

Harper Independent School District (ISD)

Local Wellness Policy

1. 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).

The District's nutrition guidelines for reimbursable school meals and all other food and beverages sold to students during the school day shall be designed to promote student health, reduce childhood obesity, and follow federal regulations and guidelines, except when the District allows an exemption for fundraising activities.

A. FOODS AND BEVERAGES SOLD

Competitive foods and beverages are not part of the regular meal programs and occur through sales such as à la carte options and vending machines. For purposes of this Plan, competitive foods and beverage requirements will be referred to as "Smart Snacks" standards or requirements.

B. EXCEPTION DAYS

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser.

Requests for an exempted fundraiser will be provided by each campus principal or designee, prior to the event. These notices will be recorded and tracked as per USDA regulations in the Child Nutrition Department.

C. FOODS AND BEVERAGES PROVIDED

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

2. NUTRITION PROMOTION

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District's nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District.

The District will ensure that any food and beverage advertisements marketed to students during the school day meet *Smart Snacks*¹ standards.

In accordance with FFA(LOCAL), the District has established the following goal(s) for Nutrition Promotion:

GOAL: The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	
OBJECTIVE 2.1: Consistently post the monthly school breakfast and lunch menus.	
ACTION STEPS	METHOD(S) OF IMPLEMENTATION
1. The Cafeteria Director will post the breakfast and lunch menus in accessible areas around the cafeteria. 2. Breakfast and lunch menus will be posted to the district website. 3. Encourage the cafeteria director to provide the nutrition facts upon request.	• Menus displayed in accessible areas around cafeteria, School website & Facebook • Child Nutrition Director print & make available nutrition information upon request

¹ <https://www.fns.usda.gov/tn/guide-smart-snacks-school>

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OBJECTIVE 2.2: Consistently post information in the cafeteria and other areas of the school with messages promoting healthy lifestyle choices.

ACTION STEPS	METHOD(S) OF IMPLEMENTATION
1. District staff will place posters and other informational signage promoting healthy food, beverage, and lifestyle choices around the cafeteria and other appropriate settings.	• Display posters in prominent locations from Student & art class as well as NSLP program

OBJECTIVE 2.3: Promote the health benefits of drinking water throughout the day.

ACTION STEPS	METHOD(S) OF IMPLEMENTATION
1. Provide water bottle refill stations throughout the school campuses. 2. Encourage students and staff to bring water bottles to school each day.	• Maintain current water bottle refill stations • Continue school policy allowing students to bring water bottles to school • Provide ice water in urns with disposable cups at Elementary campus during breakfast & lunch. Allow students' use of ice machines & filtered water at the Middle/High School campus in addition to water fountains & disposable cups at both sites. Students may request their refillable cups to be filled throughout the day at Middle/High School.

A. MEASURING COMPLIANCE OF NUTRITION PROMOTION GUIDELINES

The District will measure compliance with the nutrition promotion guidelines by:

- Locating where food and beverage marketing is displayed on the school campus.
- Observing the breakfast and lunch menus posted around the cafeteria.
- Posting the breakfast and lunch menus to the district website.
- Monitoring the cafeteria and other appropriate areas for posters and signage promoting healthy lifestyle choices.

3. NUTRITION EDUCATION

In accordance with FFA(LOCAL), the District establishes the following goal(s) for nutritional education:

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

OBJECTIVE 3.1: Offer Health as a required elective for high school graduation.

ACTION STEPS	METHOD(S) OF IMPLEMENTATION
1. Inform students that health is a required elective credit for high school graduation. 2. The health curriculum will be used to support nutrition education and prevent physical health concerns, including obesity, cardiovascular disease, and Type 2 Diabetes.	• Incorporate Health class into the core curriculum at HISD • CATCH (Coordinated Approach to Child Health) Program is used for Junior High and elementary campuses.

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OBJECTIVE 3.2: Encourage nutrition education topics to be integrated into other areas of the core curriculum such as math, science, and social studies.	
ACTION STEPS	METHOD(S) OF IMPLEMENTATION
1. Encourage staff to attend professional development on the topic of nutrition education and incorporation of the core course curriculum.	• Work with Region 15 on topics related to nutrition education and staff development opportunities.
OBJECTIVE 3.3: The District will explore opportunities to partner with outside organizations to offer nutrition Education experiences both in and outside the classroom.	
ACTION STEPS	METHOD(S) OF IMPLEMENTATION
1. Partner with county and local agencies to provide nutrition education programs in the classroom and outside the classroom experiences.	• Explore opportunities to work with outside the district agencies such as 4H and AgriLife Extension office to provide nutrition education experiences.

A. MEASURING COMPLIANCE OF NUTRITION EDUCATION GOAL(S)

The District will measure compliance with the nutrition education goal(s) by:

- Monitoring the successful completion rate of Health class; thus, establishing a measurable outcome for nutrition education.
- Reviewing the SHAC yearly report.

4. PHYSICAL ACTIVITY

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at minimum; the required amount of physical activity for all grades.

In accordance with FFA(LOCAL), the District establishes the following goal(s) for physical activity:

GOAL: The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.	
OBJECTIVE 4.1: Ensure the District provides age-appropriate fitness activities that meet state standards (TEKS).	
ACTION STEPS	METHOD(S) OF IMPLEMENTATION
1. The district will implement physical activity standards based on the Texas Essential Skills and Knowledge (TEKS) for students grades PreK thru 12.	• Follow state (e.g. TEKS) and national standards
OBJECTIVE 4.2: Time allotted for Physical Education classes will be consistent with research and state standards as provided by TEA.	
ACTION STEPS	METHOD(S) OF IMPLEMENTATION
1. The District will meet the requirements for physical activity mandated by Education Code 28.002(l)-(l-1). Defined as:	• Reference TEC 28.002(l)-(l-1) for mandated requirements. • Campus principals, physical education teachers, and other individuals involved in the planning

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2. Elementary PE : students get 135 minutes per week (27 minutes per day), plus any additional recess time. 3. Junior High PE: (5th & 6th graders) get 250 minutes per 2 weeks (30 minutes per day). 4. Junior High Athletics / PE: (7th & 8th graders) get 225 minutes per 2 weeks (45 minutes per day) plus any extra time they have before or after school practices. 5. High School PE / Athletics: Students will meet the requirement of a minimum of 1 credit in HS PE in order to meet graduation requirements.	and coordinating of class schedules will ensure the appropriate minutes per grade are set in place. • HS will use PE classes, Band and Athletics to meet these requirements.
OBJECTIVE 4.3: Elementary students shall receive a minimum of 20-minutes of supervised daily physical activity, preferably outdoors for recess.	
ACTION STEPS	METHOD(S) OF IMPLEMENTATION
1. Teachers, administrators, and other school personnel will work together to schedule recess time for all elementary students. 2. Recess periods can be offered multiple times of day. 3. Recess should promote moderate to vigorous physical activity by providing space, equipment, and verbal encouragement.	• Recess schedule embedded and posted in daily classroom schedules.
OBJECTIVE 4.4: Teachers and other school personnel shall not withhold opportunities for physical activity (recess or physical education) as disciplinary measures.	
ACTION STEPS	METHOD(S) OF IMPLEMENTATION
1. Recess shall not be used as punishment nor withheld as disciplinary measures unless determined necessary by campus administrators. 2. Only campus administrators may withhold recess time.	• Only Campus Administrators may withhold recess time
OBJECTIVE 4.5: Before- or after-school physical activity programs may be offered, and students shall be encouraged to participate.	
ACTION STEPS	METHOD(S) OF IMPLEMENTATION
1. Students are given opportunities for physical activity through a range of before-, and/or after school community programs. 2. Before- or after-school community programs are given access to District facilities.	• The District will be supportive of physical activity programs offered before- or after-school by assisting in the distribution of information and allowing for use of District facilities, when appropriate. • Campus principals have the authority to approve such programs.
OBJECTIVE 4.6: The District shall encourage parents to support their children's participation, to be active role models and to include physical activity in family events.	
ACTION STEPS	METHOD(S) OF IMPLEMENTATION

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1. Promote family activity events	Communicate family activity events via hardcopy, email, social media, and Parent Square
OBJECTIVE 4.7: The District shall encourage a campus safety plan for PE classes with a student-to-staff ratio of greater than 45:1.	
ACTION STEPS	METHOD(S) OF IMPLEMENTATION
- PE teachers will work with the campus principal to create a safety plan when classes exceed the 45:1 ratio. - Coordination with campus counselors and/or schedule coordinators to maintain a maximum of 45:1 student to staff ratio.	- High School student PALS are assigned to help with PE classes - Additional staff is assigned as needed for special needs students

A. MEASURING COMPLIANCE OF PHYSICAL ACTIVITY GOAL(S)

The District will measure compliance with the physical education goal(s) by:

- Reviewing the SHAC yearly report.
- Evaluating class schedules

5. OTHER SCHOOL-BASED ACTIVITIES

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness, create an environment that encourages healthy eating and physical activity, and promote a consistent wellness message.

In accordance with FFA(LOCAL), the District establishes the following goal(s) for other school-based activities:

GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
OBJECTIVE 5.1: Students will have at least 30-minutes for meals daily.	
ACTION STEPS	METHOD(S) OF IMPLEMENTATION
Campus principals will assess daily schedules and ensure each grade level is receiving the recommended time.	- Campus principals will monitor daily schedules and ensure each grade level is receiving the recommended time. - Each cafeteria is cleaned & tables sanitized after each meal service. Housekeeping removes the tables after lunch to auto scrub the entire cafeteria floor
OBJECTIVE 5.2: The District Cafeteria Director will be a Certified Food Handler.	
ACTION STEPS	METHOD(S) OF IMPLEMENTATION
Cafeteria Director will complete a Certified Food Handler Manager course and maintain the certification for the duration of his or her employment.	- Provide paid time needed to complete and maintain the Certified Food Handler certificate - All staff meet annual required continuing education/training hours for Food Safety training

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	All certificates of completion are retained in a Professional Standards folder in Food Service Director office
OBJECTIVE 5.3: Hand-washing facilities will be readily available to all students and staff prior to meals.	
ACTION STEPS	METHOD(S) OF IMPLEMENTATION
1. Ensure availability of restroom facilities	Maintain bathroom facilities outside of the cafeteria which are located inside Middle /High School campus hallways
OBJECTIVE 5.4: Students with life threatening diagnosed food allergies will be provided reasonable accommodations during mealtime to ensure student health and safety.	
ACTION STEPS	METHOD(S) OF IMPLEMENTATION
- Parents/guardians will provide the campus nurse with physician's orders stating a diagnosed food allergy. - Parents / guardians will provide a completed Food Allergy Action Plan (FAAP) with their medical provider. An Individualized Healthcare Plan (IHP) will be created for the student.	- School nurse and other necessary campus staff and administrators will meet with parents/guardians to review the FAAP and IHP and establish the reasonable accommodations needed to ensure the student's health and safety during school time. - Designated "peanut allergy" table with labels indicating "peanut free zone" for students with this particular allergy. - Nutrikids point of sale "MESSAGE" pop-up system equipped to notify Child Nutrition Staff of allergies based on Student ID numbers entered.

A. MEASURING COMPLIANCE OF OTHER SCHOOL-BASED ACTIVITIES GOALS

The District will measure compliance of the other school-based activities by:

- Reviewing daily cafeteria schedules; Examining the certificates and continuing education hours completed by the Cafeteria Director.
- Ensuring the handwashing sinks in the restroom facilities near the cafeteria are properly equipped and functional.
- Ensuring all FARE's Food Allergy & Anaphylaxis Emergency Care Plans are up-to-date.

6. POLICY AND PLAN EVALUATION

At least every three years, as required by law, the District will assess and make available to the public the results of an assessment of the implementation of the District's wellness policy. This "triennial assessment" will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state- or federally designated model policies. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

7. PUBLIC NOTIFICATION

Annually, the District will notify the public about the content and implementation of the wellness policy and develop any updates to these materials.

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To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness policy, the District will create a wellness page on its website to document information and activity related to the school wellness policy, including:

- A copy of the wellness policy [see FFA(LOCAL)];
 - A copy of this wellness plan, with dated revisions;
 - Notice of any Board-adopted revisions to FFA(LOCAL);
 - The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
 - Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
 - The SHAC's triennial assessment; and
 - Any other relevant information.
- The District will also publish the above information in appropriate District or campus publications.

8. RECORDS RETENTION

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. Questions may be directed to the HISD School Nurse / SHAC Coordinator, the District's designated records management officer. [See CPC(LOCAL)]