

# Sabine Independent School District Wellness Policy & Plan

## Committee Members:

Freda Gantt, School Nurse  
Amanda Madden, School Nurse  
Dare Kirklin, Teacher  
Sunnie Caldwell, Director of Child Nutrition Program  
Jaynna Laird, Parent  
Marsha Miller, Parent

Sydney Madden, Eleventh Grade Student  
Teri Bass, Elementary Principal  
Shelley Yates, Curriculum Director  
Andrea Bates, School Board

**Mission Statement:** The mission of Sabine ISD is to promote a healthy lifestyle for students, parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our district wellness policy which will incorporate nutrition education and standards, physical activity and any other school related activities.

## Development, Implementation, and Review of Guidelines and Goals

Goal I: The local school health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law.

Objective I: The SHAC will coordinate participation by required representatives to develop nutrition guidelines and wellness goals as required by law.

Activities	Person Responsible	Timeline	Resources	Evaluation
SHAC meets 3 times a year. August, January, and May	Committee Members Director of Curriculum	Ongoing		Sign In Sheets Agendas and Minutes
SHAC will develop a Wellness Plan to implement the District's nutrition guidelines and wellness goals.	Committee Members Director of Curriculum	Ongoing		Wellness Policy and Plan Document
Review and Update Wellness Plan Annually	Committee Members Director of Curriculum	Ongoing		Updated Wellness Policy and Plan Document

## Nutrition Education Guidelines

Goal II: The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity.

Objective 1: The District will promote and encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered.

Activities	Person Responsible	Timeline	Resources	Evaluation
Offer healthy food choices.	CNP Director	Ongoing Updated 2016	CNP guidelines Commodities Menu planner	All meals served in the school cafeterias will meet CNP guidelines
Teach nutrition education at all grade levels.	Campus Principals Child Nutrition School Nurses Director of Curriculum	Ongoing Updated 2016	Nutrition education resource materials Textbooks	All students will receive instruction in nutrition education that is appropriate for their grade level.
Beverage vending machines will not be allowed K-8. High School beverage vending machines will be limited to selections allowable by law.	High School Principal	Ongoing Updated 2016		Vending machines will only sell selections allowable by law.
Maintain a supply of quick breakfast items in nurse's office for those who do not eat breakfast.	School Nurses Campus Principals	Ongoing	Campus Budget	Students who are ill due to low blood sugar return to class after eating.
Distribute information for local summer feeding programs.	Campus Principals Child Nutrition School Nurses Director of Curriculum	End of each school year.	USDA Literature	

Review the Wellness Plan at least annually; make any needed changes.	Curriculum Director	Annually		Wellness Plan addresses wellness issues throughout the district.
The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	Child Nutrition Campus Principals Director of Curriculum	Ongoing		
The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	Child Nutrition Campus Principals Director of Curriculum	Ongoing		

## Physical Activity Guidelines

Goal III: 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.

Objective 1: All campuses will offer daily physical education classes to all students.

Activities	Person Responsible	Timeline	Resources	Evaluation
Provide opportunities for physical education to all students per state requirements.	Campus Principals Director of Curriculum	Ongoing	TEKS Campus schedules PE Teachers	Students have opportunity for physical education every day.

Goal IV: Schools will adopt or exceed the state standards for physical activity.

Objective 1: All campuses will meet or exceed the state standards for physical activity.

Activities	Person Responsible	Timeline	Resources	Evaluation
Provide 30 minutes or more of physical education or other physical activity daily.	Campus Principals Director of Curriculum	Ongoing	Certified physical education teachers  Other courses that provide daily physical activity	Students have an opportunity to participate in physical education or other courses that involve physical activity every day.

## Nutrition Standards Guidelines

Goal V: Schools will comply with the current USDA Dietary Guidelines for Americans and the Healthy Hunger-Free Kids Act 2010.

Objective 1: The District’s nutrition guidelines for reimbursable school meals and all other foods and beverages sold, otherwise made available, or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules.

Activities	Person Responsible	Timeline	Resources	Evaluation
Plan all menus following USDA Dietary Guidelines and Healthy Hunger-Free Kids Act 2010.	CNP Director	Ongoing	Copies of guidelines and nutrition policy.	All meals served will conform to USDA Dietary Guidelines and HHFKA 2010.
Encourage and schedule class parties and department events to serve food items at times other than during breakfast or lunch periods.	Campus Principals	Ongoing	Calendar of events	Class parties and department events that serve food items will not be scheduled during breakfast or lunch periods.
Limit prizes or treats provided by school-sponsored guests to non-food items during the school day.	Campus Principals	Ongoing	Teacher handbook Guidelines for guests and speakers	Prizes and/or treats provided by school-sponsored guests will be non-food items during the school day.
Offering of portable water during meal service on all campuses.	CNP Director	Ongoing		
Offering all vegetable sub groups as directed	CNP Director	Ongoing	Guidelines and nutrition policy.	

by the implementation of the Hunger-Free Kids Act-all campuses.				
Implementation of new breakfast requirements for grains- all campuses.	CNP Director	Ongoing	Guidelines and nutrition policy.	
Any exempt fundraisers must have prior approval by superintendent. Not to exceed six.	Superintendent	Ongoing		
Nutritional requirements for fluid milk implemented only fat free flavored milk offered- all campuses.	CNP Director	Ongoing	Guidelines and nutrition policy.	

## Other School Based Activities Guidelines

Goal VI: The school district and each campus will create a total school environment that is conducive to healthy eating and being physically active.

Objective 1: All aspects of the school environment will promote the benefits eating healthy and being physically active.

Activities	Person Responsible	Timeline	Resources	Evaluation
Provide all students recess or other physical activity time each day.	Campus Principals	Ongoing	Supervision of students (teachers, other staff)	Students have recess and/or other physical activity time each day.
Develop alternative ways to deal with discipline and make-up work other than recess time.	Campus Principals	Ongoing		No student will be denied participation in recess or other physical activity as a form of discipline or classroom make-up time.
Schedule recess time before lunch to the extent possible.	Campus Principals	Ongoing	Recess schedule	Recess times are scheduled before lunch to the extent possible.



## Evaluation

Goal VII: The District shall comply with federal requirements for evaluating this policy and the wellness plan, as well as the District's and each campus's level of compliance with the policy and plan.

Objective I: The SHAC will assess and prepare a report of progress toward meeting the goals in the policy and plan.

Activities	Person Responsible	Timeline	Resources	Evaluation
SHAC will meet annually.	Committee Members Director of Curriculum	Ongoing		Progress report

## Public Notification

Goal VIII: The District will notify public and retain records in accordance with the law and district’s records management program.

Objective I: The district will keep the community informed.

Activities	Person Responsible	Timeline	Resources	Evaluation
A copy of the Wellness Plan will be posted on district website.	Director of Curriculum Technology Director	Ongoing		
The District will retain documentation of meetings.	Director of Curriculum Committee Members	Ongoing		Agendas Sign In Sheets Minutes