

Cranfills Gap ISD

Student Nutrition/Wellness Plan

Cranfills Gap ISD's Wellness Policies on Physical Activity and Nutrition
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 linked to reduced risks for the 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 will be encouraged to model healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

Component 1: A Commitment to Nutrition and Physical Activity

- Cranfills Gap School will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies. This committee will be the School Health Advisory Committee. (SHAC)
- The Health Advisory Committee will make recommendations to the principal to address concerns such as kinds of foods available on campus, sufficient mealtime, nutrition education, and physical activity.
- **All** students fa grades K-12 will have opportunities, support, and encouraged to be physically active on a regular basis.
- Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.

Component 2: Quality School Meals

- Cranfills Gap ISD will offer breakfast and lunch.
- Cranfills Gap ISD foodservice staff, Superintendent, and Mrs. Elizabeth Pierce, Foodservice coordinator will administer the Child Nutrition Program. Foodservice staff will be properly qualified according to current professional standards.

- Food safety will be an important part of the Cranfills Gap ISD foodservice program. With safety inspections twice a year. The most recent inspection posted on the school campus.
- Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture.
- Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of students.
- Students will be encouraged by both parents and teachers to eat breakfast and lunch daily. Menus sent to parents monthly, posted in the hall and on the Cranfills Gap ISD website, and information in the Parent Newsletter.

Component 3: Other Healthy Food Options

The SHAC will develop guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions (including concession stands at sporting and academic events).

- Students will not possess any foods of MNV on campus.
- No foods or beverages other than those provided through the school nutrition department may be made available to students at anytime.
- Food will neither be used as a reward nor a punishment for students.
- Cranfills Gap ISD will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children. (On the backsides of the monthly menus, in the parent newsletter and occasional mailings to parents.)

Component 4: Pleasant Eating Experiences

- Water will be an option during lunch and drinking fountains will be available for students during the day.
- School personnel will assist all students in developing the healthy practice of washing hands before eating.
- Cranfills Gap ISD will schedule lunch times so that students do not have to spend too much time waiting in line.
- No other activities will be scheduled during lunch.
- Adequate time to eat in a pleasant dining environment will be provided.
- Adults will properly supervise dining rooms and serve as role models to students.
- Parents are highly encouraged to dine with students in the cafeteria.

Component 5: Nutrition Education

- Cranfills Gap ISD will follow health education curriculum standards and guidelines as stated by the Texas Education Agency.
- Teachers will be encouraged to integrate nutrition education into core curriculum areas.
- Posters, websites, and videos will be available to students and teachers.

Component 6: Marketing

- Schools will consider student need in planning for a healthy school nutrition environment.
- Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, PAC meetings, Open House, and teacher in-services, Parent Newsletter, etc.

Component 7: Implementation

- The SHAC will meet once a year to review and advise the food service director of concerns or improvements.
- The SHAC will develop a plan of action for improvement every fall.
- The SHAC will report to the Superintendent annually via the Food Service Director.