

**NEW SUMMERFIELD
INDEPENDENT
SCHOOL DISTRICT
NEW SUMMERFIELD,
TEXAS
CE# 00179**

WELLNESS POLICY

Implemented March 2006

Revised 2017 School Year

Revised 2020-2021 School Year

(COVID revisions)

Triennial Assessment June 26, 2023

SY 2023-2024

Next Triennial Assessment Due

SY 2025-2026

WELLNESS POLICY

New Summerfield ISD has developed a Wellness Policy that focuses on improving the health of our students. The policy was developed by the School Health Advisory Council which is comprised of teachers, administrators, parents, community members, students, school nutrition staff, stakeholders and the district nurse.

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NUTRITION EDUCATION AND STANDARDS

Nutrition Education and Standards

Plan Standard:	The Nutrition Education program meets State and Federal standards. The Wellness Plan is accessible to parents, staff, and students and is included on the District website.
Plan Standard:	Students have access to safe drinking water in all areas where meals are served.
Action Steps:	Continue to comply with Texas Department of Agriculture and USDA drinking water standards. Ensure there is an appropriate service the District website.
Due Date:	Ongoing

Plan Standard:	Nutrition education is integrated into the coordinated school health program, core curriculum, and physical education.
Action Steps:	The SHAC (School Health Advisory Council) program has been adopted and training has been concluded. There will be at least four SHAC meetings per year.
Due Date:	End of each school year

Plan Standard:	School menus are followed and analyzed by Food Service Director
Action Steps:	Track calories and sodium on all meals to meet TDA and USDA guidelines. Ensure all snack items meet the Smart Snacks guidelines.
Due Date:	On going

Plan Standard:	Students are offered a variety of meats/poultry, fresh fruits, vegetables, whole grains, and milk, including fat-free flavored and low-fat white, on a daily basis.
Action Steps:	Items offered will be periodically reviewed to ensure nutritional balance.
Due Date:	On going

Plan Standard: School foodservice staff is trained in the appropriate substitution of foods in order to meet the nutritional goals of the program.

Action Steps: Foodservice managers will attend off-site training on an annual basis.

Due Date: End of each school year

Plan Standard: In compliance with the USDA/TDA guidelines, condiments cannot be sold to students as they do not meet the Smart Snack guidelines.

Action Steps: No condiments sold.

Due Date: On-going

Plan Standard:	Any food and/or beverage used as a reward for academic or good behavior will meet the Smart Snacks guidelines. Food will not be used or withheld as a punishment.
Action Steps:	Food Service Director is present at teacher in-service training at the start of each school year to instruct teachers/administrators of the USDA/TDA guidelines as well as the guidelines in the District Wellness Policy. Items can be checked by using the Smart Snacks Product Calculator to see if they meet compliance. https://foodplanner.healthiergeneration.org/calculator/
Due Date:	Yearly/On-going

Plan Standard:	Snacks served during the school day in the classrooms to ALL students will be snacks that make a positive contribution to the students' diet and health. When served to all students (not as a reward) the snacks are not required to meet Smart Snack guidelines, teachers are encouraged to make healthy choices for classroom snacks.
Action Steps:	Food Service Director is available with healthy snack ideas for classroom snacks.
Due Date:	On-going

Plan Standard:	New Summerfield ISD allows three Party Days. On Party Days, items can be served without meeting any dietary restrictions or guidelines. The Party Days for New Summerfield are Christmas, Valentine's and End of Year. The Party Day will be designated on Campus Calendars.
Action Steps:	Campus secretaries will list the Party Days on campus calendars as well as informing the Cafeteria Director/Manager at the campus.
Due Date:	Beginning of each school year

Plan Standard:	Promote healthy food and beverage choices using the following marketing and merchandising techniques.
Action Steps:	Sliced or cut fresh fruit is available at least twice weekly at all

PHYSICAL ACTIVITY

Physical Activity

Plan Standard:	Qualified teachers are hired to teach physical education.
Action Steps:	DBA Legal Policy, issued 11/29/05, states that a person may not be employed by the District as a teacher unless the person holds an appropriate certificate or permit
Due Date:	Upon hire

Plan Standard:	District policy for physical education is consistent with State policy or guidelines.
Action Steps:	EHAB Legal Policy, issued 04/01/05, states the District's policy for physical education
Due Date:	Current

Plan Standard:	District encourages physical activity outside of the school day. Students and their families, as well as community members, have access to the school track outside of school hours.
Action Steps:	The District allows the use of school premises for community physical activities.
Due Date:	On going

Plan Standard:	Recess occurs before meal periods for primary students.
Action Steps:	Campus principal and teachers schedule recess before lunch.
Due Date:	On going

OTHER SCHOOL-BASED ACTIVITIES

Other School-Based Activities

Plan Standard:	Students are given adequate time to enjoy eating healthy meals with friends.
Action Steps:	All students are given thirty (30) minutes daily for lunch.
Due Date:	Scheduled each school year by campus principal

Plan Standard:	The District is examining existing in-school advertising and marketing efforts to determine if inappropriate food messages are communicated.
Action Steps:	Each building principal and cafeteria manager will review advertising and marketing materials to determine the appropriateness of food messages.
Due Date:	On going

Plan Standard:	Students have access to physical activity facilities outside of school hours.
Action Steps:	The District encourages use of school facilities outside of school hours.
Due Date:	On going

Plan Standard:	Recess for primary grade students is scheduled before lunch so students are less distracted and ready to eat.
Action Steps:	Campus principal and teachers schedule recess before lunch.
Due Date:	On going

Plan Standard:	District provides physicals free of charge for student athletes. This service is offered once a year and is offered on-site for that day only. Physicals are given by licensed physicians.
Action Steps:	Parents are notified in advance the date the physicals will be offered.
Due Date:	On going

Plan Standard:	All student athletes will be given a concussion test before the season begins or as needed.
Action Steps:	Parents are notified of testing.
Due Date:	On going

Plan Standard:	Fitness Gram testing is given to all high school, middle school, and intermediate school students.
Action Steps:	Yearly testing is completed at each campus and the results are compiled for review.
Due Date:	On going

Plan Standard:	CPR/AED instruction as well as certification for some students, select food service staff, and all coaching staff.
Action Steps:	All high school health students receive instruction in CPR/AED training. All district coaches as well as some additional staff members are CPR/AED certified. All teachers have been instructed in the use of an AED.
Due Date:	On going

**FUNDRAISER EXEMPT EVENTS
AND SCHOOL PARTIES**

Fundraiser Exempt Events and School Parties

Plan Standard:	Christmas, Valentine's Day Easter and End of the Year parties are allowed for the Elementary Campus.
Action Steps:	Ensure no more than 6 exempt days for the elementary campus each year.
Due Date:	Scheduled each school year by campus principals and documented on the district/campus calendars.

Plan Standard:	District UIL competition, Cross Country, District Track Meet (2 days), other days as pre-scheduled and approved by Superintendent.
Action Steps:	Ensure no more than 6 exempt days for middle and high school campuses each year.
Due Date:	Scheduled each school year by campus principals and documented on the campus calendar.

ASSESSMENT TOOL

Assessment Tool

This tool provides a structure for reviewing the status of the District's implementation of the Wellness Plan. At the time of assessment check off the box which best describes the status of the plan standard.

Date of Assessment: June 26, 2023

Plan Standard	On Target	Needs Improvement	Not Yet Implemented	Due Date
Nutrition Education and Standards				
The Nutrition Education program meets State and Federal standards.	X			
Nutrition education is integrated into the coordinated school health program, core curriculum, and physical education.	X			
School menus are followed and analyzed by Food Service Director to ensure compliance with TDA & USDA guidelines. All meals and snacks meet government guidelines.	X			
Students are offered a variety of meats/poultry, fresh fruits, vegetables, whole grains, and milk, including non-fat flavored and 1% low-fat unflavored, on a daily basis.	X			
School foodservice staff is trained in the appropriate substitution of foods in order to meet the nutritional goals of the program.	X			
Physical Activity				
Qualified teachers are hired to teach physical education.	X			
District policy for physical education is consistent with State policy or guidelines.	X			
District encourages physical activity outside of the school day.	X			
Other School-Based Activities				
Students are given adequate time to enjoy eating healthy				

meals with friends.	X			
The District is examining existing in-school advertising and marketing efforts to determine if inappropriate food messages are communicated.	X			
Students have access to physical activity facilities outside of school hours.	X			
Recess for primary grade students is scheduled before lunch so students are less distracted and ready to eat.	X			
District provides physicals on-site for student athletes free of charge.	X			
Concussion testing for all student athletes as required.	X			
Fitness Gram	X			
CPR/AED instruction and some certification.	X			