

Smyer ISD

2021-2022 Wellness Plan

Updated May 5, 2021

Purpose

The link between nutrition and learning is well documented. Healthy eating patterns are essential for student to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably 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 student's eating habits.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a life time. In addition, staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life. The Smyer Independent School district shall prepare adopt, and implement a comprehensive plan to encourage healthy eating, physical activity, wellness, and a coordinated health curriculum. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

Goals/Objectives-

1. The Smyer Independent School District Board of Trustees shall appoint a School Health Advisory Committee (SHAC). Its mission 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 shall offer revisions to this plan upon annual review or as often as necessary to meet the needs of the Smyer Community.
 - a. SHAC will meet at least 4 times per year
 - b. SHAC will review wellness plan and initiatives at least 4 times per year with a report to the board of trustees annually on or before June 1

2. Principals will address concerns such as kinds of foods available, sufficient mealtimes, scheduling, nutrition education, and physical activity.
 - a. Weekly review of Menu Items, Weekly Calendar provided for meals
 - b. Schedule meals of adequate length and appropriate timing for each grade level
 - c. Provide a minimum of 30 minutes per day or 150 minutes per week of vigorous physical activity for every student, with adaptations as necessary for Individualized Education Plan
 - d. Provide nutrition education in the form of posters, and other media, as well as provide supporting materials for use in coordination with all curriculum areas

3. Smyer ISD will provide a nutritious breakfast at no charge to all students.
 - a. Free breakfast program
4. Smyer ISD will provide nutritious meals at lunch at no charge to all students.
 - a. Offer salad bar with fresh vegetables and fruits dally
 - b. Half of the grain products will be whole grain
5. Nutrition education shall be integrated across the curriculum.
 - a. Support materials from USDA
 - b. Extension Service Health Bodies Program
 - c. SRA Health Curriculum
6. Foods of Minimal Nutritional Value have been replaced with only foods sold In schools and will be limited to guidelines provided by the USDA with the exception of exempt days.
 - a. See attachment USDA guidelines for Smart Snacks,
 - b. No limitations for classroom rewards
 - c. Optional Snack Bar available
7. Physical activity will be provided in daily schedule meeting or exceeding state standards
 - a. Texas Essential Knowledge and Skills (TEKS) per grade level
 - b. Spark Fitness Program
 - c. Fitness-Gram- Evaluation program, Updated to web hosted version
 - d. Elementary Field Day to be held on May 14, 2021
8. The school food service staff will participate in the decision making process
 - a. Weekly conferences with Principals as needed
 - b. Participation In SHAC
9. Smyer ISD will provide a coordinated health curriculum.
 - a. Texas Essential Knowledge and Skills (TEKS)
 - b. Coordinate Physical Education Curriculum, Health Curriculum, Nutrition Education, and Wellness Plan
 - c. TEKS will be implemented with Science, FCCLA, and Physical Education
 - d. Incorporate and provide state mandated Alcohol Awareness program In Health curriculum Grades 7-12, Provided through FCCLA
 - e. Providing Paternity Awareness (PAPA) program grades 7-12
 - f. Providing Dental and Hygiene Education for elementary, and Puberty Education for 5th graders

10. Smyer ISD will provide disease prevention education, and a means to reinforce wellness as a healthy lifestyle to all students at all grade levels
 - a. Promote Healthy lifestyle by educating students In the Importance of disease prevention, appropriate hygiene, hand washing etc.
 - b. Promote abstinence In a healthy lifestyle for school age children as the most effective means of limiting sexually transmitted diseases such as Aids and HIV, and pregnancy
 - c. Texas Essential Knowledge and Skills (TEKS) , Student Council Summit, Guest Speakers