

# SILSBEE INDEPENDENT SCHOOL DISTRICT

## WELLNESS POLICY

STUDENT WELFARE: WELLNESS AND HEALTH SERVICES FFA (LOCAL)

### **WELLNESS:**

The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through physical activity, other school-based activities and education regarding nutrition, tobacco, drugs, and alcohol.

### **DEVELOPMENT OF GUIDELINES AND GOALS:**

The District shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council and with the involvement from representatives of the student body, school food services, school administration, the School Board, parents, school teachers and the public. [See BDF and EHAA]

### **NUTRITION GUIDELINES:**

The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with Smart Snacks standards, effective September 1, 2014 [See CO]

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 and beverage is sold as part of a District fundraiser (See CO (LEGAL)).

Silsbee ISD will allow the following as Smart Snack exemptions for the 2021-22 school year:

- 1) Establish age-appropriate suggestions for food and beverages at classroom parties or school celebrations. [See CO] Parties at the elementary schools are held in the afternoons, following the normal National School Lunch Program meal times. Laura Reeves Primary School and Silsbee Elementary School celebration days are Thanksgiving, Christmas, Valentine's Day, Easter and Field Days (2).
- 2) Establish guidelines for school sponsored fund-raising activities that involve serving or selling food.
  - a. District Track Meet (2); Satsuma Days (2), which is held in a location outside of the school area designated for food service.
  - b. Silsbee Middle School: Halloween, Christmas, Valentine's Day, Block the Door Celebration and Color Run Day.
- 3) Provide teachers with education and appropriate guidelines on the use of food as a reward in the classroom.

## **NUTRITION EDUCATION:**

The District shall implement, in accordance with law, a coordinated health 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]. In addition, the District establishes the following goals for nutrition education:

- 1) Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
- 2) Nutrition education will be a district wide priority and will be integrated into other areas of the curriculum as appropriate.
- 3) Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
- 4) The food service staff, teachers and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom and other appropriate settings.
- 5) Education nutritional information will be shared with families and the general public to positively influence the health of students and community members.
- 6) Laura Reeves Primary and Silsbee Elementary schools hold a Nutrition Day in the spring, offered through the P.E. classes, where students are provided healthy food alternatives to sample.

**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 least the required amount of physical activity for all grades (See BDF, EHAB, and EHAC). In addition, the District established the following goals for physical activity:

- 1) The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
- 2) Physical Education classes will regularly emphasize moderate to vigorous activity.
- 3) The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
- 4) Before-school and after-school physical activity programs may be offered as availability dictates and students will be encouraged to participate. Silsbee Elementary School incorporates a Fun Run for students and staff with each holiday celebration.
- 5) Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.
- 6) The District will encourage parents to support their children's participation, to be active role models and to include physical activity in family events.
- 7) The District will encourage students, parents, staff and community members to use the District's recreational facilities that are available outside of the school day. (See GKD] The Silsbee Middle School track and High School grounds are available after school hours for Community members to use for walking or running.
- 8) Silsbee Elementary School hosts a Halloween Hustle 1 Mile Run for students.

**SCHOOL BASED ACTIVITIES:** The District established 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:

- 1) Sufficient time will be allowed for students to eat meals in the lunchroom facilities that are safe, clean, and comfortable
- 2) Wellness for students and their families will be promoted at suitable school activities. Annually, Laura Reeves Primary school holds a Western Day in the Spring. Parents and students rotate through various "stations". One station is a hands-on presentation of healthy foods and nutrition. SISD's General Manager of Food Service (FSMC with SFE) and staff offer lots of unique, colorful fruits and vegetables for all to sample and discuss the healthy triangle for food choices. Students receive an informational coloring book with healthy foods to take home. This program is partially sponsored by a Grant from HEB foods,
- 3) Employee Wellness education and involvement will be promoted at suitable school activities.

**IMPLEMENTATION:**

The Superintendent is the District official responsible for overall implementation of FFA (LOCAL), including the development of the wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

Each campus Principal is responsible for implementing FFA (LOCAL) this wellness plan at his or her campus, including submitting necessary information to the School Health Advisory Committee (SHAC) for evaluation.

Questions regarding the Wellness Policy may be directed to:

Jeff Burnthorn, Executive Director of Secondary and School Services, 409-980-780

**ASSESSMENT:**

Silsbee ISD will conduct a Triennial Assessment of its Local Wellness Policy and will publicize results of this Assessment on the District website and through the School Health Advisory Committee meetings.

**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 Superintendent, the District's designated records management officer. (See CPC(LOCAL))