



**Taft Independent School District
Local Wellness Policy**

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Federal Public Law (PL108.265 Section 204- Child Nutrition and WIC Reauthorization Act of 2004) states that by July 1, 2006 all schools must develop a Local Wellness Policy that involves parents, students, a representative from the school food authority, school board, school administrators, and the public. The Local Education Authority (LEA) will establish a plan for measuring the implementation of the Local Wellness Policy. The policy needs to include goals for Nutrition Education, Physical Activity, and Other School Based Activities. The policy also needs to include Nutrition Guidelines for all foods available on each school campus promoting student health and reducing childhood obesity.

Senate Bill 19, passed by the 77th Texas Legislature, advanced the cause of improved school health education in Texas. The law authorized the State Board of Education to adopt rules mandating daily physical activity for students in grades K-6. The law required every school system to have a School Health Advisory Council (SHAC) to monitor school health issues. The law directed the Texas Education Agency to make available a coordinated school health curriculum. The Taft ISD has chosen the Coordinated Approach To Child Health (CATCH) as our curriculum. The coordinated health program is designed to help prevent obesity, cardiovascular disease, and Type 2 diabetes in elementary schools. The program is designed to coordinate Health Education, Physical Education/Activity, Nutrition Services, and Parental Involvement.

Research tells us that a healthy child learns better. A healthy school environment goes beyond school meals in the cafeteria. A healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices and an appropriate amount of physical activity. All foods made available on school campuses should offer children nutritious choices, and physical activity should be incorporated into the school day as much as possible. These efforts involve adults serving as role models and community members being informed of the policies that improve the long-term health and well being of students.

WELLNESS GOALS:

Nutrition Education - The District will implement, in accordance with law, a coordinated health program with a nutrition education component (CATCH) and will use health course curriculum that emphasizes the importance of proper nutrition.

In addition, the District establishes the following goals for nutrition education:

- Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors. This goal will be reached as the District shows Nutrition and Wellness type videos on bad weather days when students are unable to go outside and at other given opportunities instead of cartoons and/or movies.
- Nutrition messages will be offered to students at each campus in the District. This goal will be reached as the District's Child Nutrition Department posts nutrition messages in all cafeterias.

- Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members. This goal will be reached as the District provides a “Kid Food” Newsletter from the Texas Cooperative Extension of San Patricio County to the community via the Taft ISD Times Newspaper.
- Nutrition education will be offered to parents and guardians of the District’s students. This goal will be reached by the District offering Nutrition Education Classes to the parents through the TISD Parental Involvement Department with the Texas Cooperative Extension of San Patricio County.

Physical Activity – The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components (CATCH) and will offer at least the required amount of physical activity for all grades.

In addition, the District establishes the following goals for physical activity:

- The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports. This goal will be reached as the District along with the City of Taft create a Wellness Park. The Park will include walking trails, picnic areas, a swimming pool, baseball/softball fields, outdoor basketball courts, golf driving range, exercise area, play ground equipment, soccer fields, and public restrooms.
- Offer elementary students the opportunity to play outside even on hot days. This goal will be reached as the District has covered concrete areas made at both elementary schools.
- Physical education classes will regularly emphasize moderate to vigorous activity. This goal will be reached as the District’s coaches for elementary follow the CATCH curriculum and coaches for Jr. High and High School follow state regulations.

Other School Based Activities – The District will establish goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school based activities.

The Districts goals for other school based activities are as follows:

- Sufficient time will be allowed for students to eat meals in cafeterias.
- Cafeterias will be clean, safe, and comfortable with enough space and properly controlled temperatures. Overcrowded Junior High Cafeteria expansion with new furniture will be completed.
- Wellness for students and their families will be promoted at suitable school activities such as field days, Texas Public School Week activities, ect...with an emphasis on celebrating with healthy types of food and fun physical activity.
- Support for health of all students and employees will be demonstrated by health screenings offered by the District’s Registered Nurse.
- A Health class will continue to be required for students of Taft ISD to take before graduation.

NUTRITION GUIDELINES

In an effort to fulfill the intent of this law, the Taft Independent School District will ensure that nutritional guidelines for reimbursable school meals will be at least as restrictive as federal regulations and guidance of the Child Nutrition Act and the National School Lunch Act. All foods available on each campus will be in accordance with the Texas Public School Nutrition Policy, which guides the effort of reducing childhood obesity by stating specific guidelines on availability and sale of foods of minimal nutritional value (FMNV), competitive foods, as well as portion size limitations on certain items. Our District further strives to reduce the fat, saturated fat and sodium content of our school meals by utilizing the CATCH - Eat Smart Guidebook, which helps lead healthier menu planning, food purchasing, and food preparation techniques. We strictly adhere to the federal guidelines for school meals of less than 30% total calories from fat, less than 10% saturated fat, one-third of the Recommended Dietary Allowance (RDA) for specific nutrients provided by the National School Lunch and one-fourth of the RDA for specific nutrients provided by the School Breakfast. Our District's School Meals also align with the Dietary Guidelines for Americans. To ensure food safety the Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in our District's schools.

PLAN FOR MEASUREMENT AND IMPLEMENTATION

Taft Independent School District will begin to implement this Local Wellness Policy on the first day of school beginning after July 1, 2006. CATCH evaluation instruments will be used for measurement of portions of the plan. Sponsors of the District's various health related activities will be required to submit pictures, descriptive paragraphs, copies of sign in sheets, newspaper articles etc.. to the District's Child Nutrition Director. The Child Nutrition Director will keep a binder with the Local Wellness Policy and Proof of Goal Implementation in her office. The Child Nutrition Director will report to the Superintendent all results of the Local Wellness Policy at the end of the school year. The SHAC committee (Chaired by the District's Registered Nurse) along with other invited guests including school board members, parents, students, administrators, principals, teachers, representatives of the school food authority, and school nurses will continue to meet regularly. The group will monitor the progress of the Local Wellness Policy and suggest future goals, guidelines, methods of implementation, and plans for measurement.