

# CHAPEL HILL Independent School District Wellness Policy

## Mission Statement

The mission of the CHISD Wellness Policy is to provide opportunities for students to become lifelong benefactors of good habits in personal health and wellness by creating an awareness of healthy eating behaviors, providing appropriate physical activities and nutritious school meals and creating a school community which delivers a consistent message in support of healthy lifestyles.

## Goals and Guidelines

### Nutrition Education

**Goal:** Schools will provide and promote nutrition education to students, staff and community.

**Objective:** Nutrition education will be integrated across the curriculum.

**Objective:** Teachers and other staff will be given strategies for integration of nutrition education into their curriculum.

**Objective:** The coordinated school health team (may include school administrator, nurse, cafeteria manager, etc.) will monitor and promote campus wellness education and activities.

**Objective:** All nutrition education will be acquired from credible sources (American Heart Association [AHA], American Diabetes Association [ADA], Academy of Nutrition and Dietetics [AND], United States Department of Education [USDA], School Nutrition Association [SNA], and the Child Nutrition department).

**Objective:** Nutrition education will be increased by sharing information with families and the community via the Chapel Hill Child Nutrition Department website, school campus website, monthly campus newsletters, parent meetings, and by using the cafeteria as a "learning laboratory" [example: nutrition education displays; taste testing; etc.].

### Physical Activity

**Goal:** Chapel Hill ISD will provide opportunities for students to participate in regular physical activity to promote personal lifelong behavior and maintain physical well being.

- State-certified physical education instructors teaching all physical education classes.
- Strive toward physical education classes to have a student/adult ratio not to exceed 45:1. If ratio is greater than 45:1, district must identify manner in which safety will be maintained.
- Time allotted for physical activity will be consistent with national and state standards.

- Physical education classes shall regularly emphasize moderate to vigorous activity.
- All physical education instructors and their paraprofessional assistants must be trained in CPR/AED.

**Objective:** The district will follow state minimum standards set for physical activities at the elementary level.

- K-6th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity (MVPA) daily, or 135 minutes weekly.

**Objective:** The district will follow the state requirements for opportunities for middle school students to be involved with physical activities and organized sports.

- 6th-8th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity (MVPA) daily, or 135 minutes weekly, or 225 minutes over a two-week period.

**Objective:** Students at the high school level will be provided opportunities to experience physical activities as specified under the high school graduation plans.

- Physical education — at least two of the following:
  - Foundations of Personal Fitness;
  - Adventure/Outdoor Education;
  - Aerobic Activities; or
  - Team or Individual Sports.

### **Nutrition Standards**

**Goal:** Chapel Hill ISD will comply with the guidelines set forth by the Texas Department of Agriculture's (TDA) Texas Public School Nutrition Policy.

**Objective:** Chapel Hill schools will be informed of the TDA standards for Foods of Minimal Nutritional Value (FMNV) and to the guidelines concerning their limited use at the campus level.

#### **All Students:**

- Fruits, vegetables, whole grains, combination products, fat-free and low-fat milk and milk products, lactose-free and soy beverages, per portion as packaged:
  - ≤200 calories;
  - ≤35% of total calories from fat;
  - <10% of calories from saturated fats;
  - Zero trans fat (≤ 0.5 g per serving);
  - ≤35% of calories from total sugars; *and*
  - ≤200 mg sodium.

#### **High School Students:**

- Any foods or beverages from Tier 1.
  - Snack foods that are ≤200 calories per portion as packaged, and ≤35% of total calories from fat;

- <10% of calories from saturated fats;
  - Zero trans fat ( $\leq 0.5$  g per serving);
  - $\leq 35\%$  of calories from total sugars; *and*
  - $\leq 200$  mg sodium.
- Sugar-free, caffeine-free beverages with
    - Nonnutritive sweeteners;
    - Not vitamin- or nutrient-fortified; *and*
    - <5 calories per portion as packaged.
  - Foods not meeting standards:
    - Potato chips or pretzels that have too much sugar or salt (i.e., exceeding the values listed above).
    - Cheese crackers that have too much fat or sodium.
    - Breakfast or granola bars that have too much fat or sugar
    - Ice cream products that have too much fat or sugar.

**Objective:** Chapel Hill ISD child nutrition staff will be informed and comply with the nutritional standards set forth by the Texas Public School Nutrition Policy that addresses guidelines concerning fats, fried foods, portion sizes and other food guidelines including, but not limited to the servings of fruits, vegetables, milk and chips.

- Become familiar with the Nutrition Standards for Foods in Schools.
- Review current nutrition and wellness policies and determine the best approach to promote consistency with the recommended standards.

### **Other School-based Activities**

**Goal:** Chapel Hill ISD will provide a healthy learning environment for all students.

**Objective:** Support for healthy lifestyles for students will be developed through health Fairs, health screening, and helping to enroll eligible children in Medicaid and state children's health insurance programs.

**Goal:** Chapel Hill ISD will provide a healthy environment for its faculty and staff.

**Objective:** CHISD schools will make physical activity facilities available to staff after school hours.

- **Middle school gym** and
- **High school track**

**Objective:** Links will be made available on the district web page that will provide avenues for information and assistance to faculty and staff.

**Objective:** CHISD nutrition services will provide faculty and staff with healthy food choices.