



WELLNESS

PLAN

2016

**Corsicana Independent School District**  
**Wellness Plan**  
**April 2016**

**Purpose and Goal:**

**“When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied.”**

**Quote by Herophilus (Greek physician)**

Wellness is a proactive and preventative approach that's designed to provide optimum levels of learning, health, emotional, and social functioning.

**Component 1: A Commitment to Nutrition and Physical Activity**

- A. The staff of Corsicana ISD is encouraged to engage in healthy eating and physical activity behaviors as a daily lifestyle habit.
- B. Corsicana ISD Board of Trustees shall appoint a School Health Advisory Committee (SHAC). The SHAC will offer recommendations to support a healthy school environment.
- C. Corsicana ISD shall draft, adopt, and implement a plan to encourage healthy eating and physical activity utilizing the involvement of parents, students, school staff (including a PE representative and Health Coordinator), administrators, and community resources to meet the needs and interests of all students and staff.
- D. The school food service staff will participate in making decisions and policies that will affect the school nutrition environment.
- E. The Wellness Plan will be posted on the Corsicana ISD Website at [www.cisd.org](http://www.cisd.org), under the Child Nutrition Services and Health Services tab.

**Component 2: Quality School Meals**

- A. Corsicana ISD Food Services will offer breakfast and lunch programs that meet the requirements of the Healthy, Hunger Free Kids act of 2010 nutritional guidelines for reimbursable school meals. Food Service department will ensure that all foods available on each campus are in accordance with the Smart Snack nutritional standards. Students, parents and staff are encouraged to contact Child Nutrition at 903-602-8174 if they have any questions.

- C. This policy does not restrict what parents may provide for their own child's lunch or snacks. Parents may provide foods that do not meet the Smart Snack guidelines for their own child's consumption, but may not provide restricted items to other children at school.
- D. Each campus is allowed to have 6 fundraiser days/school year. See CISD Activity Fund guidelines located under the business tab at [www.cisd.org](http://www.cisd.org)  
Refer to Appendix A
- E. School staff can refer to Appendix B or the Smart Snack calculator at [https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snacks/alliance\\_product\\_calculator/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/) for questions about food in the classroom.

#### **Component 4: Pleasant Eating Experiences**

- A. School personnel will discuss with students the healthy practice of washing hands before eating.
- B. Adults supervising dining rooms will serve as role models to students by demonstrating proper conduct and voice level.
- C. Adequate time to eat, in a pleasant dining environment, should be provided. The minimum recommended eating time for each student after being served is at least 10 minutes for breakfast and 20 minutes for lunch.
- D. Parents are encouraged to dine with students in the cafeteria.
- E. Schools should not schedule tutoring, pep rallies, assemblies, club/organization meeting, and other activities during meal times.
- F. Drinking fountains will be available for students to get water throughout the school day.

#### **Component 5: Wellness Education**

- A. Corsicana ISD will follow health education curriculum standards where health class is taught.
- B. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings. Positive nutrition statements will be provided to students on a monthly basis by accessing the Child Nutrition Department tab at [www.cisd.org](http://www.cisd.org)

## **Fundraisers and Smart Snacks: Foods Not Intended for Consumption at School**

*The Smart Snacks in School nutrition standards apply to any foods sold to students during the school day on the school campus, including foods sold as fundraisers.*

**What can we sell for a fundraiser?** If the item being sold is a nonfood item or a food item that meets the Smart Snacks standards, it can be sold anytime. State agencies can permit occasional exempt fundraisers, allowing the sale of foods that do not meet the standards. Organizations planning fundraisers should work with their school administration before initiating a fundraiser to ensure compliance with the Local Wellness Policy, Smart Snacks standards, and any other local policies that may be in place.

**What if the foods do not meet the standards?** Generally, foods that do not meet the standards cannot be sold to students on campus during the school day. Organizations planning fundraisers of foods that do not meet the standards must work with their school administration to determine if their fundraiser can be allowed as one of the school's limited exempt fundraisers. It is important to remember that the standards do not apply during nonschool hours, on weekends, and at off-campus fundraising events, though local policies may still apply.

**No more frozen pizza sales? No more cookie dough? No more Thin Mints®\* cookies?** Not necessarily! Many extracurricular programs, such as the school band, sports teams, and the school choir as well as youth-based community organizations such as the scouting programs rely on fundraisers to support their activities. There are ways that these groups can continue to raise money on campus under the standards, if allowed under local policies and approved by the school administration.

First, remember that *all* fundraising activities that take place outside of school are exempt from Smart Snack Standards. Just double-check your Local School Wellness Policy to see if other local school policies are in place!

Sale of frozen pizza, cookie dough and other items preordered and distributed in a precooked state or in bulk quantities (multiple servings in a package) for consumption at home is not required to meet the standards. For example, boxes of preordered Girl Scout cookies intended for consumption at home would not be subject to the standards. Students could take orders and deliver them during the school day for consumption outside of school.

**Can we take fundraising orders at school?** Yes. Orders may be taken at school as long as the foods being sold meet the Smart Snacks standards or are not intended to be consumed on campus during school hours and as long as students receive permission from the school.

**Can we deliver the preordered fundraising items at school?** Foods that have been purchased through a fundraiser may be delivered on the school campus during the school day if the foods being sold meet the standards or are not intended to be consumed on campus during school hours and as long as students receive permission from the school. However, we encourage organizations to deliver the foods at a time when parents and caregivers are more likely to be present to collect the items, for example, during specific drop off or pickup times.

## Smart Snacks in School

### USDA's "All Foods Sold in Schools" Standards

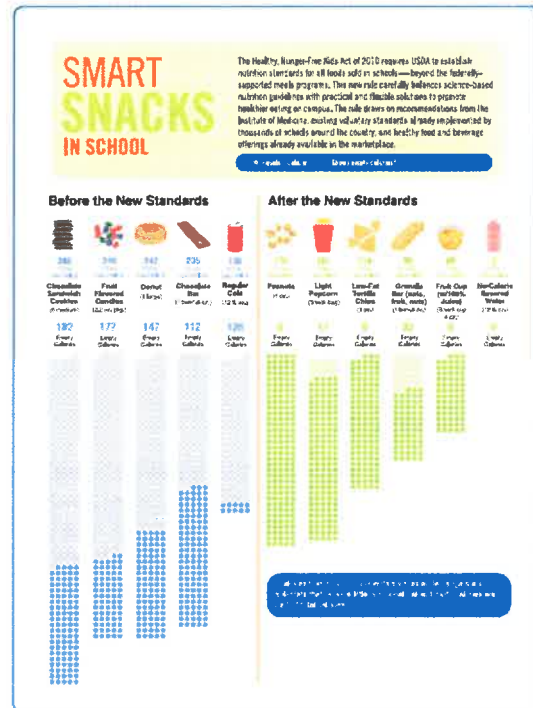
USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The *Smart Snacks in School* standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

*Smart Snacks in School* also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

#### Nutrition Standards for Foods

- **Any food sold in schools must:**
  - Be a "whole grain-rich" grain product; or
  - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
  - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).\*
  
- **Foods must also meet several nutrient requirements:**
  - **Calorie limits:**
    - Snack items: ≤ 200 calories
    - Entrée items: ≤ 350 calories
  
  - **Sodium limits:**
    - Snack items: ≤ 230 mg\*\*
    - Entrée items: ≤ 480 mg
  
  - **Fat limits:**
    - Total fat: ≤35% of calories
    - Saturated fat: < 10% of calories
    - Trans fat: zero grams
  
  - **Sugar limit:**
    - ≤ 35% of weight from total sugars in foods



\*On July 1, 2016, foods may not qualify using the 10% DV criteria.

\*\*On July 1, 2016, snack items must contain ≤ 200 mg sodium per item