

Kermit Independent School District



STUDENT NUTRITION/WELLNESS PLAN

2023-2024

By:

Kermit I.S.D. Health Services Department and Child Nutrition Department

Kermit Independent School District

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STUDENT NUTRITION/WELLNESS PLAN

Presented for approval to the Kermit Independent School District Board of Trustees on December 13, 2023.

Policy approved for implementation at the start of school year 2023-2024.

Wendy Walker

Kermit I.S.D. Head School Nurse

[Signature]

Kermit I.S.D. Superintendent of School

12-13-23

Date

[Signature]

Kermit I.S.D. Board of Trustees President

12-13-23

Date

Introduction to Wellness and Health Services

In June 2005, the 78th Texas Legislature passed into law Senate Bill 42 (SB42). Senate Bill 42 children's health through a coordinated school health approach to preventing obesity, cardiovascular disease, and Type II Diabetes in Elementary and Junior High School Students. The legislators responded to escalating health disparities in Texas youth and built upon the requirement for elementary schools to implement a coordinated School Health program established by Senate Bill 19.

Child Nutrition and WIC Reauthorization Act of 2004 Kermit I.S.D. 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. The increasing rates of overweight and obesity among youth threaten to jeopardize the future health and productivity of our children.

Kermit I.S.D. shall develop nutritional guidelines and wellness goals in consultation with the local school health advisory council (SHAC) and with involvement from representatives of the student body, school food service, school administration, the school board, parents and the public.

A healthy school environment goes beyond school meals in the cafeteria. Living a healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices, knowledge of nutrition, and appropriate amounts of physical activity. All foods made available on Kermit I.S.D. campuses shall offer all students nutritious choices. The healthy, nutritionally astute, and physically active child is more likely to be academically successful.

*Source: The provisions of the {102.1031 adopted to be effective May 2, 2004
TexReg 3959; amended to be effective November 9, 2006 31
TexaReg 9031. rules@tea.state.tx.us*

**Healthy Children
Are Prepared
To Learn**

- Health Education
- Healthy and Safe School Environment
- Counseling and Mental Health Services
- Parent and Community Involvement
- Staff Wellness Promotion
- Health Services
- Physical Education
- Nutrition Services

The link between nutrition and learning is well documented. Healthy eating patterns are essential for Kermit I.S.D. Students can achieve their full academic potential, full physical/mental growth, lifelong health and well being. Healthy eating is demonstrably linked to reduce the risk for mortality and development of many chronic diseases in adults. Kermit Schools have the responsibility to educate students and staff members to establish lifelong healthy eating patterns. Implemented school curriculum and programs have proven positive student's eating habits.

It is important to emphasize that SHAC provides advice and can only make recommendations to the school district Board of Trustees. SHAC members are *not* part of the paid administrative staff or structure of the schools; nor do they have legal responsibilities within the school district.

Kermit Independent School District

MISSION STATEMENT

All students of Kermit I.S.D. will be encouraged to graduate and reach their full personal, health and academic potential. Faculty, staff, parents, school board members, community members, social service agencies, and volunteer health organizations work together to give advice and support to the comprehensive school health program that will prepare KISD students to enter adulthood with the knowledge and skills to maintain a healthy lifestyle.

GOALS

To provide students in grades K-12 sequential health instruction that reflects current health issues facing the local community. It is the community's shared commitment, through the School Health Advisory Council, that will provide those children the opportunity to succeed as healthy, responsible and productive citizens.

WELLNESS GOALS: NUTRITION GUIDELINES

Kermit Independent School District shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance issued by the U.S. Secretary of Agriculture pursuant to the Child Nutrition Act and the National School Lunch Act and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy. (See CO)

Nutrition Services: Access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students. School nutrition programs reflect the U.S. Dietary Guidelines for Americans and other criteria to achieve nutrition integrity. The school nutrition services offer students a learning laboratory for classroom nutrition and health education, and serve as a resource for linkages with nutrition-related community services. Qualified child nutrition professionals provide these services.

The Kermit Independent School District will offer breakfast, lunch, and will participate in a district-wide universal feeding program providing meals at no charge to qualified students. Students and staff are highly encouraged to promote and participate in these programs.

Kermit I.S.D. School Board believes that good nutrition is important for high academic achievement. All food service operations including vending machines and fund-raisers should offer food choices that provide the opportunity for students to select products that reflect the nutrition principles taught within the health curriculum.

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Kermit I.S.D. shall focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size.

The Kermit I.S.D. School Board intends that all foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans, ensure that reimbursable school meals meet the program requirements and comply with state and federal child nutrition program standards. The Kermit I.S.D. Child Nutrition Department will maintain current guidance in this area, including definitions of "foods of minimal nutritional value."

NUTRITION GUIDELINES CONT.

Kermit I.S.D. will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as “Smart Snacks” standards or requirements. The following websites have information regarding meal and Smart Snacks requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusin-g-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>

In addition to legal requirements, the Kermit I.S.D. shall:

- A. Kermit I.S.D. SHAC will develop and recommend to the Administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions.
 1. Types of foods or beverages with nutrient standards may be offered to students on these occasions.
 2. Food or beverage contracts agreements with food or vending companies to sell foods or beverages in Kermit schools.
- B. Kermit Schools will limit party/celebrations to the last 45 minutes of the school day and no more than one party per class per month.
- C. Each party/celebration should include no more than one food or beverage that does not meet the standards for food and beverages sold individually.
- D. Kermit Staff shall **not** use foods or beverages as rewards or punishment. **The withholding of food or beverages as punishment for students is prohibited.** For example, restricting a child's selection of flavored milk at meal time due to misbehavior in the classroom is not permitted.

1. Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during lunch time) under the teacher's guidance. The snack may be provided by the teachers, parents or other groups and should be at no cost to the students.
 2. Foods and beverages other than those provided through the school food services department may not be available to Elementary or Junior High students until the end of the regular school day.
 3. Foods and beverages other than those provided through the Kermit School Food Service Department may not be available to high school students until after the end of the last scheduled class.
- E. The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
- F. Drinking water fountains will be available for students to drink water during meal time and throughout the day. Students will be allowed to carry (approved) water bottles filled with only water with them throughout the school day.
- G. After school Kermit school-sponsored events (such as, but not limited to athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually.
- H. Kermit I.S.D. will establish guidelines for school sponsored fund-raising activities that involve serving and selling of food. At least 50% of the fund raising activities will not involve the sale of food and/or beverages. If food and /or beverages are offered it shall meet the Standards for Food and Beverages. *[see attachment on fundraising]*

- I. The sale of food or beverages as a fundraiser will not take place one hour before/after breakfast and lunch meals. Sales of food may occur at the end of the school day once a month.
- J. Kermit I.S.D. organizations shall only use non-food items or foods designed for delivery and consumption after school hours as fund-raisers. **For example, barbecue plate sales after school hours would be acceptable;** however, individually wrapped/packaged candy items are allowed provided they are only part of a fund-raising project that includes other gift items (i.e. nuts, candles, jewelry) as well. Kermit schools will make available a list of ideas for acceptable fundraising activities. [*View Additional Resources enclosed*].
- K. Vending Machine Use:
 1. Elementary Schools and Junior High School– Vending machines must be apart from the Nutrition Services program and shall not be operated in locations available to students during the school hours. Vending machines may be operated after school but shall offer foods of minimal nutritional value in locations available to students. All vending sales shall comply with policies regarding competitive food sales and foods of minimal nutritional value.
 2. High School – Vending machines may be operated in the high school after the last scheduled lunch period. All vending sales shall comply with policies regarding competitive food sales and foods of minimal nutritional value.

WELLNESS GOALS: NUTRITION EDUCATION

Kermit I.S.D. School District shall implement, in accordance with the law, a coordinated health education program with a nutrition education component [see EHAB and EHAC] and shall use a health course curriculum that emphasizes the importance of proper nutrition [see EHAA].

Kermit I.S.D. establishes the following goals for nutrition education:

- A. Kermit Independent School District will follow health education curriculum standards and guidelines as stated by the Texas Education Agency. Nutrition education will be incorporated into the school day as often as possible and will link nutrition

education activities with the coordinated school health program. The primary goal of nutrition education is that, "Kermit students will receive nutrition education that fosters the adoption and maintenance of the student's healthy eating behaviors."

- B. Students in Pre-Kindergarten thru grade 12th will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- C. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as appropriate. Kermit Staff will be encouraged to display healthy food/nutrition posters around their campuses.
- D. Kermit I.S.D. Child Nutrition Staff is responsible for adequately preparing the nutrition education materials and will participate in professional development activities to effectively deliver the program as planned.
- E. Nutrition will be offered in the cafeteria and in the classroom with coordination between school child nutrition staff and teachers. Teachers can display posters, videos, etc. on nutrition topics in the cafeteria, the classroom and other appropriate settings at the Kermit I.S.D. campuses.
- F. Kermit School will provide educational nutrition information to be shared with families and the general public to positively influence the health of students and community members.
- G. Kermit I.S.D. campuses will participate in USDA nutrition and will conduct nutrition education activities promotions that involve students, parents, and the community. Kermit schools' nutrition team responsible for these activities will be composed of child nutrition staff, teachers, school nurses, health teacher's physical education teacher/coaches and the School Health Advisor Council (SHAC).
- H. The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or children at a school-designated function. [See Co(Legal)]

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, lifelong health and wellbeing. Healthy eating is demonstrably linked to reduced risks for mortality and development of many and chronic diseases as adults. Kermit I. S. D. Staff has the responsibility to educate Kermit students to establish and maintain lifelong, healthy eating patterns. Well planned and well implemented school nutrition teaching programs have been shown to positively influence students' eating habits.

WELLNESS GOALS: Physical Activity

Kermit I.S.D. shall implement, in accordance with the law, a coordinated health program with physical education and physical activity components. Kermit schools shall offer the required amount of physical activity for Pre-Kindergarten – Eighth Grade. [see EHAB and EHAC]

The primary goal of the physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, required participation in physical education/activity and understand the short-and long-term benefits of a physically active and healthy lifestyle.

Physical Education: A planned, sequential K-12 curriculum that provides cognitive content and learning experiences in a variety of activity areas such as basic movement skills; physical fitness; rhythms and dance; games; team, dual, and individual sports; tumbling and gymnastics. Quality physical education should promote, through a variety of planned physical activities, each student's optimum physical, mental, emotional, and social development, and should promote activities and sports that all students enjoy and can pursue throughout their lives. Qualified, trained Teachers teach physical activity.

In addition, Kermit I.S.D. will establish the following goals for physical activity.

The Kermit I.S.D. comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, including: physical education, recess, walk-to-school programs, health education that includes physical activity as a main component and physical activity breaks within regular classrooms.

- A. Physical education standards/requirements based on the national or state-developed standards.

- B. Kermit I.S.D. will provide an environment that fosters a safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports or through an adaptive physical activity program.
- C. All students in grades Pre Kindergarten -8th, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education/activity (**equivalent to 30 minutes/day or 135 minutes per school week for elementary and Junior High students**) for the entire school year. All physical education will be taught by a certified physical education teacher or personnel under the direction of a certified teacher.
- D. Physical education or Band is a requirement for graduation. If a student has a disability, a Physician statement must be filed in the student's health folder indicating the student's disability. The length of time must be specified by the personal physician. The Kermit I.S.D. Physical Education Department will adapt to the student's physical educational limitations as specified per the physician's order.
- E. Safer bike and walking routes to school for pedestrians and bicyclists will be promoted by safety education awareness. Install necessary bike racks at each campus.
- F. Physical education classes will regularly emphasize moderate to vigorous activity.
- G. Kermit I.S.D. will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
- H. Before school and after school physical education/activity programs may be offered and students will be encouraged to participate.
- I. Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students through staff development training.

- J. Kermit I.S.D. will encourage parents to support their children's participation, to be active role models and to include physical activity in family events.
- K. Kermit I.S.D. will encourage students, parents, staff, and community members to use the District's recreational facilities such as tracks, playgrounds, and the like that are available for use outside of the school day.

Kermit School will provide educational information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical education/activity through take-home materials, special events, physical education homework and the "Great Body Shop" curriculum.

WELLNESS GOALS: SCHOOL-BASED ACTIVITIES

Kermit I.S.D. 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:

- A. Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture, conforming to good menu planning principles, and foods featuring a variety of healthy food choices that are tasty, attractive, of excellent quality, and served at the proper temperature. Menus will be posted on the District website or individual school websites.
- B. Kermit I.S.D. will support parents' effort to provide a healthy diet and daily physical activity for their children.
- C. Kermit I.S.D. will encourage parents to pack healthy lunches, snacks, and to refrain from including fast foods and beverages that do not meet the nutrition standards during the school meal time.
- D. Kermit I.S.D. will provide opportunities for parents to share their healthy food practices with others in the school community.
- E. Sufficient time will be allowed for students to eat meals in the

lunchroom facilities that are in a:

1. Pleasant environment.
 2. Meals will be appealing and attractive to students.
 3. Meals will be served in a clean and pleasant setting.
 4. Adequate eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch.
 5. Kermit I.S.D personnel will schedule enough time so students do not have to spend too much time waiting in line.
- F. School child nutrition staff that is properly qualified according to current professional standards on food safety and regularly participates in professional development activities will administer the Child Nutrition Programs.
- G. Students with special dietary needs (e.g. diabetes, allergies,) will be accommodated as required by the USDA regulation or per the students' personal physician's order.
- H. Menus will be adjusted according to cultural norms and preferences as deemed necessary.
- I. Short break – free recess for elementary campuses is encouraged to be scheduled after lunch and offered when weather is feasible for outdoor play.
- J. Kermit I.S.D. personnel will assist all students in developing the healthy practice of washing hands before eating.
- K. Kermit I.S.D. will encourage socializing among students and adults. Kermit Staff will properly supervise cafeteria/dining area and serve as role models to students by demonstrating proper conduct, voice level, and by eating with the students. Parents are highly encouraged to dine with students' in the cafeteria.
- L. Creative, innovative methods will be used to keep noise levels appropriate.

- M. School personnel, along with parents, will encourage students to choose and consume full meals. Positive nutrition statements will be provided to students on a daily basis.
- N. A list of foods that meet Kermit schools' snack standards and ideas for healthy celebrations/parties and fundraising activities will be made available during the school year.

Kermit I.S.D. employees, students and families' wellness education involvement will be promoted at suitable school activities during registration, Open Houses, Health Fairs, and teacher in services, etc. One effective way to promote wellness education is through the School Health Advisory Council (SHAC). The council can engage in communication and problem solving and make recommendations related to Kermit I.S.D. policies, programs, and practices within the school district that reflects community concerns, values, and resources.

Health Services: Services provided for students to appraise, protect, and promote health. These services are designed to ensure access or referral to primary health care services or both, foster appropriate use of primary health care services, prevent and control communicable disease and other health problems, provide emergency care for illness or injury, promote and provide optimum sanitary conditions for a safe school facility and school environment, and provide educational and counseling opportunities for promoting and maintaining individual, family, and community health. Qualified professionals such as physicians, nurses, dentists, health educators, and other allied health personnel provide these services.

Healthy School Environment: The physical and aesthetic surroundings and the psychosocial climate and culture of the school. Factors that influence the physical environment include the school building and the area surrounding it, any biological or chemical agents that are detrimental to health, and physical conditions such as temperature, noise, and lighting. The psychological environment includes the physical, emotional, and social conditions that affect the well-being of students and staff.

Counseling and Psychological Services: Services provided to improve students' mental, emotional, and social health. These services include individual and group assessments, interventions, and referrals. Organizational assessment and consultation skills of counselors and psychologists contribute not only to the health of students but also to the health of the school environment. Professionals such as certified school counselors, psychologists, and social workers provide these services.

Health Promotion for Staff: Opportunities for school staff to improve their health status through activities such as health assessments, health education and health-related fitness activities. These opportunities encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall coordinated health program. This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling. Health promotion activities have improved productivity, decreased absenteeism, and reduced health insurance costs.

Family/Community Involvement: An integrated school, parent, and community approach for enhancing the health and well-being of students. School health advisory councils, coalitions, and broadly based constituencies for school health can build support for school health program efforts. Schools actively solicit parent involvement and engage community resources and services to respond more effectively to the health-related needs of students.

Health Education: A planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. The comprehensive health education curriculum includes a variety of topics such as personal health, family health, community health, consumer health, environmental health, sexuality education, mental and emotional health, injury prevention and safety, nutrition, prevention and control of disease, and substance use and abuse. Qualified, trained teachers provide health education.

IMPLEMENTATION:

The Kermit I.S.D. Board of Trustees shall establish a local health advisory council to assist the Kermit School District in ensuring that local community values are reflected in the district's health education instruction.

The Kermit School Health Advisory Council (SHAC) membership must be persons who are parents of students enrolled in the Kermit I.S.D. The board of trustees may appoint one board

member to serve on the SHAC Council. *[See attached SHAC roster]*

The Kermit SHAC members will review the SHAC and Wellness Plan in the spring semester of each year to identify areas for improvement. SHAC members will report their findings to the campus principal and develop with him/her a plan of action for improvement.

The Kermit SHAC will hear reports from each campus group after each review period. Before the end of each school year the committee will recommend to the Superintendent any revisions to the Student Nutrition/Wellness Plan it deems necessary.

The Kermit SHAC, via the Food Service Coordinator, will report quarterly to the Superintendent the progress of the committee and the status of compliance by the campuses.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff are encouraged to model healthy eating and physical activity as a valuable part of daily life. The Kermit Independent School District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. The Kermit I.S.D. Wellness Policy 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.

RECORD RETENTION:

Kermit ISD will retain records to document compliance with the requirements of the written Local School Wellness Policy.

The School Health Advisory Council members will review the Wellness Policy in the spring semester of each year to identify areas for improvement.

These records will be kept in the School Health Coordinator's Office for one year. After that one year the records will be sent to archives for four years to complete the five requirements.

SHAC agendas, minutes and updated Local Wellness Policy will be posted to the Kermit ISD website.

Attachment A

At any school function (parties, celebrations, receptions, festivals, sporting events, etc.) healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshment tables, price lists, etc.

- Raw vegetables sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Trail Mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts, and soy nuts (not coconut or palm nuts)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- Party Mix (variety of cereals, nuts, pretzels, etc.)
- Low-sodium crackers
- Baked corn chips & fat-free potato chips with salsa and low-fat dip (Ranch, French onion, bean, etc.)
- Low-fat muffins, granola bars, and cookies
- Angel food and sponge cakes
- Flavored yogurt & fruit parfaits
- Jell-O and low fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products
- Pure ice cold water

Foods to Avoid – Consume only occasionally (recommended no more than once per month)

- Carbonated and caffeinated beverages (soft drinks, tea, & coffee)
- High sugar content candies and desserts
- High fat foods (fried foods like French fries, fatty meats, most cheeses, buttery popcorn)
- High sodium foods (luncheon meats, cheeses, chips, salty popcorn, pickles)

- In selecting food items to offer keep in mind the numerous students and adults who are on special diets and their consumption of sugar, fat, sodium, etc. is restricted.
- The use of foods of minimal nutritional value (See Attachment B) as learning incentives should not be practiced, and healthy food choices or non-food items should be substituted.
- Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

***-Approved Times for the Availability of Foods and Beverages Other than School Meal**

Elementary and Junior High Schools – after the end of the regular school day

High Schools – after the end of the last lunch period

Attachment B

Kermit I.S.D. Child Nutrition/Wellness Plan Guidelines for Food and Beverages Offered to Students at School & School Functions

All foods and beverages, other than school meals, made available to students during allowable times must meet the following maximum nutrition standards using the Smart Snack Calculator on squaremeals.org website.

Food items:	Elementary Schools	Junior High	High School
Low-Fat	8 oz.	12 oz.	12 oz.
Reduced Fat Milk	8 oz.	12 oz.	12 oz.
Beverages other than Milk or FMNV (water exempt)	12 oz.	12 oz.	12 oz.
Fruit Drinks/slushies	6 oz.	12 oz.	12 oz.

To qualify as a Smart Smack, a snack or entree must first meet the general nutrition standards.

Nutrient	Snack	Entree
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0g	0g
Total Sugars	35% by weight or less	35% by weight or less

Retrieved from:

<https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>

ATTACHMENT C

GUIDELINES FOR FOOD AND BEVERAGES OFFERED TO STUDENTS AT SCHOOL AND SCHOOL FUNCTIONS

Students may not be in possession of any of the foods or beverages listed below at school except during times approved by this policy. *

- **Soda Water** – any carbonated beverage (even water). No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.
- **Water Ices** – any frozen, sweetened water such as “...sickles” and flavored ice with the exception of products that contain fruit or fruit juice.
- **Chewing Gum** – any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- **All Candies** – any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of other ingredients, including powdered drink mix (i.e., Kool-Aid).
- **Certain Chips and Snack Foods** – any portions larger than or nutritional contents other than those indicated on attachment A.

Due to their high sodium and fat content, traditional popcorn and pickles may be sold only at the end of the school day.

Any of the above items that are found in the possession of any student during unapproved times will be collected.

***Approved Times for the Availability of Foods of Minimal Nutritional Value**

- **Kermit Elementary and Junior High Schools** – After the end of the regular school day
- **Kermit High School** – after the end of the last lunch period

Exemption:

Three days will be exempt from the inaccessibility of the Foods of Minimal Nutritional Value listed above. These items may not be made available during meal times in the areas where school meals are being served and/or consumed. The designated days will be:

For Grades Pre-K – 2nd Grade:
* The last day before Holidays
* The last day of the School Year

For Grades 3rd - 12th Grades:
* The last day before Holidays
* Valentines Day or the Friday before if it falls on a weekend
* The last day of school

The above descriptions were adapted from multiple sources including:

Allensworth DD, Kolbe LJ. The comprehensive school health program: exploring an expanded concept. *Journal of School Health* 1987;57(10): 409-12.

Institute of Medicine. *Schools and Health: Our Nation's Investment*. Washington, DC: National Academy Press. 1997.

Mark H. Wooley SF, Northrop D. "Health Is Academic: A Guide To Coordinated School Health Programs." Teachers College Press, 1998.