**Hunt Independent School District**

**Student Nutrition/Wellness Plan**

**2019-20**

The link between learning and nutrition is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff to establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students’ eating habits.

A healthy school environment goes beyond school meals in the cafeteria. A healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices and an appropriate amount of physical activity. All foods made available on the school campus should offer children nutritious choices, and physical activity. All foods made available on the school campus should offer children nutritious choices, and physical activity should be incorporated into the school day as often as possible. The healthy, physically active child is more likely to be academically successful.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, the staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. The Hunt Independent School District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interest of all students and staff.

GOALS:

1. A Commitment to Nutrition and Physical Activity
2. The Hunt Independent School District Board of Trustees and/or Superintendent will appoint a School Health Advisory Committee (SHAC). One of its missions shall be to address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee will offer revisions to these guidelines annually, or more often if necessary.
3. The Superintendent will address concerns such as kinds of foods available on the campus, sufficient mealtime, nutrition education, and physical activity.
4. Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
5. The school food service manager will make decisions following USDA guidelines that will affect the school nutrition environment.
6. The school will host at least one health and wellness event for parent, students, and community members which will encourage nutrition, health, wellness, and fitness information and activities.
7. Quality School Meals
8. School food service staff, who are properly qualified according to current professional standards, will administer the Child Nutrition Programs.
9. Food safety will be a key part of the school food service operation.
10. Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Public School Nutrition Policy. These menus will conform to good menu planning principles and feature a variety of healthy choices that are tasty, attractive, and of excellent quality, and are served at the proper temperature. (See Attachment A). Breakfast and lunch menus will be regularly posted in an easily accessible location on the school website and/or Facebook page, placed in weekly reminders, and printed for families without internet access.
11. Students will be given the opportunity through the SHAC committee to provide input on local, cultural, and ethnic favorites.
12. School personnel, along with parents, will encourage positive eating habits and nutrition.
13. Participation in the federal child nutrition program will be increased by 2% by the end of the school year, and measured at the beginning, middle and end.
14. By the end of the school year, the cafeteria will maintain “Silver” on the Smarter Lunchroom scorecard self assessment: <http://smarterlunchrooms.org/sites/default/files/scorecard_7-1-16.pdf> .

III . Other Healthy Food Options

1. All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans: vending machines, concession stand, school parties/celebrations, and fund raisers.
2. Foods or beverages, other than those provided through the school food service department, may be made available to elementary school students on “designated days” as determined by the Superintendent. Foods/beverages, other than those provided through the school food service department, may not be available to middle school students until the end of the last meal period.
3. Food will not be used as a reward for student behavior, unless it is detailed in a student’s IEP.
4. Nutrition education will involve sharing information with families to positively impact students and the health of the community.
5. Foods and beverages sold at fundraisers, (competitive foods), must be in compliance with the USDA Smart Snack regulations. Schools are allowed six days per year in which competitive foods are not required to meet the Smart Snack regulations. Competitive foods sold for fundraisers are not allowed to be sold in the food service area during meal times.
6. All campus or classroom celebrations will offer at least one Smart Snacks compliant food or beverage.
7. Foods and beverages will not be available to elementary students until 30 minutes before the end of the day and middle school students from 30 minutes before to 30 minutes after both breakfast and lunch periods
8. H.I.S.D. will utilize community resources to provide supplemental foods to families in need.

IV . Pleasant Eating Experiences

1. Drinking fountains will be available for students to get water at mealtimes and throughout the day.
2. Classroom snacks for Pre-K and Kinder students will feature healthy choices.
3. School personnel will assist all students in developing the healthy practice of washing hands before eating.
4. School personnel will schedule enough time so students do not have to spend too much time waiting in line for lunch.
5. The school will attempt to not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities until students have finished their meals.
6. Adequate time to eat in a pleasant dining environment will be provided. The minimum eating time for each child, after being served, will be 15 minutes for breakfast and 15 minutes for lunch.
7. Adults will properly supervise the dining room and serve as role models to students by demonstrating proper conduct and voice level. Socializing among students, and between students and adults will be encouraged. Parents are encouraged to dine with students in the cafeteria.
8. A student survey will be administered at the beginning and end of the year to measure student perception of the dining environment.

V. Nutrition Education

1. Hunt Independent School District will follow health education curriculum standards and guidelines as stated by the Texas Education Agency. The school will link nutrition education activities with the coordinated school health program.
2. Students in kindergarten through grade 8 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.
3. Nutrition education will be offered in the school dining room, classroom, and/or through Agri-Life Extension with coordination between school food service staff, community members, and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics. Nutrition and/or Health TEKS will be indicated on weekly lesson plans submitted to the principal.
4. Hunt ISD will participate in USDA nutrition programs and conduct nutrition education activities and promotions that involve students, parents, and the community.
5. Students will be encouraged to start each day with a healthy breakfast.

VI. Physical Activity

1. Physical activity will be integrated across curricula and throughout the school day.
2. Physical education courses will be in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
3. State certified physical education instructors will teach all PE classes.
4. PE classes will have a student/teacher ratio similar to other classes.
5. Time allotted for physical activity will be consistent with national and state standards.
6. Daily recess will be provided for all students. Grades K-4 will have 3 recesses, each of which will be for at least 10 minutes.
7. PE classes will include the instruction of individual activities as well as competitive and non-competitive team sports.
8. Adequate equipment is available for all students to participate in PE. Physical activity facilities on school grounds will be safe.
9. The school provides a physical and social environment that encourages safe and enjoyable activity for all students.
10. The school encourages community members to use the school’s physical activity facilities outside of the normal school day.

VII. Student Health

1. School nurse completes state mandated screenings (vision, hearing, scoliosis, and acanthosis screenings)
2. School nurse speaks with classes on hygiene and various ways to stay healthy (such as proper nutrition) during class time and in the cafeteria during lunches
3. School nurse communicates with parents re: health concerns and illnesses
4. School nurse reviews immunization records and notifies parents of noncompliance

VIII. Marketing

1. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
2. Hunt ISD will consider student needs in planning for a healthy school nutrition environment.
3. Hunt ISD will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.
4. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administration and the community at registration, PTSA meetings, Open House, teacher in –services, etc.
5. The school will work with the media to spread the word to the community about a healthy school nutrition environment, such as monthly menu calendars, etc.
6. H.I.S.D. Student Nutrition/Wellness Plan will be accessible to the public at <http://www.huntisd.com/District/Class/8-Counselor-s-Office/1739-School-Health-Advisory-Council-SHAC.html> .

IX. Implementation

1. The SHAC will be composed of parents, school district staff, two students and one community member. The principal will select three parents to represent the campus. The food service manager, school nurse, PE/Health teacher and principal will also serve as SHAC members.
2. The SHAC members will conduct a review of the campus each year to identify areas for improvement. The group will report their findings to the superintendent and will help develop a plan of action for improvement. Revisions to the Student Nutrition/Wellness Plan will be made as necessary.

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| --- | --- | --- | --- | --- | --- | --- |
|  | Breakfast Meal Pattern | | | Lunch Meal Pattern | | |
|  | Grades K-5 | Grades 6-8 | Grades 9-12 | Grades K-5 | Grades 6-8 | Grades 9-12 |
| Meal Pattern | Amount of Food Per Week (Minimum Per Day) | | | | | |
| Fruits (cups) | 5 (1) | 5 (1) | 5 (1) | 2½ (½) | 2½ (½) | 5 (1) |
| Vegetables (cups) | 0 | 0 | 0 | 3¾ (¾) | 3¾ (¾) | 5 (1) |
| Dark Green | 0 | 0 | 0 | ½ | ½ | ½ |
| Red/Orange | 0 | 0 | 0 | ¾ | ¾ | 1¼ |
| Beans/Peas (Legumes) | 0 | 0 | 0 | ½ | ½ | ½ |
| Starchy | 0 | 0 | 0 | ½ | ½ | ½ |
| Other | 0 | 0 | 0 | ½ | ½ | ¾ |
| Additional Veg to Reach Total | 0 | 0 | 0 | 1 | 1 | 1½ |
| Grains (oz eq) | 7-10 (1) | 8-10 (1) | 9-10 (1) | 8-9 (1) | 8-10 (1) | 10-12 (2) |
| Meats/Meat Alternates (oz eq) | 0 | 0 | 0 | 8-10 (1) | 9-10 (1) | 10-12 (2) |
| Fluid milk (cups) | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) |
| Other Specifications: Daily Amount Based on the Average for a 5-Day Week | | | | | | |
| Min-max calories (kcal) | 350-500 | 400-550 | 450-600 | 550-650 | 600-700 | 750-850 |
| Saturated fat (% of total calories) | <10 | <10 | <10 | <10 | <10 | <10 |
| Sodium (mg) | ≤ 430 | ≤ 470 | ≤ 500 | ≤ 640 | ≤ 710 | ≤ 740 |
| Trans fat | Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving. | | | | | |