

Calhoun County ISD

School Local Wellness Policy

WELLNESS

CCISD shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other schoolbased activities.

DEVELOPMENT OF GUIDELINES AND GOALS

The mission of CCISD Wellness Policy is to improve the health of students and the entire community by providing opportunities for students to become lifelong benefactors of good habits in personal health and wellness. Our plan is to create an environment that encourages and provides opportunity in nutrition education, physical education and activity and healthy meal options in our schools.

NUTRITION GUIDELINES

CCISD shall ensure that nutritional guidelines for reimbursable meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the nutrition standards and Smart Snacks in Schools.

In Addition to legal requirements, CCISD shall:

- 1 . School fundraisers including food sold by personnel, students, student groups/clubs, parents or parent groups or any company must comply with Smart Snacks Rule. Fundraisers with food items for consumption at home are acceptable. (Ex: frozen cookie dough, pizza kits, etc.). We encouraged these groups to engage in fund-raisers that reinforce healthy behaviors. Competitive food items are not to be sold during breakfast or lunch meal services.

2. Concessions at school related events during the school day must comply with the Smart Snacks Rule. Documentation on food items sold must be kept by the organization. School related events outside the school day are encouraged to include healthy options, offer plain water and limit portion sizes as recommended in state and federal nutrition standards.
3. Each school will designate their 5 celebration days by grade level. These dates must be submitted to the Child Nutrition Office prior to the beginning of school year. Parties are not to interfere with meal times. Regular meal services must continue to be available and be available to all students on the celebration days. CCISD will designate one of our 5 celebrations days to promote healthy eating through healthy snacks.
4. Exempt Fundraisers: Each campus is allowed up to 6 exempted fundraiser days. These dates must be submitted to the Child Nutrition Office prior to the beginning of school year.
5. With the approval of the campus administrator, teachers may provide food to students in the classroom for instructional purposes. After receiving administrator approval, the teacher should consult the campus nurse to ensure any student health restrictions or food allergies are considered.

WELLNESS GOALS

NUTRITION EDUCATION

CCISD shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

In addition, CCISD establish the following goals for nutrition education:

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating habits.
2. Nutrition education will be a Districtwide priority and will be integrated into other areas of the curriculum, as appropriate.

3. The Child Nutrition Department along with teachers and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom and appropriate settings.
4. Education nutrition information will be shared with families and the general public to positively influence the health of students and community members. Resources shall be available through printed materials, school lunch menus and CCISD website.

PHYSICAL ACTIVITY

CCISD 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.

In addition, the District establishes the following goals for physical activity:

1. CCISD shall 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. Campuses will not withhold opportunities for physical activity (ex: physical education) as punishment.
4. CCISD will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

FITNESS ASSESSMENT

1. The FITNESSGRAM assessment will be administered to students' grades 3-12 in a course that satisfies the curriculum requirements for physical education.

2. CCISD is not required to assess a student for whom, as a result of disability or other condition identified by Commissioner rule, the assessment instrument is inappropriate.
3. FITNESSGRAM is a physical assessment. The assessment is not to become a competitive sport. The assessment is not to be used as a grade.
4. CCISD shall provide the results of individual student performance on the physical fitness assessment to TEA. The results may not contain the names of individual students or teachers or a student's social security number or date of birth.
5. The results of individual student performance on the physical fitness assessment instrument are confidential and may be released only in accordance with state and federal law.

SCHOOL-BASED ACTIVITIES

CCISD establishes 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 lunchroom facilities that are clean and safe.
2. Wellness for students and their families will be promoted at suitable school activities.

IMPLEMENTATION/MONITORING

The SHAC committee will establish a system to ensure compliance with the Local Wellness Policy. This system will be used by the campus administrator/principal to ensure compliances with those policies in his/her school and will report on the school's compliance to the school district Superintendent or designee.

In order to review policy compliance, assess progress and determine areas in need of improvement the CCISD Wellness Policy will be reviewed, assessed and revised annually by the

SHAC Committee.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA.

