

# **DALLAS INDEPENDENT SCHOOL DISTRICT**

## **Wellness Policy Handbook**

### **PURPOSE**

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The District shall implement a Wellness Policy to improve the general health of children by promoting practices that lead to a healthy weight and reduce the risk of overweightness. This will be accomplished by promoting the development of positive healthy behavior regarding nutrition, physical activity, sleep patterns and stress management. The regulation shall include the involvement of students, faculty, staff, administrators, community partners, and parent groups to advance the general wellness of all students through a healthy school nutrition environment, health education, physical education, safe and drug free schools.

The District Wellness Policy Handbook establishes goals and requirements that improve the nutrition and physical fitness of all students. The intent is to reduce childhood obesity and result in the improvement in the overall wellness of our children as required for public schools participating in the National School Lunch Program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.).

The District Wellness Policy Handbook will be reviewed and updated bi-annually by the Coordinated School Health Committee with input from the Wellness Policy Committee, School Health Committee, and School Health Advisory Council (SHAC).

### **DEFINITIONS**

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Balanced diet: A balanced diet refers to the consumption of appropriate amounts of a wide variety of nutrient-dense foods that provide adequate amounts and proportions of macronutrients (protein, fat, and carbohydrates) as well as sufficient essential micronutrients (vitamins, minerals) and dietary fiber, in addition to providing adequate energy to meet the needs of maintenance, growth, and development.

Body mass index: BMI is an indirect measure of body fat calculated as the ratio of a person's body weight in kilograms to the square of a person's height in meters.

Competitive foods: Foods and beverages sold or made available to students that compete with the school's operation of the National School Lunch Program, School Breakfast Program and/or After School Snack Program.

This definition includes, but is not limited to, food and beverages sold or provided in vending machines, in school stores or as part of school fundraisers. School fundraisers include food sold by school administrators or staff (principals, coaches, teachers, etc), students or student groups, parents or parent groups, or any other person, company or organization.

CSHC: Coordinated School Health Committee required by State Board of Education.

Energy balance: Refers to the state in which energy intake is equivalent to energy expenditure, resulting in no net weight gain or weight loss. Energy balance in children is used to indicate equality between energy intake and energy expenditure that supports normal growth without promoting excess weight gain.

Fitness: A set of attributes, primarily respiratory and cardiovascular, relating to the ability to efficiently perform tasks requiring physical activity.

Food safety: The state of having the food supply safe from harm.

Food security: Access by people, at all times to sufficient food for an active and healthful life, including, at a minimum, the ready availability of nutritionally adequate and safe foods and an assured ability to acquire foods in socially acceptable ways.

Foods of minimal nutritional value (FMNV): Refers to the four categories of foods and beverages (soda water, water ices, chewing gum and certain candies) that are restricted by the United State Department of Agriculture under the child nutrition programs.

Health: A state of complete physical, mental and social well-being through achievement of healthy life-style choices and not merely the absence of disease or infirmity.

Nutrition education: A component of comprehensive school health education curriculum which teaches knowledge and skills related to nutrition and physical activity to achieve positive changes in dietary and physical activity.

SHAC: School Health Advisory Committee required by State Board of Education.

SHC: School Health Committee required by State Board of Education.

Stress: A negative change or disturbance in the healthy balance of mental and physical health.

Weight status categories: After BMI is calculated for children and teens, the BMI number is plotted on the BMI-for-age growth charts (for either girls or boys) to obtain a percentile ranking. Percentiles are the most commonly used indicator to assess the size and growth patterns of individual children in the United States. The percentile indicates the relative position of the child's BMI number among children of the same sex and age. The growth charts show the weight status categories used with children and teens (underweight, normal weight, at risk of overweight, and overweight). BMI-for-age weight status categories and the corresponding percentiles are shown in the following table.

<b>Weight status category</b>	<b>Percentile range</b>
Underweight	Less than 5 <sup>th</sup> percentile
Normal weight	5 <sup>th</sup> percentile up to 85 <sup>th</sup> percentile
At risk of overweight	85 <sup>th</sup> to less than the 95 <sup>th</sup> percentile
Overweight	Equal to or greater than the 95 <sup>th</sup> percentile

Well-being: A view of health that takes into account a child's physical, social, and emotional health.

Wellness: A healthy balance of mental and physical fitness.

Wellness Policy Committee: District committee as required by USDA PL 204-286 that establishes Wellness goals with members comprised of students, school foodservice personnel, school administration, parents, a member of the Board of Trustees, health professionals, and the public.

References: The Institute of Medicine of the National Academy of Science 2005, Texas Department of Agriculture - Texas Public School Nutrition Policy and Center for Disease Control and Prevention

## **NUTRITION EDUCATION**

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The District Instructional Services department working in conjunction with Health Services, Food and Child Nutrition Services, Physical Education, Parental Involvement and Communications Departments shall implement Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. No. 108-265, sec. 204, 118 Stat. 729 (2004) [See EHAA for state law requirements relating to health education]. The Coordinated Health Program (CHP) requires a nutrition education component that uses a health course curriculum that emphasizes the importance of proper nutrition. Additionally, the District shall establish the following goals for nutrition education:

1. All students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors;
2. Nutrition education will be a District-wide initiative exceeding the CHP requirements integrated at the elementary, middle, and high school levels with age appropriate curriculum materials;
3. Teachers and staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the scientific-based nutrition information;
4. The foodservice staff, teachers, counselors, physical educators, nurses, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings throughout the school community;
5. The FCNS department will provide nutrition information that will be shared with families and the school community to positively influence the health of students and community members. Nutrition information will incorporate cooking techniques, healthy ethnic foods, and guidelines on healthy eating. The department will adhere to and exceed Texas Public School Nutrition Policy and Guidelines and USDA Biosecurity Guidelines for School Foodservice.

## **PHYSICAL ACTIVITY**

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The District Curriculum and Instruction and Physical Education Departments shall implement in accordance with the 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. The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports and special needs students;
2. Physical education classes will emphasize daily, moderate to vigorous activity:
  - Elementary (grades K- 5/6) - 135 minutes/week;
  - Middle School (grades 6 – 8) - 1 semester each year;
  - High School (grades 9 – 12) - 1 ½ semesters;

(Reference: 19 TAC Chapter 16)

3. The District will encourage all teachers to integrate physical activity into the academic curriculum where appropriate;

4. Physical education curriculum will address lifelong health and wellness in the form of activities that promote such learning and behavior and will not disproportionately emphasize team sports;
5. Before and after school physical activity programs will be offered and students will be encouraged to participate in a safe monitored area;
6. Teachers, coaches, and other identified school staff will have the opportunity to receive training:
  - to promote and encourage, life-long physical activity for themselves and students;
  - to be able to administer First Aid and CPR to ensure the capability of handling emergencies;
  - in Sports Nutrition especially for coaches working with athletes;
7. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment;
8. The District will encourage parents to support their children's participation in physical fitness activities, to be active role models, and to include physical activity in family events;
9. The District will encourage students, parents, staff, and community members to use the District's recreational facilities that are available outside the school day;
10. The District will recommend time management strategies and age-appropriate sleeping requirements;
11. The District will promote assistance/resources in stress reduction and/or management. Health Education will provide and encourage peer education that encourages positive lifestyle changes that help students with energy balance between calorie intake and energy expenditure;
12. Health Education will incorporate teaching of adequate sleep pattern, stress management and reduction as part of positive lifestyle changes;
13. Health Services and Physical Education Services will work with teachers and nurses on sharing data results with one another.

## **NUTRITION GUIDELINES**

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### FOODS ON CAMPUS

The goal is to create a healthy school environment that shall not be dependent on revenue from high fat, low-nutrient dense foods to support school programs. The Coordinated School Health Committee (CSHC) shall establish age-appropriate guidelines and recommendations for healthy food and beverage choices provided in the Classroom (Appendix A: Nutrition Guidelines for School Stores and Vending) that follow Dietary Guidelines for Americans and meet or exceed state, and local health requirements for:

1. Classroom activities and celebrations
2. Rewards and incentives
3. Fundraising activities (food and beverage)
4. Vending and school stores
5. After school activities
6. Concessions at school related events

The FCNS department working with the CSHC will provide teachers and parents with nutrition education information and guidelines on healthy eating that follow Dietary Guidelines for Americans and that adhere to United States Department of Agriculture (USDA) Biosecurity Guidelines for School Foodservice and local Health Department regulations.

No food shall be served or sold in competition with the school meals program during the school day and when after-school snacks are served in elementary schools. Foods other than those provided by the National School Lunch Program are prohibited in middle school during the day until after the last lunch period and not allowed during meals periods in high school. All food items must meet the nutrition standards (Appendix A.)

### 1. CLASSROOM ACTIVITIES & CELEBRATIONS

#### Classroom Activities (Instructional Use of Food)

For instructional purposes, teachers may use foods as long as the food items are not considered Foods of Minimal Nutritional Value (FMNV) or candy or that does not compete with breakfast or lunch meals. Students may consume food prepared in class for instructional purposes. However, this should be on an occasional basis, and food may not be provided or sold to other students or classes. Food provided for students as part of a class or school cultural heritage event for instructional or enrichment purposes would be allowed during these events, FMNV may not be given during meal times in the areas where school meals are being

served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with Federal Regulations.

#### Classroom Celebrations

Foods otherwise restricted by the policy are permitted in classroom student birthday parties. It is recommended that such parties be scheduled after the end of the lunch period for the class, so that these celebrations will not replace a nutritious lunch. Federal regulations do not permit foods of minimal nutritional value to be served in the food service area during meal periods. The FCNS department will offer a celebration cake on the menu once a month which the school could use as an opportunity to eliminate cupcakes/and any food items made in private homes.

#### 2. Rewards & Incentives

All school-based activities shall be consistent with local wellness policy goals. Foods and beverages shall not be used as a behavior management tool by offering as a reward or withholding as punishment (Appendix B: Healthy Options for Classroom Activities, Snacks, and Concessions). Staffs are ***encouraged*** to model healthy eating by offering healthier choices at school meetings and to eliminate using food and beverages as rewards to students.

Food is not to be used as a reward or punishment for student behavior, unless it is detailed in a student's Individualized Education Plan (IEP) or as part of a procedure conducted by DISD staff as authorized by Food and Child Nutrition Services.

#### 3. Fundraising Activities (Food and Beverage Sales)

School campuses shall not be dependent on revenue from high fat, low-nutrient dense foods to support school programs. The CSHC shall establish age-appropriate guidelines for school-sponsored fundraising activities that involve serving or selling of food. For high school campuses, the nutrition standards will apply to food fundraising activities during the school day except during lunch periods (Appendix A). No food or beverage fundraising will be allowed on elementary campuses during the school day and middle school campuses until after the last lunch period.

4. Vending

Business Services and FCNS shall centrally manage contracts for all vending machines and assure that they meet the Texas Public School Nutrition Policy and the Dallas ISD Nutrition Standards (Appendix A). FCNS will work with Instructional Support and Business Services to establish procedures for fund distribution to campuses.

5. After School Program Snacks

The CSHC shall establish age-appropriate guidelines for after school snacks (Appendix B). After school programs will encourage physical activity and health information. Encourage campuses to access FCNS assistance in providing snacks at no charge to students where feasible.

6. Concession Stands

The CSHC shall establish **recommendations** that encourage healthy food and beverage options to be included at concessions at school-related events outside of the school day. (Appendix B)

SCHOOL EVENTS (FMNV Exemption Days)

Students may be given FMNV, candy items or other restricted foods during the school day for up to three different events each school year. Those three days have been identified for the district as follows:

EXEMPTION DAYS	ELEMENTARY	SECONDARY
Last day in October or preceding Friday		☺
Last day before Winter Break	☺	☺
Valentines Day or preceding Friday	☺	☺
Field Day or last day of school	☺	

FMNV may not be given during meal times in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with federal regulations and Texas Public School Nutrition Policy.

## SCHOOL MEALS

The FCNS will provide school meals (breakfast, lunch, and after school snacks) to students each day that school is in session including early dismissal days, as well as a la carte items consistent with the Federal and State regulations. The District shall ensure that Nutrition Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section (9) (f) (1) and 17 (a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1858 (f) (1), 1776 (a), and are in accordance with the Texas Public School Nutrition Policy. In addition to legal requirements the District shall provide school meals that:

1. Adhere to and or exceed requirements for increasing fiber and whole grains, reducing sodium, and sugar. Offering a greater variety of fresh fruits and vegetables as a daily menu choice;
2. Promote balanced food choices through visual cues such as signage, graphics, sample trays, etc. to demonstrate a balanced meal;
3. Create incentives (competitions/contests) within schools to encourage good nutrition throughout the district through FCNS Nutrition Education Plan;
4. Continue to disallow frying of foods in elementary schools and establish a plan to replace frying equipment with convection ovens in secondary schools;
5. Continue the practice of not providing salt in serving areas;
6. Offer daily a variety of 100% juice with no artificial color;
7. Promote & provide healthy choices for a la carte and for after school snacks;
8. Continue to offer more local culturally ethnic and vegetarian choices that meet customer needs;
9. Serve a complete meal to students Pre-K through 1<sup>st</sup> to encourage tasting and increased consumption of fruits and vegetables;
10. Adhere to and exceed Texas Public School Nutrition Policy and the Dietary Guidelines for Americans;
11. Adhere to and exceed USDA Food Security Guidelines.

## **HEALTHY EATING ENVIRONMENT**

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The District Coordinated School Health Committee in conjunction with Student Services, Food and Child Nutrition Services, Health Services, and Physical Education Departments, Parental Involvement, and Facilities Department 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. Define and establish recommended time schedule based on enrollment and size of cafeteria dining-room to allow sufficient time for students to eat;
2. Adequate dining room facilities are provided with adequate seating in a clean, safe, attractive, and comfortable environment;
3. Lunch periods are scheduled as near the middle of the day as possible and are planned to assure that students do not spend too much time waiting in line;
4. If meetings or activities are scheduled during meal times, students must be allowed to eat school breakfast or school lunch;
5. Wellness for students and their families will be promoted at school activities;
6. Employee wellness education and involvement will be promoted at school activities;
7. Hand washing is facilitated and encouraged to assure preventing spread of disease.

### **FOOD SAFETY AND SECURITY**

1. Schools are encouraged to consider wellness issues and student allergies when planning incentive and promotional activities.
2. The CSHC shall provide Nutrition Standards for foods made available on school campus or through school sponsored activities that assure the safety of district personnel and students (Appendix C: Food Safety and Security Guidelines for School Foodservice).
3. The District shall follow the USDA Biosecurity Guidelines for School Foodservice that assure the safety and security of the food and facilities. Access to the food service facilities shall be limited to authorized personnel (GKD (Regulation)). To help ensure the health and safety of the students and staff in our schools the following procedures shall be implemented:
  - All foods made available on school campus or through school sponsored activities on school campus shall comply with state and local food, safety, and sanitation regulations.
  - Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be implemented to prevent food borne illness.

- Individually packaged or commercial prepared items, from approved vendors, are recommended to minimize opportunities for food borne illnesses.
4. Ice machines must be secured and handled only by authorized personnel only to prevent cross contamination or risk of tampering.

References: The School Nutrition Association Local Wellness Policy  
Recommendations and USDA Biosecurity Guidelines for School  
Foodservice

## **IMPLEMENTATION & MONITORING**

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The General Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies and work with the DISD Coordinated School Health Committee (CSHC) and Curriculum and Instruction, Food and Child Nutrition Services, Health Services departments to oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy. The General Superintendent or designee will provide an Annual Report to the School Board on Wellness Policy Initiatives.

1. Integration of a standardized health curriculum program that incorporates nutrition education and oversees teacher training to ensure classroom implementation of the required health education standards;
2. Promotion of physical activity initiatives;
3. Details on school menus;
4. Disaggregated data on campus achievement on Wellness Policy Scorecard FFA (Regulation);
5. Youth Risk Behavior Surveys (YRBS) conducted biannually;
6. Annual health fitness screening outcomes for grade levels as appropriate to measure improvement of health status.

Appendix A: Nutrition Guidelines for School Stores & Vending

Appendix B: Healthy Options for Classroom Activities, Snacks, and Concessions

Appendix C: Food Safety and Security Guidelines for School Foodservice

DATE ISSUED:  
UPDATE  
FFA(LOCAL)-

**This online presentation of your district's policy is an electronic representation of TASB's record of the district's currently adopted policy manual. It does not reflect**

## APPENDIX A

### Nutrition Guidelines for School Stores & Vending\*

Food Items	Elementary School	Middle School	High School
FMNV	Not allowed during the school day.	<b>Not allowed during the school day.</b>	<b>Not allowed during the school day until after the last lunch period.</b>
Candy	Not allowed during the school day.	Not allowed during the school day until after the last lunch period.	<b>Not allowed during the school day until after the last lunch period.</b>
Competitive Foods & Vending	Not allowed during the school day.	<b>Not allowed during the school day until after the last lunch period.</b>	<b>Not allowed during meal periods.</b>
Carbonated Beverages	Not allowed during the school day.	<b>Not allowed during the school day.</b>	<b>Not allowed during the school day until after the last lunch period.</b>

### Portion Sizes

Serving sizes for all foods not included in the National School Lunch Program.			
Chips (Regular)	1oz	1oz	<b>1oz</b>
Chips (Baked)	<b>1oz</b>	1.5oz	1.5oz
Cookies/cereal bars	2oz	2oz	2oz
Bakery items (pastries, muffins)	3oz	3oz	3oz
Frozen desserts, ice cream, pudding, Jello	4oz	4oz	4oz
Yogurt	8oz	8oz	8oz
Milk, flavored or flavored, whole, reduced fat or low fat	8oz	8oz	8oz
Beverages other than milk, water and those restrict by FMNV	12oz	12oz	12oz
Candy bars and packaged candies	Not allowed during the school day.	<b>1.5oz (Not allowed until after the last lunch period.)</b>	<b>1.5oz (Not allowed until after the last lunch period.)</b>

Based on Texas Public School Nutrition Policy and Dallas ISD Wellness

NOTE: Items in bold are stricter than the Texas Public School Nutrition Policy

## Appendix B

### Healthy Options for Classroom Activities, Snacks and Concessions

#### Beverages

- Fruit juices (100%)
- Fruit smoothies
- Lemonade
- Milk (nonfat or low fat, plain or flavored)

#### Low Fat Grain Foods

- Pretzels
- Animal crackers
- Graham crackers
- Wheat crackers
- English muffins (whole wheat)
- Rice cakes or mini rice cakes (flavored)
- Baked tortilla chips with salsa
- Fruit or grain muffin (low fat)
- Dry cereal (individual serving)
- Bagels (half)
- Fig bars
- Vanilla wafers

#### Fresh Fruits and Vegetables

- Fresh seasonal fruit
- Carrots, broccoli and cauliflower with low fat dip or salad dressing

#### Additional Items

- Fruit snacks
- Fruit pico
- Fruit grain bars
- Frozen fruit bars
- Fat free popcorn (94% fat free)
- Peanut butter cracker
- Low fat string cheese
- Fruit, nut and/or grain trail mixes
- Corn on the cob with paprika or chili powder

## Appendix C

### Food Safety and Security Guidelines

On **Exemption days and birthday celebrations**, parents and school staff may bring food items for students to the classroom. School staff should be able to identify and verify that the person leaving the item has been approved to do so, prior to providing it to students (i.e. do not accept food from an unidentified person). Allowable food items and times are referenced in Appendix A.

It is **recommended** that parents/sponsors only provide food items prepared by an authorized vendor and/or individually wrapped items for celebrations, approved instructional activities (i.e. folklore festivals), or after school fundraisers to reduce the risk of food contamination. If food is prepared in a private home, adhere to the following **food safety guidelines**.

#### Clean

- Wash hands, utensils, and surfaces in hot, soapy water before and after food preparation. Also, remember to wash your hands after using the bathroom, changing diapers, or handling pets.
- Use a disinfectant cleaner of a mixture of bleach and water on surfaces to provide some added protection against bacteria.

#### Separate

- Separate raw meat, poultry, and seafood from other foods in your grocery shopping chart and refrigerator.
- Seal containers to prevent juices from raw meat, poultry or seafood from dripping onto other foods in the refrigerator.
- Never place cooked food back on the same plate or cutting board that previously held raw food.

#### Chill

- Bacteria and other microorganisms grow more rapidly at warmer temperatures. So use a refrigerator thermometer to be sure the temperature is consistently 40°F or below.
- Refrigerate or freeze perishables, prepared foods and leftovers within two hours of purchase, use or consumption.
- Never thaw food at room temperature. Thaw food in the refrigerator.
- Separate large amounts of leftovers into small, shallow containers for quicker cooling in the refrigerator.

#### Cook

- Properly cook foods for a long enough time and high enough temperature to kill harmful bacteria that can cause foodborne illness. Temperatures should reach 155° for beef, 165° for poultry.
- Hot foods should be kept at 140°F or higher. Keep food hot in chafing dishes, crock pots or warming trays.