**Hunt Independent School District**

**Student Nutrition/Wellness Plan**

**2022-23**

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, physical activity and wellness. This plan shall make effective use of school and community resources and equitably serve the needs and interest of all students and staff.

*A Commitment to Student and Staff Health & Wellness*

\*The Superintendent will address concerns such as kinds of foods available on the campus, sufficient mealtime, nutrition education, physical activity and Covid-19 school guidelines/protocol.

\*The school food service manager will make decisions following USDA guidelines that will affect the school nutrition environment.

**S.H.A.C. GOALS & STRATEGIES**

**Nutrition & Wellness Education**

* Hunt Independent School District will follow health education curriculum standards and guidelines as stated by the Texas Education Agency.
* Hunt ISD will participate in USDA nutrition programs and conduct nutrition activities and promotions that involve students, parents, and the community.
  + Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
  + The school will link nutrition education activities with the coordinated school health program.
  + Nutrition education will be offered in the school dining room, classroom, and through the Agri-Life Extension office, 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.
  + Nutrition education will involve sharing information with families to positively impact students and the health of the community.

**Standards for USDA child Nutrition Programs and School Meals**

*Quality School Meals*

* 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. 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 copies will be made available in the cafeteria for students without internet access.
* All students have access to free breakfast through the USDA School Breakfast Program and students will be encouraged to start each day with a healthy breakfast.
* District takes steps to protect the privacy of students who qualify for free or reduced priced meals:
  + As all students eat free currently
  + by utilizing student-input computer codes that do not indicate free and reduced do not indicate a difference in paying and free & reduced lunches.
* All students eat free currently, so there are no unpaid meal balances. If that changes, students:
  + students will receive the same meal as others
  + parents will be addressed rather than students
  + students that are addressed will be done so privately
* Families are provided information about free/reduced priced meals:
  + Enrollment forms are included in registration packets at the beginning of school with a cover letter that explains how to apply & income requirements.
  + Students experiencing homelessness are automatically enrolled in the free lunch program.
  + H.I.S.D. will provide access to community resources for the provision of supplemental foods to families in need.
* 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 of the year. Strategies to be utilized to increase participation in school meal programs include:
  + SHAC committee students will have opportunities to provide input on local, cultural, and ethnic favorites.
  + Student body will participate in surveys to share current favorite meals offered & suggestions for item-offerings to be explored.
  + 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> .

*Pleasant & Safe Eating Experiences*

* School personnel will assist all students in developing the healthy practice of washing & sanitizing hands before eating.
* School personnel will schedule enough time so students do not have to spend too much time waiting for lunch.
* The school will attempt to not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities until students have finished their meals, and students will have at least 15 minutes of “seat time” in the cafeteria before being taken out to recess at lunch.
* 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.
* A student survey will be administered at the beginning and end of the year to measure student perception of the cafeteria experience.
* Water-bottle refilling is available for students during lunch.
* School food service staff, who are properly qualified according to current professional standards, will administer the Child Nutrition Programs.
  + Food safety will be a key part of the school food service operation.
* Hunt ISD will continue to pursue local food vendors within Kerr County while also considering good stewardship of funds.

**Nutrition Standards for Competitive and Other Foods & Beverages**

* Cafeteria staff will continue to follow USDA nutrition standards (commonly referred to as *Smart Snacks*) for all food and beverages sold to students during the school day.
* The Smart Snacks Product Calculator must be used to determine if the product meets the USDA Smart Snacks in School nutrition standards. The Smart Snacks Product Calculator can be accessed using the following link:

<https://foodplanner.healthiergeneration.org/calculator/>

* Smart Snacks items that meet the national nutrition standards can be accessed using the following link:<https://foodandhealth.com/usda-school-snack-guide/>
* Foods served a la carte will follow nutrition guidelines
* Hunt ISD does not make available vending machines and school-store foods to the student body.
* Fundraising with food is only made available to the student body before & after school.
  + Exemptions for infrequent school-sponsored food items are not applicable
* Foods and beverages of nutritional value will be served at class parties and celebrations
  + SHAC will provide teachers with healthy suggestion ideas to offer for upcoming parties/celebrations & teachers will be encouraged to use *healthy food options* in Sign Up Genius.
  + Teachers will supply a list of suggested items to parents for parties
* An effort is made to serve well-balanced food items to students after the school day during school programs.
* SHAC student representatives will promote healthier options on campus with poster displays at the concession stand for athletic events.
* Food will not be used as a reward for student behavior unless it is detailed in a student’s IEP. Teachers will be encouraged to use tickets and raffles for non-food prizes. SHAC will elicit coordinate with PTSA to fund non-food item prizes to be used in classroom raffles.
* Water-bottle refilling is available for students throughout the day.

**Physical Education Physical Activity**

* Physical activity will be integrated across curricula and throughout the school day.
* A written physical education curriculum will be utilized to promote an active lifestyle and will be taught in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge to promote an active lifestyle.
* The
* All students have daily physical education with a student/teacher ratio similar to other classes.
* PE classes will include the instruction of individual activities as well as competitive and non-competitive team sports.
* Adequate equipment is available for all students to participate in PE. Physical activity facilities on school grounds will be safe.
* The school provides a physical and social environment that encourages safe and enjoyable activity for all students.
* Time allotted for physical activity will be consistent with national and state standards.
  + Elementary students PK-2nd receive 150 minutes of physical education per week.
  + 3rd-5th grades receive 225 minutes of physical education per week.
  + 6th-8th grades receive 250 minutes of physical education per week.
* State certified physical education instructors will teach all PE classes and maintain continued education requirements.
* Any physical education exemption or education substitution requires medical documentation reviewed by the physical education director.
* The school encourages community members to use the school’s physical activity facilities outside of the normal school day.
* Families will be encouraged to participate in a Family Healthy Movement Night.
* Before and after school physical activity opportunities are made available
  + UIL standards are followed for games and practices per week
  + Before-school recess is available
  + After-school program(s) provide recess before meeting
* Daily recess will be provided for all elementary students.
* All students receive physical activity breaks during the school day.
  + All students receive at least one recess
  + *Gonoodle* interactive activities for indoor recess and physical activity classroom breaks
* Students walking from school are monitored for safety
  + All walking students wait until traffic has cleared before leaving the campus
  + Crosswalk on our campus is staffed

**Wellness Promotion & Marketing**

* School personnel are encouraged to model healthy eating habits and physical activity behaviors.
* Employee wellness is encouraged through various strategies
  + Staff after school exercise opportunities & equipment are made available at no cost
  + Staff competition-offerings, such as staff volleyball games, *Cornhole*, etc.
  + Healthy options are made available at staff meetings
  + AETNA provides incentives for participation by staff members in various wellness challenges.
  + Staff members are provided the opportunity to participate in local wellness activities in the community.
* Physical activity & free time can be used as a reward but cannot detract from instructional time
* Staff is encouraged to utilize physical activity as a positive outlet or tool for redirection, rather than a punishment for unwanted behavior.
* Staff will utilize PBIS strategies (positive behavior intervention strategies) to prevent withholding of physical activity as a punishment
* Strategies will be utilized to promote healthy food and beverage choices
  + Healthy food choices mural on cafeteria wall
  + Healthy options poster at concession stand
  + Fresh food grown in the garden during Garden Club
  + Explore student-created videos featuring healthy food options to be shared with the student body
* Marketing on the school campus is restricted to only those foods and beverages that meet the Smart Snack standards
* Marketing on school property & equipment, as well as where food is purchased, is restricted to healthy options
  + No sponsored containers
  + Gatorade bottles are used for water
* Food marketing with school media is restricted
* Marketing through fundraisers and corporate-incentive programs that encourage families to sell, purchase or consume products and cooperate incentive programs that provide funds to schools in exchange for proof of purchases is limited.

**Implementing, Evaluation, & Communication**

* 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.
* The SHAC will be composed of a majority of parents, two students and at least one community member. The food service manager, school nurse, PE/Health teacher and counselor will also serve as SHAC members. 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.
  + This committee will offer revisions to these guidelines annually, or more often if necessary.
  + SHAC will conduct a triennial assessment of the program starting the 2021-22 school year and will post the summary of results on the Hunt ISD website.
  + The Wellness Policy will be posted on the Hunt ISD website.
  + SHAC will communicate roles and responsibilities of SHAC goal-implementation with persons responsible.

**Student Health & Wellness**

* School nurse completes state mandated screenings (vision, hearing, scoliosis, and acanthosis screenings)
* School nurse will assess and determine steps necessary for students displaying symptoms of Covid-19, including use of isolation room.
* School nurse will communicate with parents regarding health or illness concerns.
* School nurse will communicate with parents regarding the necessary criteria for students displaying Covid-19 symptoms to return to school.
* 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
* School nurse reviews immunization records and notifies parents of noncompliance
* School will follow policy regarding student temperatures and returning to school.
* The counselor will teach personal safety lessons utilizing the “Child Lures Prevention” Curriculum to grades K-5 with an option for parents to decline.
* Abstinence education/reproductive health instruction will be taught to 6th-8th grade students with an option for parents to decline.
* School counselor implements comprehensive school counseling program to support student social, emotional, and academic development.
* Bullying Prevention activities will include counselor-led conflict resolution instruction, identification of bullying, upstander training and staff training on bullying prevention.
* Bullying-prevention efforts will be measured through office-referrals.

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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. | | | | | |

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| **STANDARDS** | **STAFF IMPLEMENTING** | **TIMELINE** |
| Nutrition education | * Teachers * Angela Fiedler (Ag Extension agent) | Throughout the year  Spring |
| USDA Child Nutrition & School Meals | * Teresa Carrillo-food service director * Gina Walker-lunch program enrollment | Throughout the year  Beginning of the year |
| Nutrition Standards for Competitive & Other Foods & Beverages | * SHAC committee * Tammy Brown-teacher handbook * Teachers-dissemination of party /snack suggestions * Facilitators of after school events * SHAC student representatives | Teacher in-service beginning of the year  Before 1st home game |
| Physical Education | * Devin Sweet-athletic director * Tammy Brown-administrator for continued education requirements | Throughout the year  Beginning of the year |
| Physical Activities | * Tammy Brown-administrator * Teachers | Throughout the year |
| Wellness Promotion &  Wellness Marketing | * Nichols-PBIS administrator * SHAC members * Garden Club teacher facilitator * Middle School Science teacher or Devin Sweet (healthy foods videos) * Luci Harmon (marketing restrictions for campus) | Throughout the year |
| Implementation, Evaluation, & Communication | * Verlene Wallace (SHAC coordinator) * SHAC members | 4 SHAC meetings per year  Throughout the year  Assessment every 3 years |
| Student Health & Wellness | * Verlene Wallace (counselor) * Jane Schaleben (nurse) * Tammy Amerson-Wilson (Wesley Nurse) * Sarah Nichols (discipline administrator) * Devin Sweet & Krista Bosse (abstinence education) | Throughout the year  Spring semester |