholders in developing, implementing, monitoring and reviewing district wide nutrition and physical activity policies.

- All students will have opportunities, support, and encouragement to be physically active.
- Foods and beverages sold or served at school will meet the nutrition recommendation of the USDA, NSLP, and SBP.
- Our district will participate in available federal meal programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services

WELLNESS

The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity and other school-based activities.

DEVELOPMENT OF GUIDELINES AND GOALS

The District shall develop nutritional guidelines and wellness goals in consultation with the local School Health Advisory council and with involvement from representatives of the student body, school food service, school administration, the Board, parents, and the public.

NUTRITION GUIDELINES

The District shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulation and guidance and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy.

In addition to legal requirements, the District shall:

- Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations.
- Provide teachers with education and guidelines on the use of food as a reward in the classroom.
- Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food, and
- Require that healthy food and beverage options be included at concessions at school-related events outside of the school day.

WELLNESS GOALS: NUTRITION EDUCATION

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

In addition, the District establishes the following goals for nutrition educations:

- Nutrition education will be a District wide priority and will be integrated into other areas of the curriculum, as appropriate.
- The food service staff, teachers, and other school personnel will coordinate the promotion of nutritional messages in the cafeteria, the classroom, SHAC committee, and other appropriate settings.

WELLNESS GOALS: PHYSICAL ACTIVITY

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.

In addition, the District establishes the following goals for physical activity:

- The District will provide an environment that fosters safe and enjoyable fitness activities for all student, including those who are not participating in competitive sports.
- Physical education classes will regularly emphasize moderate to vigorous activity.
- The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
- The District will provide encourage employees to participate in physical activity.

WELLNESS GOALS: SCHOOL-BASED ACTIVITIES

The district establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities.

- Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
- Employee wellness education and involvement will be promoted.

IMPLEMENTATION

The campus administrators shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.