

WELLNESS POLICY The Socorro Independent School District is committed to providing school environments that promote and protect children's health, well being and ability to learn by supporting nutrition education, physical activity and other school based activities that promote student wellness. The school district 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.

REQUIREMENT I A. Nutrition Education:

It is the policy of the Socorro Independent School District that nutrition education will be a district-wide priority and will be integrated into other areas of the curriculum as appropriate. Schools should provide nutrition education and engage in nutrition promotion that:

- Engages students, through taste-tests of new food items and/or surveys, in selecting foods sold through the school meal programs, in order to identify new, healthful, and appealing food choices. In addition, Child Nutrition Services will share information about the nutritional content of meals with parents and students. Such information will be made available on menus, a website, cafeteria menu boards, or other point-of-purchase materials;
- Aims to teach, encourage, and support healthy eating by students;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Links with school meal programs, other school foods, and nutrition-related community services;
- Includes information to be shared with families and the general public to positively influence the health of students and community members;
- Promotes the fact that nutrition education is offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social science, and elective subjects;

- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Promotes teacher media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.

B. Physical Activity:

- Daily Physical Activity will be offered to all grade levels by providing safe and enjoyable fitness activities which include those students with disabilities, special health-care needs and in alternative education.
- Classes will be conducted for a minimum of 135 minutes a week or 30 minutes per day for elementary school students; a minimum of 225 minutes during a 2 week school period and 4 semesters or 2 years for middle school students; and 1½ years or 3 semesters for high school students.
- Health and physical education classes will emphasize moderate to vigorous activity and address all TEKS.
- Physical activity after school (e.g., interscholastic athletics, extramural sports or intramural sports) will not be an alternative for the physical activity requirements being offered during school day, but students will be encouraged to participate in these activities.
- All high schools, middle and K-8 schools will offer interscholastic sports programs.
- The District/school will support and provide parents with information about physical activity and education through websites, newsletters, or other take home materials, special events or physical education homework.

C. School-based learning:

- Sufficient amount of time will be allowed for students to eat meals in lunchrooms that are clean, safe and comfortable.
- The District/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day.
- School facilities are frequently available to students, staff and community members before, during, and after the school day, on weekends, and during school vacations. School facilities will be available to community agencies and organizations offering physical activity and nutrition programs according to the District's policy. Policies concerning safety will apply at all times.

D. Professional development:

Employee Wellness Program goals are to increase the physical

activity levels and well-being levels of employees by removing existing barriers to exercising which will reduce absenteeism, reduce the number of work related injuries and claims, reduce health care costs and educate the employees on health and wellness.

REQUIREMENT II

A. Nutrition Guidelines:

Foods and beverages sold or served at school during school hours will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans* and Texas Department of Agriculture.

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations
- Offer a variety of fruits and vegetables
- Serve only low-fat and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
- Ensure that half of the served grains are whole grain

Breakfast: Students are encouraged to start each day with a healthy breakfast through newsletter articles, take-home materials, or other means, in order to meet nutritional needs and enhance their ability to learn. Schools will operate the School Breakfast Program. Schools will notify parents and students of the availability of the School Breakfast Program at each school.

Free and Reduced-priced Meals: Schools will make every effort to eliminate any social stigma attached to and prevent the overt identification of students who are eligible for free and reduced-price school meals. Toward this end, schools will utilize electronic identification and payment systems; promote the availability of school meals to all students; and/or use non-traditional methods for serving school meals, such as "grab-and-go" lunch.

Summer Food Service Program: Schools in which more than 50% of students are eligible for free and reduced-price meals will sponsor the Summer Food Service program at schools that are open for summer school.

Meal Times: Will provide a pleasant eating environment that does not socially isolate individual students. Marketing of food or beverages will include strategies to increase the appeal of healthful food and beverage items.

Qualifications of School Food Service Staff: Qualified nutrition professionals will administer the school meal programs. As part of

the school district's responsibility to operate a food service program, the will provide continuing professional development for all nutrition professionals in schools. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Elementary and K-8 Schools: Child Nutritional Services will approve all food and beverage sales during the school day to elementary students. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. Foods and beverages sold individually will include low-fat and non-fat milk, bottled water, fruits, and non-fried vegetables.

Middle Schools and High Schools: In middle schools and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte snack lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards as defined by the Texas Department of Agriculture in the Texas Public School Nutrition Policy.

Fundraising Activities During School Hours: Will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually as defined by the Texas Department of Agriculture's Texas Public School Nutrition Policy. The school district will make available a list of ideas for acceptable fundraising activities.

Snacks: Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The District will disseminate a list of healthful snack items to teachers and parents. The snack must comply with the fat and sugar limits of the Texas Public School Nutrition Policy and may not contain Foods of Minimal Nutritional Value (FMNV) or consist of candy or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts).

Rewards: Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually as rewards for academic performance or good behavior and will not withhold food or beverages (including food served through school meals), as a punishment.

School Events: Students may be given FMNV, candy items or other restricted foods during the school day for up to three different events each school year to be determined by the District. The exempted events must be approved by a school official. During these events, FMNV may not be given during meal times in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with federal regulations.

Special Events: According to District Policy CO (LEGAL), the District may not adopt any rule, policy or program under Education Code 28.002 that would prohibit a parent or grandparent of a student from providing any food product of the parent's or grandparent's choice to:

1. Children in the classroom of the child on the occasion of the child's birthday; or
2. Children at a school-designated function.

The District can, however, regulate what time of the day the food products are scheduled to be served in the classroom.

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 are encouraged to meet the nutrition standards outlined in the Texas Public School Nutrition Policy.

REQUIREMENT III

A. Monitoring:

The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district Superintendent or designee.

School food service staff, at the school or District level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the District has not received an SMI review from the state agency within the past five years, the District will request from the state agency that an SMI review be scheduled as soon as possible.

The Superintendent or designee will develop a summary report every three years on district-wide compliance with the District's

established nutrition and physical activity wellness policies, based on input from schools within the District. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the District.

LICE CONTROL

The District has adopted the protocol established by the Department of State and Health Services for lice screening and lice control. The information about the protocol may be accessed by contacting a campus nurse or campus school health assistant.

The information is also available at:

<http://www.dshs.state.tx.us/schoolhealth/lice.shtm#1>

SISD HEAD LICE CONTROL PROTOCOL:

The purpose of lice prevention, control and treatment at SISD schools is to:

- Prevent the spread of lice from one student to another student.
- Facilitate efficient and consistent implementation by all campuses
- Ensure all children are treated in a fair and equitable manner

Following recommendations from the American Academy of Pediatrics (AAP), 2010, Texas Department of Health, CDC, National School Nurses Association, The National Pediculosis Association (NPA), & SISD School Health Advisory Committee, it is recommended to implement a policy to reflect the most current guidelines.

INFESTATION OF LIVE LICE:

- Children with live head lice will be referred to their parents/guardians for treatment.
- School Nurse will recommend to parents that their child be pick up from school.
- A treatment plan and educational information will be given to parents.
- Based on the AAP, 2010 recommendations, alert letters will only be sent home in the event of a high percentage of students in a classroom being infested, as this may cause unnecessary public alarm.

INFESTATION OF NITS:

- Students identified with nits only will have their parent/guardian contacted to see if treatment has taken place within the last seven days.
- The name of the treatment product will be provided to the school nurse by the parent/guardian to ensure that safe and appropriate treatment was given.

STUDENT WELFARE:
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

- Educational material about nit removal, treatment & prevention of lice will be provided by the school nurse & explained to parent/guardian.
- The NPA advises parents to discontinue the use of any treatment at the earliest sign of failure & to avoid using other chemicals. Manual removal is the best option whenever possible, especially when treatment products have failed (The National Pediculosis Association, 2014).

HEAD LICE AND
NITS AFTER CARE
TREATMENT

- Parents will provide name of treatment product to ensure that a safe and appropriate Head lice/Nit Product was used.
- If live lice are found at recheck, the nurse will assess the adequacy of treatment & counsel the family.
- The student may remain in school at the discretion of the school nurse.

Approved:

Jose Espinoza, Ed. D., Superintendent

June 11, 2014

Board Policy Committee Review

August 11, 2014