



SPURGER INDEPENDENT SCHOOL DISTRICT

WELLNESS PLAN

2023-2024

SHAC

SCHOOL HEALTH ADVISORY COMMITTEE

MEMBERS

2023-2024

Amanda Sheffield – Parent

Abigail Stephens - Student

Tanya Cain - Elementary Principal

Michael Hatton - HS/JH Principal

Penny Tinkle - Nutrition Services

Carrie Brinkley – Physical Education Teacher

Pam Hutto-Nurse, School Health Coordinator, Chair

Arlene Robinson – Counselor, Co-chair

Edith Stephens – Teacher

Ginger Sunday – Parent, Nurse

Jodee Crane - Teacher

Spurger Independent School District Wellness Plan

Vision Statement

All Spurger ISD students will reach their full personal, health, and academic potential.

Mission Statement

The mission of Spurger ISD SHAC is to ensure that all children in the Spurger ISD, grades PreK-12, will have healthy bodies and minds through sequential health education, practices and modeling of good health behaviors.

Goal

SISD is committed to providing intellectually stimulating school environments that promote and protect children's health, social and emotional well-being, and ability to learn by supporting healthy eating, physical activity and other behaviors that contribute to student wellness. Good health fosters student attendance and education. Children and adolescents need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.

The SISD SHAC's will provide advice to the District on aspects of school health utilizing the "Coordinated School Health" model, which addresses the following eight components:

- Health Education
- Health Services
- Healthy School Environment
- Family/Community Involvement
- Physical Education
- Nutrition Services
- Counseling, Psychological and Social Services
- Health Promotion for Staff

Nutrition Guidelines

SISD ensures nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Department of Agriculture and USDA guidelines.

- SISD food service department plans meals according to the guidelines set forth by USDA. Menus must meet nutritional goals when averaged over a school week.
- Spurger currently participates in the NSLP/CEP lunch and breakfast program.
- Only foods that meet Smart Snack & Competitive Food Nutritional Standards shall be sold or served and consumed on that day or at that moment as a fund raiser activity during the school day.
- Require that healthy food and beverage options be included at concessions at school-related events outside of the school day.
- Only individual student meals will be allowed in the cafeteria during food service times.
- Adequate timing will be provided for students. Students will be provided 15 minutes for breakfast and 30 minutes for lunch after they have received their meal.
- A clean and safe environment will be provided during mealtimes.
- Nutritional services will offer fresh fruits and vegetables daily whenever possible or canned fruits or frozen fruits and natural juice or water.
- Teachers shall not serve food in the classroom as a reward or punishment.
- Food may be served in the classroom as an approved assignment.
- Students in elementary schools will not have access to FMNV except on special occasions.
- Classroom parties may be celebrated for the following holidays: Christmas, Valentines, Easter and End of Year. There will be 2 food waiver days where alternate food can be served that do not meet the USDA guidelines.

Implementation Assessments and Updates

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

1. Designate one or more district or school officials to ensure that each participating school complies with the local school wellness policy.
2. At least once every three years, assess schools' compliance with the local school wellness policy, and make assessment results available to the public. The assessment must measure the implementation of the local school wellness policy, and include:
 - a. The extent to which schools under the jurisdiction of the district are in compliance with the local school wellness policy;
 - b. The extent to which the district's local school wellness policy compares to model local school wellness policies; and
 - c. A description of the progress made in attaining the goals of the local school wellness policy.
3. Make appropriate updates or modifications to the local school wellness policy, based on the triennial assessment.

Records Retention

A district must retain records to document compliance with the requirements of this policy. These records include, but are not limited to:

1. The written local school wellness policy;
2. Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as required at Implementation Assessments and Updates above; and
3. Documentation of the triennial assessment of the local school wellness policy for each school under its jurisdiction.

Healthy, Hunger-Free Kids Act of 2010, Pub. L. No. 111-296, sec. 204, 124 Stat. 3183 (2010) [42 U.S.C. 1758b]; 7 C.F.R. 210.31(c)–(f)

[See CO for requirements relating to food services management, EHAA for state law requirements relating to health education, and FJ for requirements relating to food and beverage fundraisers.]

Triennial Progress Assessments

1. Inform the public about progress toward meeting the goals of the local school wellness policy and compliance with the local school wellness policy by making the triennial assessment, as required at item 2 under Implementation Assessments and Updates below, available to the public in an accessible and easily understood manner.

See 2023-2024 Wellness Policy Assessment Tool Attachment

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy. Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards [or, if stronger, "state nutrition standards"]. Food advertising and marketing is defined¹⁵ as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, districts will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the District.
- Advertisements in school publications or school mailings.

- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

Nutrition Education

Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

- *Chef Nourish* interactive online training for faculty, parents and students
- Food Bank “Planning the Plate” food and nutrition presentation
- Posters and Food Plates with the daily menu in the cafeteria
- Nutrition education will be a district wide priority and will be integrated into other areas of the curriculum, as appropriate.
- Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
- The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
- Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.
 - Chef Solus (www.nourishinteractive.com)
 - Food Pyramid (www.cnpp.usda.gov)
 - Choose My Plate (www.choosemyplate.gov)
 - Squaremeals (www.squaremeals.org)
- Provide Staff with yearly training about nutrition and healthy living.

Physical Activity

The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.

- SPARK curriculum will be implemented in grades 3-6 during PE class.
- Physical education classes will regularly emphasize moderate to vigorous activity.
- The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
- Before-school and after-school physical activity programs will be offered and students will be encouraged to participate.
 - Open Gym weekly
 - Cheerleading camps
 - Little Dribblers Organization
 - Field Day
 - 3 on 3 Basketball Tournament
- Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.
 - Coaches clinics and presentations at staff development

- 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 encourage students, parents, staff, and community members to use the District's recreational facilities that are available outside of the school day.
 - Track and Baseball/Softball Fields
 - Tennis Courts with lights
 - Open Gym/Playground

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:

- Wellness for students and their families will be promoted at school.
 - Student vaccines are provided by Aurora Concepts
 - Spinal, vision and hearing screenings
 - Cardiac screenings provided by Who We Play For
 - Blood pressure screenings
 - Healthy Teeth Program sponsored by the Masonic Lodge
 - Drug, tobacco, and alcohol prevention programs
 - Suicide prevention programs
 - Bully prevention programs
 - Physical activity and fitness
- Employee wellness education and involvement will be promoted at school.
 - Vaccines (including flu) provided by Aurora Concepts for staff
 - Blood labs provided by Aurora Concepts for staff
 - Blood pressure, vision and hearing screens
 - Stroke, high blood pressure, high cholesterol, heart attack and aortic aneurysm screening provided by Rightway Imaging.
 - National Benefit Services is provided to employees to cover medical expenses
- Staff members will be provided healthy food choices for breakfast and lunch daily.
 - Nutritional services will provide oatmeal for breakfast for faculty and staff
 - Nutritional services will provide when available fresh salads and fruits for breakfast or lunch