Contact: Shirley Parker, Director of Child Nutrition 2016-17 County-District School: Humble ISD

Humble ISD Mission Statement

The mission of the Humble Independent School District School Health Advisory Council is to develop recommendations for effective policies and practices to promote a healthy lifestyle and safe environment for students, staff, and families.

Component 1: Nutrition Guidelines for ALL Food And Beverages Available On Schools Campuses

- # 1 Humble schools will comply with the current USDA Dietary Guidelines for Americans, Texas Public School Nutrition Policy as well as adhere to the following restrictions:
 - (1a.) A la carte offerings will be determined by Child Nutrition Services.
 - (1b.) All future food and beverage contracts shall consider the nutritional value of products and product decision making will be in collaboration with Child Nutrition Services.

Person Responsible: Child Nutrition Director

| Guidelines | Unacceptable | Acceptable | Recognized | Exemplary | Supportive Evidence |
|---|--------------|------------|------------|-----------|---|
| (1a.) A la carte offerings will be determined by Child Nutrition Services | | | | | All a la carte items sold by the Child Nutrition Department are documented as meeting USDA Smart Snack regulations. |
| (1b.) All future food and beverage contracts shall consider the nutritional value of products and product decision making will be in collaboration with Child Nutrition Services | | | | | Purchasing Department consults with Child Nutrition Department regarding snack vending RFPs. |
| (1c.) All reimbursable meals served meet required standards of the National School Lunch Act and Child Nutrition Act. | | | | | Menus are USDA certified. |
| (1d.) Adhere to maximum exempt days (6) as established by USDA and TDA and must report those said days to child nutrition one month prior to the event. Exempt days allow the sale of ANY food/beverage with no restrictions on nutrient content. | | | | | |
| | | | | | |

| Guidelines | Unacceptable | Acceptable | Recognized | Exemplary | Supportive Evidence |
|---|--------------|------------|------------|-----------|---------------------|
| (1e.) Special Situations: including but not limited to, food or beverages given or provided to a student by an adult or acting on behalf of a student's parent or guardian or food or beverages delivered by businesses to students on the school campus) | | | | | |
| All food or beverage given away at no charge to students, or sold within the 6 allowed exempt days, must be approved and monitored by the campus principal and/or their designee. | | | | | |
| Give examples of supportive evidence in the Wellness Policy Measurements | | | | | |

Component 2: Physical Activities to Promote Wellness

#1 Schools will help students fully embrace regular physical activity as a personal lifelong behavior and will provide opportunities to maintain physical well-being.

Person Responsible: Elementary and Secondary Physical Education Facilitators

| Guidelines | Unacceptable | Acceptable | Recognized | Exemplary | |
|---|--------------|------------|------------|-----------|--|
| (1a.) Schools will require fitness assessment for all students enrolled in physical education or PE equivalent in grades three (3) through twelve (12) using the Fitnessgram. | | | | | |
| (1b.) Schools will encourage classroom teachers to provide short activity breaks between lessons or classes. | | | | | |
| (1c.) Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs. | | | | | |
| (1d.) Time allotted for physical activity will be consistent with research and state standards. (1e.) Elementary school children must have the opportunity to participate in regular periods of active, free play with peers (recess). | | | | | |

Component 2: Physical Activities to Promote Wellness

#2 Schools will provide opportunities for every student to develop the knowledge and skills for specific physical activities in accordance with district, state and national guidelines.

Person Responsible: Elementary and Secondary Physical Education Facilitators

| Guidelines | Unacceptable | Acceptable | Recognized | Exemplary | Supportive Evidence |
|---|--------------|------------|------------|-----------|---------------------|
| (2a.) Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events. | | | | | |
| (2b.) Schools will partner with local fitness agencies to provide discounted enrollment fees for teachers and parents. | | | | | |
| (2c.) Schools will implement physical activities from the CATCH Curriculum for students in Kindergarten through grade eight (8). | | | | | |

Component 2: Physical Activities to Promote Wellness

#3 Schools will help students understand the short and long term benefits of a physically active and healthy lifestyle inside and outside of the school environment.

Person Responsible: Elementary and Secondary Physical Education Facilitators

| Guidelines | Unacceptable | Acceptable | Recognized | Exemplary | Supportive Evidence |
|--|--------------|------------|------------|-----------|---------------------|
| (3a.) Schools provide training to enable teachers and other school staff to promote enjoyable, lifelong physical activity among students. | | | | | |
| (3b.) Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs. | | | | | |

Component 3: Nutrition Education and Promotion

#1 Nutrition education is age-appropriate and reflects the diversity within the school environment.

| Guidelines | Unacceptable | Acceptable | Recognized | Exemplary | Supportive Evidence |
|---|--------------|------------|------------|-----------|---------------------|
| (1a.) Nutrition education links with school meal programs, other school foods, and nutrition-related community services. | | | | | |
| (1b.) Nutrition education includes enjoyable, developmentally- appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens. | | | | | |

Component 3: Nutrition Education and Promotion

#2 Schools will educate, encourage, and support healthy eating by all students.

| Guidelines | Unacceptable | Acceptable | Recognized | Exemplary | Supportive Evidence |
|---|--------------|------------|------------|-----------|---------------------|
| (2a.) Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies. | | | | | |
| (2b.) CATCH Curriculum will be used to support nutrition education including nutritional guidelines to reduce obesity. Teachers will follow curriculum outlines for students in Kindergarten through grade 8. | | | | | |

Component 4: School Based and Community Based Activities to Promote Wellness

#1 The school district encourages parents, teachers, school administrators, students, child nutrition professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

| Guidelines | Unacceptable | Acceptable | Recognized | Exemplary | Supportive Evidence |
|---|--------------|------------|------------|-----------|---------------------|
| (1a.) School-organized local wellness committees will be comprised of families, teachers, administrators and students. | | | | | |
| (1b.) The school district will provide opportunities for on-going professional training and development in the areas of nutrition and physical education for Child Nutrition Services staff and teachers. | | | | | |
| (1c.) The school district will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours. | | | | | |
| (1d.) Schools will partner with community organizations to sponsor physical activities. | | | | | |

Component 4: School Based and Community Based Activities to Promote Wellness #2 The school will provide a healthy learning environment for all students.

| Guidelines | Unacceptable | Acceptable | Recognized | Exemplary | Supportive Evidence |
|--|--------------|------------|------------|-----------|---------------------|
| (2a.) Schools will follow Humble | _ | _ | | | |
| ISD policy for students with life | | | | | |
| threatening allergies. | | | | | |
| (2b.) The campus will make | | | | | |
| available drinking fountains or | | | | | |
| another drinking water source | | | | | |
| throughout the school day. | | | | | |
| (2c.) The campus encourages all | | | | | |
| students to participate in school meal | | | | | |
| programs and protects the identity of | | | | | |
| students who are eligible for free and | | | | | |
| reduced price meals. | | | | | |
| (2d.) The campus will ensure | | | | | |
| adequate time for students to enjoy | | | | | |
| eating healthy foods. | | | | | |
| (2e.) The campus will schedule | | | | | |
| lunch time as near the middle of the | | | | | |
| school day as possible. | | | | | |
| (2f.) The campus will encourage | | | | | |
| hand washing daily. | | | | | |
| (2g.) The campus will ensure that all | | | | | |
| foods sold to students will comply | | | | | |
| with National USDA and Texas state | | | | | |
| standards. | | | | | |

| Guidelines | Unacceptable | Acceptable | Recognized | Exemplary | Supportive Evidence |
|---------------------------------------|--------------|------------|------------|-----------|---------------------|
| (2h.) The campus will encourage | | | | | |
| that healthy nutritious snacks be | | | | | |
| served at parties/activities provided | | | | | |
| free of charge to students during the | | | | | |
| school day. | | | | | |

The School Health Advisory Council (SHAC) will annually review the policy and communicate any recommendations to the Superintendent and the Board of Trustees if appropriate.

* Assigned Responsibilities

District Wellness Coordinator is responsible for managing the following:

- Assessment of the Local Wellness Policy (LWP)
- Development of the LWP
- Implementation of the LWP
- Records retention for the LWP
- Update of the LWP and the SHAC website