

CROSBY ISD

Local Wellness Policy

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

Mission Statement:

Hometown Attitude, Academic Aptitude ... Growing for Tomorrow while providing a healthy learning and working environment for students, staff, parents and the community.

Nutrition Standards

1 Schools will comply with the current USDA Dietary Guidelines for Americans and the Texas Public Schools Nutrition Policy.

Refer to Texas Nutrition Policy for guidelines

Additional Guideline

Crosby ISD will reduce competition with foods other than those foods offered at lunch or breakfast by Child Nutrition Services.

Physical Activity/Education Goals and Guidelines

Goal#1 Schools will provide opportunities for every student to develop the knowledge and skills for specific physical activities.

Guidelines

1a. Schools will implement physical activity activities from the CATCH curriculum.

1b. Time allotted for physical activity will be consistent with research, and state standards. 30 minutes of structured daily physical activity or 135 minutes a week in grades K-6. Middle school students will be encouraged to participate in physical activity.

Goal#2 Patterns of meaningful physical activity connect to students' lives outside of physical education classes.

Guidelines

2a Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

2b. Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, music, math, social studies and language arts.

Nutrition Education Goals and Guidelines

Goal#1 Schools will promote nutrition education to all students.

Guidelines

1a Nutrition education includes training for teachers and other staff.

1b. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

1c. CATCH Curriculum will be used to support Nutrition Education. Teachers will follow curriculum outlines.

Goal#2 Schools will educate, encourage, and support healthy eating by all students

Guidelines

2a Nutrition education is offered at each grade level as apart of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health.

2b. The school cafeteria will display posters to promote healthy eating and display other nutrition education materials.

2c. Crosby ISD will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

Other School Related Activities and Guidelines

Goal#1 Schools will create a total school environment that is conducive to being physically active

Guidelines

1a The school district makes drinking fountains available in all schools, so that students can get water at meals and throughout the day.

1b. The school district encourages all students to participate in school meals programs and protect the identity of students who eat free and reduced price meals.

1c. The school district will prohibit the use of food as a reward or punishment in schools.

Goal#2 The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home

Guidelines

2a The school district will ensure that all schools' fundraising efforts are supportive of healthy eating.

2b. Schools will coordinate and hold a health fair once a year to help promote and educate the school and community.

2c. School organized local wellness committees, will be comprised of families, teachers, administrators and students.

Other School Related Activities and Guidelines (continued)

Goal#3. The school will provide a healthy learning environment for all students.

Guidelines

3a The school district provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.

3b. The school district will schedule lunch time as near the middle of the school day as possible.

3c. Schools will encourage students to wear appropriate attire during any physical related activity.

3d. Schools will provide sanitizers or hand washing time prior to meal service to help control illness and promote healthy habits.

Designee(s) responsible for the operational and measurement of the policy:

Signature

Date
