



School of Excellence in Education- Wellness Policy

Mission Statement

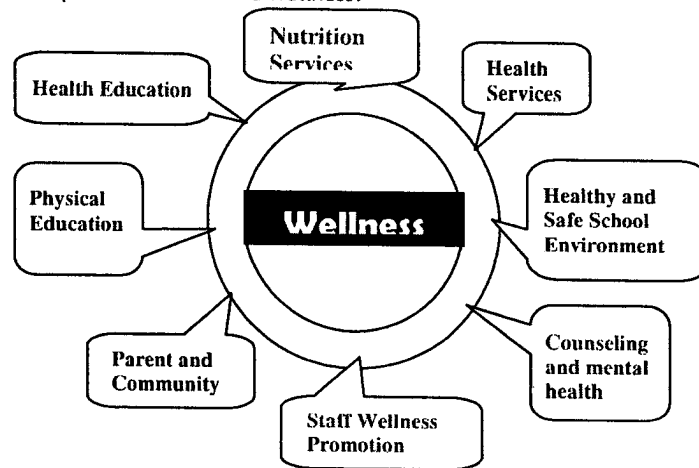
The School of Excellence in Education brings together health resources within the district to foster and maximize learning, creativity, and achievement.

Vision

Educate and enable the School of Excellence community using resources and tools necessary to achieve a healthy lifestyle.

Purpose

Provide information, community resources and educational programs for students, parents, and staff so they may take an active role in their personal health and wellness.



Nutrition Department

- ❖ **Guidelines for all Food and Beverages**
- ❖ The school district sets guidelines for foods and beverages in a la carte sales in the food service program on school campuses.
- ❖ The school district sets guidelines for foods and beverages sold in vending machines, snack bars, school stores, and concession stands on school campuses.
- ❖ The school district sets guidelines for foods and beverages sold as part of school-sponsored fundraising activities.
- ❖ The school district sets guidelines for refreshments served at parties, celebrations, and meetings during the school day.
- ❖ The school district makes decisions on these guidelines based on nutrition goals, not on profit making.



❖ **Guidelines for Nutritious Choices in Vending Machines**

- ❖ Foods and beverages sold through school vending machines that meet acceptable nutritional standards shall consist of the following:
 - ❖ Plain, unflavored, noncarbonated water;
 - ❖ Milk, as that term is defined in C.R.S. 25-5.5-101 and shall include but not necessarily be limited to chocolate milk, soy beverage, rice beverage and other similar dairy or nondairy beverage;
 - ❖ One hundred percent fruit juices or fruit-based drinks composed of no less than fifty percent juice, without additional sweeteners;
 - ❖ An electrolyte replacement beverage that contains forty-two grams or fewer of additional sweetener per twenty-ounce serving;
 - ❖ Nuts, seeds, dairy products, fresh fruits or vegetables, dried fruits or vegetables, and packaged fruits in their own juice; and
 - ❖ Any other food item containing:
 - not more than thirty-five percent of total calories from fat and not more than ten percent of those calories from saturated fat; and
 - not more than thirty-five percent of its total weight in sugar.

❖ **Nutrition Education**

- ❖ Students in grades pre-K-12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- ❖ Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the foodservice staff and teachers.
- ❖ Students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media
- ❖ District health education curriculum standards and guidelines include both nutrition and physical education.
- ❖ Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).
- ❖ Schools link nutrition education activities with the coordinated school health program.
- ❖ Staff who provide nutrition education have appropriate training.
- ❖ Schools are enrolled as Team Nutrition Schools, and they conduct nutrition education activities and promotions that involve parents, students, and the community.



❖ Dining Environment

- ❖ The school district provides a clean, safe, enjoyable meal environment for students.
- ❖ The school district provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- ❖ The school district makes drinking fountains available in all schools, so that students can get water at meals and throughout the day.
- ❖ The school district encourages all students participate in school meals program and protect the identity of students who eat free and reduced price meals.

❖ Time to Eat

- ❖ The school district will ensure an adequate time for students to enjoy eating healthy foods with friends in schools.
- ❖ The school district will schedule lunch time as near the middle of the school day as possible.
- ❖ The school district will schedule recess for elementary schools before lunch so that children will come to lunch less distracted and ready to eat.

❖ Food or Physical Activity as a Reward or Punishment

- ❖ The school district will prohibit the use of food as a reward or punishment in schools.
- ❖ The school district will not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.

❖ Consistent School Activities and Environment

- ❖ The school district will ensure that all schools' fundraising efforts are supportive of healthy eating.
- ❖ The school district will provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
- ❖ The school district will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.

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- ❖ The school district encourages parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- ❖ The school district encourages and provides opportunities for students, teachers, and community volunteers to practice health eating and serve as role models in school dining areas.
- ❖ The school district will provide information and outreach materials about other FNS programs such as Supplemental Nutrition Assistance Program (SNAP), and Women, Infants, and Children (WIC) to students and parents.
- ❖ The school district encourages all students to participate in school meals program, i.e. the National School Lunch, including snacks for After School Program, and School Breakfast programs.

Other School Based Activities Designed to Promote School Wellness:

Nursing Support Staff:

- ❖ The district and campus Nursing Support staff will monitor student immunizations as preventative measures to limit disease and also notify parents of deficiencies IAW with State Health guidelines.
- ❖ The district and campuses will promote effective hand washing and personal hygiene practices to protect staff and students against transmittable disease.
- ❖ The district and campus Nursing Support Department will accomplish vision/hearing/spinal/acanthosis screening as directed by Texas Department of Health and the Texas Education Agency to help identify areas of concern and referral for assistance.
- ❖ The Nursing support campus staff will also provide teachers and district/campus employees' assistance for CPR training, screening & periodic measurements of height, weight, hearing and vision, blood pressure, blood sugar testing if needed.
- ❖ The Nursing Support Staff and District Nurse will provide staff counseling and guidance on safety, hygiene and pathogen transmission prevention.
- ❖ The Nursing Support Department will participate with other disciplines to assist students with learning, emotional or physical disability (in areas of health maintenance, physical access, nutritional and medication/ prescribed treatments) in promoting a healthy learning environment and a coordinated plan specific to their needs during school hours on campus.
- ❖ The Nursing Support Department will provide support to the Physical Education Department in accomplishing the School Health index, and the Annual Fitnessgram requirements.
- ❖ The Nursing Support Department will provide feedback to campus and District Administrators data and information regarding campus accident/incidents for students, staff and visitors on a quarterly basis.