

Elementary School Wellness Plan Guidelines

Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.

Vending Machines:

Vending machines district-wide will provide healthy foods for students and staff. Vending machines will comply with wellness policy and regulations on competitive foods including nutrition standards, operation, and placement of machines.

School Fundraisers:

School fundraisers include food sold by school staff, students, student groups/clubs, parents or parent groups, or any other person, company or organization, and/or affiliated organizations, and must comply with state and federal competitive nutrition standards. These groups/organizations are encouraged to engage in fundraisers that reinforce healthy behaviors.

All store bought items must include a food label that provides an ingredients list to prevent intervenient allergic reactions.

All food and beverages sold during the school day must be approved through the Child Nutrition Department to ensure compliance with all nutrition standards and health code regulations.

Sale of Food During the School Day:

Campuses are not allowed to sell food items intended for immediate consumption to students during the school day (midnight the day of through 30 minutes after the last bell).

Concessions:

Concessions at school-related events outside the school day are required to include healthy options.

Foods Provided, Not Sold

There are currently no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. The District will comply with state law, which allows a parent or guardian to provide a food product of his or her choice to classmates of the person's child on the student's birthday or to children at a school-designated function. [See CO(LEGAL)]

In addition, the District has established the following local standards for foods and beverages made available to students during the school day:

Birthday and/or school celebrations will not occur in the cafeteria during meal serving time. Such events may only take place one hour before the start of lunch or one hour after the end of lunch.

A campus may develop additional guidelines concerning birthday celebrations, such as number of celebrations per month and certain times to celebrate so it does not to interfere with daily instructional time.

All food and beverages provided to students are encouraged to meet Smart Snack standards. Healthy options such as fruits, vegetables, and water are preferred and should be encouraged.

Birthday Parties

Birthday and/or school celebrations will not occur in the cafeteria during meal serving time. Such events may only take place one hour before the start of lunch or on hour after the end of lunch.

A campus may develop additional guidelines concerning birthday celebrations, such as number of celebrations per month and certain time to celebrate so it does not to interfere with instructional time.

All food and beverages provided to students are encouraged to meet Smart Snack standards. Healthy options such as fruits, vegetables, and water, are preferred and should be encouraged.

Foods Rewards/Incentives:

Foods and/or beverages will not be used as rewards for academic performance or behavior except when provided in a specific student's IEP or behavior intervention plan (BIP).

Nutrition Education/Health Education:

- The campus administration team will ensure healthy nutrition messages are communicated monthly in the cafeteria and to the school community through a variety of media. Goal 1, Objective 1
- Elementary Health Curriculum will include an age-appropriate curriculum unit on nutrition that will be taught in the classroom. Goal 2, Objective 1
- The campus will provide nutrition education that reflect the cultural diversity of students as defined by differences in socio-economic status, accessibility, religion, ethnicity and cultural norms. Goal 2, Objective 2
- The campus will communicate information about campus food and nutrition programs to families and the community. Goal 4, Objective 2

Nutrition Promotion:

- The campus principal will ensure that all vending machines accessible to students will reflect and follow current evidence-based food/drink placement strategies for healthy food selection. Goal 1, Objective 2
- The campus shall ensure that food and beverages sold to students during school hours on District property contain only products that are Smart Snacks compliant. Goal 2, Objective 2
- The campus will implement the promotion of nutrition messages. Goal 3, Objective 4

Physical Activity:

- Students in grades K-5 will participate in at least 135 minutes of structured physical activity each week.
- School and/or community personnel working in the school will not withhold the required 135 minutes of physical activity in classes, except for severe discipline consequences assigned by the

principal or assistant principal (ISS, OSS, etc.), physical health reasons, IEP, or 504 Accommodation Plan implementation [see FO(LOCAL)].

- Physical fitness assessments, Fitnessgram, will be conducted for students enrolled in a physical education accredited class in grades 3-12.
- All students will have the opportunity to participate in at least 20 minutes of recess daily.
- The principal will ensure that the campus weekly schedule includes at least 135 minutes of **structured physical activity** weekly. Goal 1, Objective 1
- The principals will ensure that the students are not denied participation in physical activities conducted during the minimum time requirement. Goal 1, Objective 2
- The principal will ensure that all instructional staff follow the FBISD Recess Guidelines. Goal 1, Objective 4
- The principal will encourage that the campus daily schedule include at least 20 minutes of daily-**unstructured recess**. Goal 2, Objective 2
- The campus will encourage healthy lifestyle habits through a variety of medias. Goal 5, Objective 1
- The campus principal will ensure that the student-to-teacher ratio does not exceed 45 to 1. Goal 6, Objective 1
- The campuses will ensure that the physical environment is free from hazards. Goal 6, Objective 2
- The campuses will promote, through a variety of medias, the multiple physical activity opportunities both during and outside of the school day. Goal 7, Objective 1
- The campus will offer at least one event annually, either during or outside of normal school hours, that involves physical activity and includes both parents and students in the event. Goal 7, Objective 2
- The campus will ensure that teachers are following the Physical Education Curriculum's Instructional Model, which includes at least 50% of moderate to vigorous physical activity during class time. Goal 9, Objective 2
- The campus will encourage teachers to include movement breaks in their lesson plan. Goal 10, Objective 2
- The campus will ensure that all elementary school students will be provided the opportunity to participate in the required 135 minutes of structured physical activity. Goal 10, Objective 2; Goal 11, Objective 1
- The campus administrator will ensure that all instructional staff follow the District Recess Guidelines. Goal 11, Objective 3

Other School Site-Based Activities

- The campus administrator will annually invite parents, staff, administrators, students, school nurses, child nutrition employees, and community members to be members of the wellness committee. Goal 1, Objective 1
- The principal will complete and submit the required Wellness Plan Surveys. Goal 1, Objective 3

- All campuses will build their master schedules to allow at least ten minutes to eat breakfast and twenty minutes to eat lunch from the time a student has received his or her meal and is seated. Goal 2, Objective 1
- Each campus will provide a clean, safe and comfortable dining environment that are safe and in good working condition. Goal 2, Objective 2
- All campuses will provide a social and enjoyable experience for all students during mealtime. Goal 2, Objective 3
- All campuses shall provide multiple opportunities throughout the school year where students and families can receive health and wellness information. Goal 3, Objective 2
- All campuses shall promote and encourage staff to engage in the wellness offerings provided by the District. Goal 3, Objective 3
- All classroom or campus celebrations will be encouraged to include at least one healthy choice item. Goal 3, Objective 5
- The campus will provide bullying prevention and intervention strategies to students, staff, and parents. Goal 5, Objective 3
- The campus will provide and promote student, staff, parents and community wellness events. Goal 5, Objective 8