

Wellness Policy 2023 - 2024

Forsan ISD

All grades: PK, K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Public Involvement

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

Administrators

School Food Service Staff

P.E. Teachers

Parents

School Health Professionals

Public

Nutrition Education

We make our policy available to the public on our school website.

We measure the implementation of our policy goals and communicate results to the public on our school website.

Our district reviews the wellness policy at least annually.

Nutrition Promotion

Our district's written wellness policy includes measurable goals for nutrition education.

We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

We offer nutrition education to students in: Elementary School, Middle School, and High School.

Our district's written wellness policy includes measurable goals for nutrition promotion.

We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

We ensure students have access to hand - washing facilities prior to meals.

We annually evaluate how to market and promote our school meal program(s).

We offer taste testing or menu planning opportunities to our students.

We price nutritious foods and beverages lower than less nutritious foods and beverages.

Nutrition Guidelines

Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.

We operate the School Breakfast program: Before School In the Cafeteria.

We follow all nutrition regulations for the National School Lunch Program (NSLP).

We have a Certified Food Handler as our Food Service Manager.

We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including: as à La Carte

We received the Silver Award level on the Smarter Lunchrooms scorecard.

Physical Activity

Our district's written wellness policy includes measurable goals for physical activity.

We provide physical education for elementary students on a weekly basis.

We provide physical education for middle school during a term or semester.

We require physical education classes for graduation (high schools only).

We provide recess for elementary students on a daily basis.

We provide opportunities for physical activity integrated throughout the day.

We prohibit staff and teachers from keeping kids in from recess for punitive reasons.

Teachers are allowed to offer physical activity as a reward for students.

We offer before or after school physical activity: Competitive sports, Non - competitive sports, and other clubs

Other School Based and Staff Wellness Activities

We have school district staff who are CPR certified.

We also offer EKG screenings to students and staff.

We provide a Flu shot clinic at the school for staff and their families.

We provide free hearing screens for staff.

We participate in the Epi - Pens for Schools program.

Contact Information: For more information about this school's wellness policy/practices, or ways to get involved, contact the District nurse.

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