

Red Lick Independent School District Wellness Policies on Physical Activity and Nutrition Revised 1-8-2026

Preamble

Whereas, children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and decreased physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, a large percentage of school students do not participate in sufficient vigorous physical activity nor attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, Red Lick ISD is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Red Lick ISD that:

- 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.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.

- Foods and beverages sold or served at school should meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Nutrition/dietary professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. Student Health Advisory Council (SHAC)

The school district and/or individual schools within the district will create, strengthen, or work within the existing SHAC to develop, implement, monitor, review, and, as necessary, make recommendations to revise school nutrition and physical activity policies. The SHAC also will serve as a resource to school sites for implementing those policies. (A SHAC consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the community/public.) The SHAC committee will share meeting dates with the public, and will publicize wellness events. Information will be posted on the district's website.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served on campus will:

- be appealing and attractive to children
- be served in clean and pleasant settings
- offer a variety of fruits and vegetables

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the menu options and

nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Water is made available in all Red Lick ISD cafeterias for the duration of the school day.

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate a breakfast program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Schools that serve breakfast to students will have menu viewing available on the district's website for parents & students.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

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 may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

Meal Times and Scheduling.

Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 10:45 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to handwashing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. As part of the school district's responsibility to operate a food service program, we will provide continuing professional

development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for cafeteria/dietary staff members, according to their levels of responsibility.

Sharing of Foods and Beverages. Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Healthy snack options. The school food service program will approve and provide food and beverage sales to students at the elementary school. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. Healthy snack options will be available.

- A choice of at least two fruits and/or non-fried vegetables will be offered for sale where foods are sold on the campuses. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetable.

Snacks. Snacks served during the school day should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water, skim milk, or juice as the primary beverages.

Rewards. School staff are encouraged not to use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Red Lick ISD aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level 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 sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;

- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

Integrating Physical Activity into the Classroom Setting: For students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents. The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will post nutrition tips on the school website, and provide nutrient analyses of school menus (on request). Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

The district/school will provide information about physical education and other school-based physical activity opportunities during 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 activity and physical education through a website, or other take-home materials, special events, or physical education homework.

Staff Wellness. Red Lick ISD highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The SHAC should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. Wellness events are posted on the web, in local newsletters/papers, or sent home with students.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-8. All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/2 weeks for middle school students) for the entire school year. Student involvement in other activities involving physical activity, (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students should spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess. All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

The schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, the school should give students breaks during which they are able to stand, stretch, etc.

V. Monitoring and Policy Review

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).

Policy Review. To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop plans to facilitate their implementation.

VI. Resources for Local School Wellness Policies on Nutrition and Physical Activity

Crosscutting:

- *School Health Index*, Centers for Disease Control and Prevention, <<http://apps.nccd.cdc.gov/shi/>>
- Local Wellness Policy website, U.S. Department of Agriculture, <https://www.fns.usda.gov/cn/local-school-wellness-policy>
- *Fit, Healthy, and Ready to Learn: a School Health Policy Guide*, National Association of State Boards of Education, <https://studylib.net/doc/18748914/fit--healthy--and-ready-to-learn--a-school-health-policy-...>
- Resources for supporting physical activity, nutrition, play, and more, Action for Healthy Kids. <https://www.actionforhealthykids.org/covid-19-resources-physical-activity-nutrition-more/>
- *Promoting Heart Health in Early Childhood* <http://www.nationalguidelines.org>

School Health Councils:

- *Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Councils*, American Cancer Society <http://www.schoolwellnesspolicies.org/resources/AGuideToCommunitySchoolHealthCouncils.pdf>
- *Effective School Health Advisory Councils: Moving from Policy to Action*, Public Schools of North Carolina, <www.nchealthyschools.org/nchealthyschools/htdocs/SHAC_manual.pdf>

Nutrition:

General Resources on Nutrition

- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <https://nepc.colorado.edu/sites/default/files/CERU-0008-92-OWI.pdf>
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- *Dietary Guidelines for Americans 20-25*, U.S. Department of Health and Human Services and U.S. Department of Agriculture, <https://www.dietaryguidelines.gov/>

- *Guidelines for School Health Programs to Promote Lifelong Healthy Eating*, Centers for Disease Control and Prevention, <www.cdc.gov/mmwr/pdf/rr/rr4509.pdf> .health.gov/
- *Diet and Oral Health*, American Dental Association, <https://www.ada.org/resources/research/science-and-research-institute/oral-health-topics/nutrition-and-oral-health>

School Meals

- *Healthy School Meals Resource System*, U.S. Department of Agriculture, <https://theicn.org/cnss/>
- *Local Support for Nutrition Integrity in Schools*, American Dietetic Association, <https://www.eatright.org/kidseatrightmonth/celebrate/get-involved/resources-for-schools>
- *HealthierUS School Challenge*, U.S. Department of Agriculture, <https://letsmove.obamawhitehouse.archives.gov/healthierus-school-challenge>
- *Breakfast for Learning*, Food Research and Action Center, <https://frac.org/research/resource-library/breakfast-for-learning>

Nutrition Standards for Foods and Beverages Sold Individually

- *School Foods Tool Kit*, Center for Science in the Public Interest, <www.cspinet.org/schoolfood/>
- National Farm-to-School Program website, hosted by the Center for Food and Justice, <www.farmtoschool.org>

Fundraising Activities

- *Guide to Healthy School Fundraising*, Action for Healthy Kids of Alabama, <https://www.actionforhealthykids.org/activity/healthy-fundraising/>

Snacks

- *Healthy School Snacks*, (forthcoming), Center for Science in the Public Interest <https://www.cspinet.org/protecting-our-health/nutrition/healthy-school-snacks?scrlbybrkr=a1680893>

Rewards

- *Alternatives to Using Food as a Reward*, Michigan State University Extension, https://healthyshasta.org/wp-content/uploads/EatHealthy/Alternatives_to_Using_Food_as_Reward.pdf

Celebrations

- *Guide to Healthy School Parties*, Action for Healthy Kids <https://www.azhealthzone.org/wp-content/uploads/2021/10/healthy-party-guide.pdf>

Nutrition and Physical Activity Promotion and Food Marketing:

Health Education

- *National Health Education Standards*, American Association for Health Education, <https://www.shapeamerica.org/standards/default.aspx?hkey=75b907c4-be9a-49c6-a211-a8909fe478ba>

Nutrition Education and Promotion

- U.S. Department of Agriculture Team Nutrition website <https://www.fns.usda.gov/team-nutrition>

Integrating Physical Activity into the Classroom Setting

- *Research-tested benefits of Brain Breaks*, George Lucas Educational Foundation, <https://www.edutopia.org/article/research-tested-benefits-breaks>

Food Marketing to Children

- *Guidelines for Responsible Food Marketing to Children*, Center for Science in the Public Interest, <<http://cspinet.org/marketingguidelines.pdf>>
- *Commercial Activities in Schools*, U.S. General Accounting Office, <www.gao.gov/new.items/d04810.pdf>

Eating Disorders

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- National Eating Disorders Association, <www.nationaleatingdisorders.org>
- Eating Disorders Coalition, <www.eatingdisorderscoalition.org>

Staff Wellness

- *School Staff Wellness*, National Association of State Boards of Education <https://www.nasbe.org/school-staff-wellness/>
- *Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small*, Partnership for Prevention, <https://studylib.net/doc/13723677/healthy-workforce-2010-an-essential-health-promotion>
- American Academy of Pediatrics: School based employee wellness: <https://www.aap.org/en/patient-care/school-health/school-based-employee-wellness/>

Physical Activity Opportunities and Physical Education:

General Resources on Physical Activity

- *Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People*, Centers for Disease Control and Prevention, www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm
- *The Crucial Role of Recess in Schools*, American Academy of Pediatrics, <https://publications.aap.org/pediatrics/article/131/1/183/30893/The-Crucial-Role-of-Recess-in-School>

Recess

- *Strategies for Recess in School*, Society of Health and Physical Educators, https://www.shapeamerica.org/standards/guidelines/strategies_for_recess_in_schools.aspx

Monitoring and Policy Review:

- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order online for \$39 https://us.humankinetics.com/products/national-standards-grade-level-outcomes-for-k-12-pe?_pos=3&_psq=national%20standards&_ss=e&_v=1.0
- National Physical Education Standards, Shape America Society of Health and Physical Educators <https://www.shapeamerica.org/standards/pe/>