Crosby ISD Wellness Plan

2019-2020

The members of the Student Health Advisory Council (SHAC) developed the following Crosby ISD Wellness Policy. The policy was reviewed by principals, district nurses, district PE teachers, community members, parents, as well as representatives of Texas Children’s Hospital, and Harris County Public Health Department. The policy includes each of the eight components for coordinated school health.

Components of the CISD Wellness Policy

In alignment with the federal Child Nutrition and WIC Reauthorization Act of 2004, Crosby ISD which participates in the national school meals programs has the following wellness policy in place for the 2019-2020 school year. Our district wellness policy addresses the following items and more:

- Goals for nutrition education;
- An assurance that school meal nutrition guidelines meet the minimum federal school meal standards;
- Guidelines for foods and beverages sold or served outside of school meal programs on each school campus;
- Goals for physical activity and other school-based activities; and
- Monitoring and implementation plans.

Section 1: Nutrition Education

GOAL 1 – Schools will promote nutrition education to all students.

A. Nutrition topics shall be integrated within the comprehensive health education curriculum taught at every grade level (K-12).
B. Nutrition education includes training for teachers and other staff.
C. Nutrition education will be integrated into the broader curriculum, as appropriate.
D. Nutrition education will provide the knowledge and skills necessary to promote student health for example, our CATCH program
E. The district will support the use of school property to promote nutrition education and physical activity through school gardens. Gardens already in existence include:
   1. Maddi’s Garden
   2. Barrett Elementary Garden
   3. Newport Elementary Garden
   4. Crosby Elementary Garden
5. Drew Elementary Garden
6. Crosby Middle School Gardening Club garden
7. Crosby High School Ag department garden

GOAL 2- Schools will educate, encourage, and support healthy eating by all students.

A. Nutrition education is offered at each grade level as a part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
B. The school cafeteria will display posters to promote healthy eating and display other nutrition education materials.
C. 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.
D. CHS will continue to offer Health and Food and Technology Safety for graduation credit
E. Farm to table lessons will be taught and modeled to encourage healthy eating.

Section 2: Nutrition Standards

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

A. All schools will provide breakfast through the USDA School Breakfast Program.
B. All schools will offer a variety of fruits and vegetables.
C. All schools will use low-fat versions of food and/or low-fat methods for food preparation.
D. District is considering and testing a variety of nutrition awareness efforts such as, “Grab and Go” breakfast, altered bus schedules, student input on menus, etc.
E. Grades K-4 will schedule lunch periods to follow recess.
F. After obtaining food, students will have at least 20 minutes to eat lunch, and 10 minutes to eat breakfast
G. Crosby ISD shall ensure that professional development in the area of food and nutrition is provided for food service staff.
H. Crosby ISD will share and publicize information about the nutritional content of meals with students and parents.
I. All schools will offer only low-fat (1%) or non-fat/skim milk is allowed.
J. At least 50% of grains served as part of the reimbursable meals and snacks will be 100% whole grains.
K. Schools will offer a three-quarter cup serving or two or more vegetables or fruits, or both, of which at least one-half cup serving a week shall be a fresh fruit or vegetable.
Section 3: Nutrition Standards for Competitive Foods and Other Foods and Beverages

GOAL 2: Crosby ISD will reduce competition with foods other than those foods offered at lunch or breakfast by Child Nutrition Services

A. All foods served/made available during the school day shall meet district guidelines ensuring the provision of whole grains and fruits and vegetables.
B. Upon expiration of existing vending/competitive food contracts, such contracts must be in accordance with the district’s nutrition standards or not be renewed.
C. Crosby ISD will regulate foods sold/offered/made available:
   a. a la carte or foods served as an alternative to the school meal program
   b. at class parties and other school celebrations
   c. at evening and community events on school grounds
   d. for fundraising purposes
D. All competitive foods/beverages must meet certain standards (i.e. Institute of Medicine standards) for sugar, fat, trans fats, calories, sodium, serving size, caffeine, etc. Anytime it is sold or made available on our campus
E. On exempt days sales of competitive foods/beverages may not be sold during meal services or in-service areas.

Section 4: Physical Education/Physical Activity

GOAL 1: All students in grades K-8 will be scheduled for PE instruction in accordance with state law. All students in 9-12 shall participate in PE as required by state and/or local policy.