

WELLNESS POLICY The Socorro Independent School District is committed to providing school environments that promote and protect children's health, wellbeing 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:

The following addresses how the district will meet the required amount of physical activity for students:

- 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.
- Students in Pre-kindergarten- Grade 5 will participate in moderate or vigorous daily physical activity for at least 30 minutes a day or 135 minutes weekly as part of the district's physical education program.
- Students in grades 6-8 will participate in moderate or vigorous daily physical activity for at least 30 minutes a day or 225 minutes during each period of two weeks as part of the district's physical education program. Students 6-8 will complete at least four semesters of physical education.
- Students in grades 9-12 who are enrolled in a physical education course will participate in moderate to vigorous daily physical activity for at least 30 minutes a day or 225 minutes during each period of two weeks as part of the district's physical education program. Students in grade 9-12 will complete 1 credit of physical education

Federal law requires that the District establishes goals for physical activity in its wellness policy.

In accordance with FFA(LOCAL), the District has established the following goals for physical activity.

Goal 1: The District shall provide an environment that fosters safe and enjoyable, and developmentally appropriate physical education and physical activities for all students, including those who are not participating in physical education classes or competitive sports.

Objective 1: Deliver high quality physical education through standard based instruction

- All health and physical education classes Kindergarten-12 will develop and deliver lessons

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based on guidelines and provide curriculum documents to ensure compliance that the state and national standards are met.

- Administrators will ensure physical activity is not withheld as a form of punishment or making up for loss of instruction.
- All health and physical education instructional materials will be reviewed and updated regularly to ensure quality instruction.

Goal 2: The District shall make appropriate before-school, after-school and in school physical activity programs outside of physical education available and shall encourage students to participate

Objective 1: Provide opportunities for students to participate in physical activities before or after school.

- 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 along with campuses will be encouraged to provide various organized physical activities before school and after school, such as running clubs, open gyms, and intramural leagues for all students.

Objective 2: Provide physical activity opportunities to students throughout the school day

- The District will recommend use of daily physical activity breaks to keep students focused and engaged
- All elementary schools will provide daily recess for a minimum of 10 minutes and a maximum of 20 minutes, separate from lunch recess. Recess should not be used as a form of punishment.

Goal 3: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

Objective 1: Provide qualified physical education educators and provide them with opportunities for continuing education.

- The District health and physical education department will provide yearly in-person professional development opportunities for all physical and health education teachers that support standard based instruction and administration of CPR/AED

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- The District will provide opportunities for our health and physical education teachers to participate in state and national professional development opportunities.
- The District will ensure appropriate certification for all physical and health educators who deliver instruction.

Objective 2: Provide employee wellness opportunities to all district personnel to increase the physical activity levels and well-being levels of employees

- The District will provide all employees with an opportunity to participate in a wellness program to promote a healthy lifestyle and support teacher mental and physical wellness.
- The District will promote employee wellness activities and involvement at suitable district and campus events.

Goal 4: The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events

Objective 1: Promote wellness and provide resources to employees and the community on how to participate throughout the district recreational facilities, events and initiatives.

- 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.
- The District/school will actively support and promote physical activity to students, employees and families at suitable district and campus events.
- The District will actively support and promote a Safe Route to School Program throughout their campuses and community for all students who live within a walkable/bikeable distance to their campus.

Goal 5: The District shall encourage students, parents, staff, community members to use the District's recreational facilities, such as tracks, playgrounds, and the like, that are available outside of the school day.[See GKD]

Goal 6: The District shall partner with local fitness entities to provide lifelong physical activity programs at a discounted rate.

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

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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.

REQUIREMENT II

A. Nutrition Guidelines:

All District campuses participate in the U.S. Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that the District establish nutrition guidelines for foods and beverages sold to students during the school day on each campus that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

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

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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 district 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 U.S. Department of Agriculture's (USDA's) child nutrition programs and "Smart Snacks" standards requirements.

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 USDA "Smart Snacks" nutrition guidelines. 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.

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The following websites have information regarding meal and Smart Snacks requirements:

- [Nutrition Standards](#)
- [Smart Snacks](#)
- [Square Meals](#) (see the *Complete Administrator Reference Manual [ARM]*, Section 20, Competitive Foods)

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: There are no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. However, each school district must set its own standards. 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 to children at a school-designated function. [See CO(LEGAL)]

A campus may develop additional guidelines concerning birthday celebrations, such as number of celebrations per month and certain time to celebrate, so as not to interfere with instructional time.

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:

Children in the classroom of the child on the occasion of the child's birthday; or

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.

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

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the school level, to the school principal). In addition, the school district will report on the most recent USDA Administrative Review (AR) findings and any resulting changes. If the District has not received an (AR) from the state agency within the past five years, the District will request from the state agency that an (AR) 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.

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- 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.
- 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:
Nate Carman, Ed. D., Superintendent
May 11, 2022

Board Policy Committee Review
August 8, 2022