

Dripping Springs Independent School District Student Nutrition/Wellness Plan

Mission Statement

The mission of Dripping Springs Independent School District is to support the whole health of our students, parents and staff in the hope this will lead to a lifetime of well-being. This mission will be accomplished by the development and implementation of our district wellness policy, providing students, staff, and their families with nutrition resources and promoting physical activity in conjunction with school related activities to set life-long health-oriented habits.

Preamble

- children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;
- Childhood obesity currently affects 13.7 million children and adolescents nationally. This, combined with other risk factors like physical inactivity, can increase the risk of metabolic disorders such as heart disease, cancer, stroke, and diabetes, which are responsible for two-thirds of deaths in the United States;
- Equally concerning, eating disorders currently have the second-highest mortality rate of all mental health disorders. 40-60% of elementary school girls (ages 6-12) are concerned about their weight. Studies have shown that disordered eating behaviors are nearly as common among males as they are among females.
- 1 in 4 adolescents do not engage in 60 minutes of physical activity on any days of the week.
- It is important to eat a variety of fruits, vegetables, grains, protein foods, dairy and fortified soy alternatives, as well as choosing meats, beverages and snacks that have limited added sugars, saturated fat and sodium.
- Considering that school districts around the country are facing significant fiscal and scheduling constraints, community participation, in line with the integrated approach of the "Whole School, Whole Community, Whole Child" (WSCC), is essential to the development and implementation of successful school wellness policies.

Thus, the Dripping Springs Independent School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting nutrition and physical activity, working in conjunction with the district's Social and Emotional Learning (SEL) curriculum.

Therefore, it is the policy of the Dripping Springs Independent School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, and National School Lunch Program).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

To Achieve These Policies Goals:

Component 1: A Commitment to Nutrition and Physical Activity

- One of its missions shall be to address and implement nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school based activities.
- Principals will address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education, and physical activity.
- Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
- The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.

Component 2: Quality School Meals

- The Dripping Springs Independent School District will offer breakfast and lunch when applicable. Students and staff are highly encouraged to promote and participate in these programs.

- School food service staff that is properly qualified according to current professional standards and regularly participates in professional development activities will administer the Child Nutrition Programs.
- Food safety will be a key part of the school food service operation. Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture, conforming to good menu planning principles, and featuring a variety of health choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
- School personnel, along with parents, will encourage students to choose and consume full meals. Positive nutrition statements will be provided to students.

Component 3: Other Healthy Food Options

- The SHAC may recommend guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions (including concession stands at sporting and academic events).
- Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
- No foods or beverages other than those provided through the school food service department may be made available to elementary students at any time. Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during lunchtime) under the teacher's guidance. The snack may be provided by the school food service, the teacher, parents, or other groups and should be at no cost to the students. Foods and beverages other than those provided through the school food service department may not be available to junior high students until the end of the regular school day. Food may be used to enhance education curriculum.
- School staff shall not use food as a reward for individual student accomplishment.
- Schools shall limit celebrations that involve food during the school day. Celebrations should include foods and beverages that are in compliance with the Texas Public Schools Nutrition Policy.
- The withholding of food as punishment for students is prohibited..
- The school district will provide nutritional information to parents that will equip parents with resources to choose safe and nutritious foods for their children.
- Organizations shall only use non-food items or foods designed for delivery and consumption after school hours as fund-raisers.

Component 4: Pleasant Eating Experiences

- Facility design will be given priority in renovations and new construction.
- Drinking fountains will be available for students to get water at mealtimes and throughout the day.
- School personnel will assist all students in developing the healthy practice of washing hands before eating.
- School personnel will schedule enough time so students do not have to spend too much time waiting in line.
- Schools should not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during meal times unless the meal may be consumed during the activity.
- Adequate time to eat in a pleasant dining environment should be provided. The minimum eating time for each child after being served will be 10 minutes for breakfast and 15 minutes for lunch.
- Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level. Parents are highly encouraged to dine with students in the cafeteria.
- Creative, innovative methods will be used to keep noise levels appropriate.

Component 5: Nutrition Education

- Dripping Springs Independent School District will follow health education curriculum standards and guidelines as stated by the Texas Education Agency. Schools will link nutrition education activities with the coordinated school health program.
- Students in pre-kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.
- Nutrition education will be offered in the school with coordination between school food service staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics. Child Nutrition staff are encouraged to also connect directly with students and parents via social media, newsletters, etc.

Component 6: Physical Activity Opportunities and Physical Education

- All students in grades K-5 will receive physical education a minimum of 30 minutes per day or 135 minutes per school week for the entire school year.
- Students in grades 6-8 will participate in moderate or vigorous physical activity for a minimum of 225 minutes during each period of two school weeks for at least four semesters during these grade levels. All physical education will be taught by a certified physical education teacher.
- All elementary school students will have a minimum of 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- Dripping Springs Independent School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The staff should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

Component 7: Marketing

- Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
- Schools will consider student needs in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
- Schools will promote healthy food choices emphasizing fruits and vegetables through a variety of tools- i.e. posters, social media posts, etc.
- Nutrition and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, Open Houses, Health Fairs, teacher-in services, etc.
- Schools will work with a variety of media such as local newspaper and the schools newsletter to inform the community about a healthy school nutrition environment.

Component 8: Implementation

- The Dripping Springs Independent School District Board of Trustee and superintendent shall appoint a School Health Advisory Council (SHAC). At least five members must be parents of students enrolled in

the district who are not employed by the district. The Chairperson of the committee shall be a parent selected to serve on the committee by the Board of Trustees. The Council shall include school nurse, counselor, administrative, and teacher representatives. Others may serve in an advisory capacity such as the Student Services Coordinator, Athletic Director, Child Nutrition Director, etc.

- The SHAC shall meet a minimum of four times per year.
- The SHAC will provide a written report to the Board of Trustees annually regarding the council's activities for the year including meeting dates, recommendations about the district's health education curriculum, student nutrition plan, and student wellness plan as deemed necessary.
- The SHAC will provide a written notice to a parent of each student enrolled in the district of the board's decision regarding whether the district will provide human sexuality instruction. If instruction will be provided, the notice must include a summary of the basic content of the course, and a statement regarding the parent's right to review the curriculum and remove the student without subjecting the student to any disciplinary action, academic penalty, or other sanctions.

Component 9: Monitoring

- The Assistant Superintendent for Learning and Innovation will ensure compliance with this plan. In each school, the principal or his/her designee will ensure compliance with this policy in his/her school and will report as needed on this matter to the Superintendent.
- The DSISD Director of Child Nutrition will ensure compliance with nutrition requirements within the school food service areas and will report as needed on this matter to the Superintendent.