

Wellness Plan: Iowa Park CISD

Mission Statement: Iowa Park CISD is committed to providing a school environment that enhances learning and development of lifelong wellness practices as well as promoting physical activity and nutrition education for all students, staff, parents and community members.

School Health Advisory Committee (SHAC) Members:

Jamie Shipp, School Nurse
Michelle Turner, Kidwell PE Teacher
Brenda Hodges, Bradford PE Teacher

Tiffany Kosse, Parent Chairperson
Christy Mesler, Parent
Amie Schultz, Parent
Kelley Thompson, Parent
Saige Yarbrough, Parent

Nutrition Education Goals

#1 IPCISD will promote nutrition education to all students.

- 1a. Food and nutrition related posters displayed in the cafeteria at IPCISD will promote healthy eating habits.
- 1b. IPCISD will share nutrition information with families that encourage healthy food choices and promote student health.

#2 IPCISD will educate, encourage, and support healthy eating by all students.

- 2a. Nutrition education promotes fruits, vegetables, whole grain products, low fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- 2b. Nutrition education will be integrated into curriculum as appropriate.
- 2c. Nutrition education will involve sharing information with families and the broader community to positively impact student health.

Physical Education Goals and Guidelines

#1 IPCISD will provide opportunities for students to regularly participate in physical activity.

- 1a. Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum as appropriate.
- 1b. IPCISD will encourage classroom teachers to provide short activity breaks between lessons or classes.

#2 IPCISD will help students fully embrace regular physical activity as a personal behavior.

- 2a. IPCISD will encourage physical activity to students and families.
- 2b. IPCISD will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- 2c. IPCISD students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.

#3 IPCISD will adopt and implement state standards for physical activity.

- 3a. Time allotted for physical activity will be consistent with research and state standards. 30 minutes of structured daily physical activity or 135 minutes a week in grades K-6.
- 3b. IPCISD will implement physical activities from a health curriculum approved by the State Board of Education.

Nutrition Standards

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

- 1a. IPCISD Food Service Department will fully comply with the Texas Department of Agriculture Nutrition Policy.
- 1b. IPCISD will encourage participation in the National School Lunch Program and other food and nutrition programs.
- 1c. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
- 1d. Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
- 1e. IPCISD assures that guidelines for reimbursable meals shall not be less restrictive than the regulations and guidance of the Child Nutrition Act and the National School Lunch Act.

Other School Related Activities

#1 IPCISD will provide a school environment that is conducive to being physically active and eating healthy.

- 1a. IPCISD will encourage all students to participate in school meal programs and protect the identity of students who eat free or reduced price meals.
- 1b. IPCISD will schedule lunchtime as near the middle of the school day as possible.
- 1c. IPCISD will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- 1d. IPCISD will encourage students to wear appropriate attire during any physical related activity.

#2 IPCISD will provide a healthy learning environment for all students.

2a. IPCISD will encourage hand washing prior to meal service to help control illness and promote healthy habits.

2b. IPCISD will provide adequate time for students to enjoy eating healthy foods with friends in school.

2c. IPCISD makes drinking fountains available in all schools, so that students can get water at meals and throughout the day.

2d. IPCISD outside after-school sport activities and practices will take into consideration heat index and rising temperatures.

#3 School Health Advisory Committee (SHAC) meetings will focus on creating healthy habits.

3a. IPCISD SHAC will be comprised of parents, teachers and school employees.

3b. IPCISD SHAC will plan, implement and improve nutrition and physical activity in the school environment as needed.

Reviewed, revised and approved by SHAC Members: 10/2016

New Member(s) added to policy: 10/2016