



Port Arthur Independent School
District Local Wellness Policy

PORT ARTHUR INDEPENDENT SCHOOL DISTRICT

Local Wellness Policy

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 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 implementation of the local wellness policy.

Mission Statement:

The Port Arthur Independent School District is committed to providing a school environment to increase/promote a healthy & physically active school environment through daily participation of nutritionally sound eating habits and good exercise habits that will impact health maintenance and promote disease prevention.

Nutrition Education Goals

#1 Schools will promote nutrition education to all students.

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

Physical Education Goals

#1 Schools will provide opportunities for students to regularly participate and maintain physical activity.

#2 Schools will provide opportunities for every student, faculty and staff member to develop the knowledge and skills for specific physical activities.

#3 Schools will help students understand the short- and long-term benefits of a physically active and healthy lifestyle.

Nutrition Standards

The *Texas School Nutrition Policy* (TSNP) has already provided a very solid base to setting the nutrition standards.

- A la carte
- Vending machines
- Fund raisers
- Class parties
- Others

In addition to the TSNP, the local Child Nutrition Program will make determinations on what food items will be sold that meet the nutritional standards set by the United States Department of Agriculture (USDA) and Texas Department of Agriculture (TDA).

Other School Related Activities Goals

#1 Schools will create a total school environment that is conducive to healthy eating.

#2 All school and community members will be encouraged to participate in all health related activities.

#3 The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

#4 All school based activities are consistent with the local wellness policy goals.

#5 Parent involvement meetings will focus on creating healthy habits.

Local Wellness Policy Guidelines

Nutrition Education Guidelines

Goal #1 Schools will promote nutrition education to all students.

Guidelines:

A. Nutrition Education promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.

B. The school cafeteria will display posters to promote healthy eating and display other nutrition education materials.

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

Guidelines:

A. Students will be educated on the importance of starting each day with a healthy breakfast and encouraged to do so everyday.

B. School district(s) will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

C. Nutrition Education includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.

D. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

Physical Activity Guidelines

Goal #1 Schools will provide opportunities for students to regularly participate and physical activity.

Guidelines:

A. Time allotted for physical activity will be consistent with research, and state standards. 30 minutes of structure daily physical activity or 135 minutes a week in grades **K-6**.

Goal #2 Schools will provide opportunities for every student, faculty and staff member to develop the knowledge and skills for specific physical activities.

Guidelines:

A. Policies ensure that state-certified physical education instructors teach all physical education courses and are supported and encouraged to participate in professional development opportunities.

Goal #3 Schools will help students understand the short- and long-term benefits of a physically active and healthy lifestyle.

Nutrition Standards Guidelines

The *Texas School Nutrition Policy* (TSNP), has already provided a very solid base to setting the nutrition standards.

Attach School Nutrition Policy, and if needed any restrictions

- A la carte
- Vending machines
- Fund raisers
- Class parties
- Others

In addition to the TSNP, the local Child Nutrition Program will make determinations on what food items will be sold that meet the nutritional standards set by the United States Department of Agriculture (USDA) and Texas Department of Agriculture (TDA).

Other School Based Activities Guidelines

Goal #1 Schools will create a total school environment that is conducive to healthy eating.

Guidelines:

- A. The school district encourages all students to participate in school meals programs, i.e. the National School Lunch, including snacks for After School Program, and School Breakfast programs.
- B. Students attending pre-approved after-school tutorials or enrichment programs are provided with reimbursable healthy snacks.
- C. The school district will ensure an adequate time for students to enjoy eating healthy foods with friends in schools.
- D. The school district encourages all students to participate in school meals programs and protect the identity of students who eat free and reduced price meals.
- E. Buses will be available to transport student home at the end of health related activities and practices.

- F. Each school weekly newsletter will have information about healthy eating and the benefits of physical activity.

Goal #2 All school and community members will be encouraged to participate in all health related activities.

Guidelines:

- A. Schools will encourage students to wear appropriate attire during any physical related activity.
- B. Schools will educate students on the importance of grooming and proper hygiene. The school district will provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.

Goal #3 The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

Guidelines:

- A. The school district will provide information and outreach materials information and outreach materials about FNS programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents.

Goal #4 All school based activities are consistent with the local wellness policy goals.

Guidelines:

- A. The district SHAC will make recommendations which can assist the district plan, implement and improve nutrition and physical activity in the school environment.
- B. Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances and assemblies).

Goal #5 Parent involvement meetings will focus on creating healthy habits.

Guidelines:

- A. The school district encourages and provides opportunities for students, teachers, and community volunteers to practice health eating and serve as role models in school dining areas.
- B. School organized local wellness committees, will be comprised of families, teachers, administrators and students.

Signature _____ **Date** _____

TDA Local Wellness Policy Checklist



**SCHOOL DISTRICT
WELLNESS POLICY Measurement PLAN
CAMPUS IMPLEMENTATION REVIEW**

Campus: _____ Date: _____

SEC. 204 LOCAL WELLNESS POLICY

Establishes a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy. Total each column, multiply total “Exceptional” by 3, total “Acceptable” by 2, and total “Needs Improvement” by 1. Tally scores to get grand total.

Component 1: Nutrition Education Goals:
 1. Schools will promote nutrition education to all students.

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

Guidelines	Exceptional	Acceptable	Needs Improvement	Comments:
Guidelines for Nutrition Education Goal 1: A. Nutrition Education promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.				
B. The school cafeteria will display				

<p>posters to promote healthy eating and display other nutrition education materials.</p> <p>Guidelines for Nutrition Education</p> <p>Goal 2:</p> <p>A. Students will be educated on the importance of starting each day with a healthy breakfast and encouraged to do so everyday.</p> <p>B. School district(s) will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.</p> <p>C. Nutrition Education includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.</p> <p>D. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.</p>				
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Component 2: Physical Activity Goals:

1. Schools will provide opportunities for students to regularly participate in maintain physical activity.
 2. Schools will provide opportunities for every student, faculty and staff member to develop the knowledge and skills for specific physical activities.
 3. Schools will help students understand the short- and long-term benefits of a physically active and healthy lifestyle.
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Guidelines	Exceptional	Acceptable	Needs Improvement	Comments:
Guidelines for Physical Activity Goal 1: Time allotted for physical activity will be consistent with research, and state standards. 30 minutes of structure daily physical activity or 135 minutes a week in grades K-6 .				
Guidelines for Physical Activity Goal 2: Policies ensure that state-certified physical education instructors teach all physical education courses and are supported and encouraged to participate in professional development opportunities.				

Guidelines for Physical Activity Goal 3:				
Component 3: Nutrition Standard Goals: The <i>Texas School Nutrition Policy</i> (TSNP), has already provided a very solid base to setting the nutrition standards. 1. In addition to the TSNP, the local Child Nutrition Program will make determinations on what food items will be sold that meet the nutritional standards set by the United States Department of Agriculture (USDA) and Texas Department of Agriculture (TDA).				
Guidelines	Exceptional	Acceptable	Needs Improvement	Comments:
Guidelines for Nutrition Standards Goal 1: Ensure that all sections of the <i>Texas School Nutrition Policy</i> are being met (Texas Department of Agriculture <i>Coordinated Review Effort</i> Checklist – CRE - Section 20, will be used to evaluate the guidelines of this goal).				

Component 4: Other School Based Activities:

1. Schools will create a total school environment that is conducive to healthy eating.
2. All school and community members will be encouraged to participate in all health related activities.
3. The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
4. All school based activities are consistent with the local wellness policy goals.
5. Parent involvement meetings will focus on creating healthy habits.

Guidelines	Exceptional	Acceptable	Needs Improvement	Comments:
Guidelines for Other School Based Activities Goal 1: A. The school district encourages all students to participate in school meals programs, i.e. the National School Lunch, including snacks for After School Program, and School Breakfast programs. B. Students attending after-school tutorials are provided with healthy snacks. C. The school district will ensure an adequate time for students to enjoy eating healthy foods with				

<p>friends in schools.</p> <p>D. The school district encourages all students to participate in school meals programs and protect the identity of students who eat free and reduced price meals.</p> <p>E. Buses will be available to transport student home at the end of health related activities and practices.</p> <p>F. Each school weekly newsletter will have information about healthy eating and the benefits of physical activity.</p>				
<p>Guidelines for Other School Based Activities Goal 2:</p> <p>A. Schools will encourage students to wear appropriate attire during any physical related activity.</p> <p>B. Schools will educate students on the importance of grooming and proper hygiene.</p> <p>The school district will provide opportunities for on-going professional training and development for food</p>				

<p>service staff and teachers in the areas of nutrition and physical education.</p>				
<p>Guidelines for Other School Based Activities Goal 3:</p> <p>A. The school district will provide information and outreach materials information and outreach materials about FNS programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents.</p>				
<p>Guidelines for Other School Based Activities Goal 4:</p> <p>A. The local wellness committee will plan, implement and improve nutrition and physical activity in the school environment.</p> <p>B. Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances and assemblies).</p>				
<p>Guidelines for Other School Based Activities Goal 5:</p> <p>A. The school district encourages and provides opportunities for</p>				

<p>students, teachers, and community volunteers to practice health eating and serve as role models in school dining areas.</p> <p>B. School organized local wellness committees, will be comprised of families, teachers, administrators and students.</p>				
Total Score	__ X 3 =	__ X 2 =	__ X 1 =	Grand Total Score:

Signatures:

Principal: _____ Date: _____

Staff Member: _____ Parent: _____

Parent: _____ Parent: _____

Wellness Policy Measurement Plan



Wellness Policy Measurement Plan

Wellness Policy Goals:

Nutrition Education

1. Schools will promote nutrition education to all students.
2. Schools will educate, encourage, and support healthy eating by all students.

Physical Activity

1. Schools will provide opportunities for students to regularly participate and maintain physical activity.
2. Schools will provide opportunities for every student, faculty and staff member to develop the knowledge and skills for specific physical activities.
3. Schools will help students understand the short- and long-term benefits of a physically active and healthy lifestyle.

Nutrition Standards

The *Texas School Nutrition Policy* (TSNP) has already provided a very solid base to setting the nutrition standards. In addition to the TSNP, the local Child Nutrition Program will make determinations on what food items will be sold that meet the nutritional standards set by the United States Department of Agriculture (USDA) and Texas Department of Agriculture (TDA).

Other School Related Activities

1. Schools will create a total school environment that is conducive to healthy eating.
2. All school and community members will be encouraged to participate in all health related activities.
3. The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
4. All school based activities are consistent with the local wellness policy goals.
5. Parent involvement meetings will focus on creating healthy habits.

Guidelines	Responsibility	Resources	Timeline	Evaluation Formative
NUTRITION EDUCATION	Monitor:			

<p>Guidelines for Goal 1: A. Nutrition Education promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.</p> <p>B. The school cafeteria will display posters to promote healthy eating and display other nutrition education materials.</p> <p>Guidelines for Goal 2: A. Students will be educated on the importance of starting each day with a healthy breakfast and encouraged to do so everyday.</p> <p>B. School district(s) will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.</p> <p>C. Nutrition Education includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.</p>	<p>(Superintendent/ designee)</p> <p>Evaluation: (Principal/ designee)</p>			
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<p>D. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.</p>				
<p>PHYSICAL ACTIVITY Guidelines for Goal 1: A. Time allotted for physical activity will be consistent with research, and state standards. 30 minutes of structure daily physical activity or 135 minutes a week in grades K-6.</p> <p>Guidelines for Goal 2: A. Policies ensure that state-certified physical education instructors teach all physical education courses and are supported and encouraged to participate in professional development opportunities.</p> <p>Guidelines for Goal 3:</p>	<p>Monitor: (Superintendent/ designee)</p> <p>Evaluation: (Principal/ designee)</p>			
<p>NUTRITION STANDARDS Guidelines for Goal 1: The <i>Texas School Nutrition Policy</i> (TSNP) has already provided a very solid base to setting the nutrition standards. Attach School Nutrition Policy, and if needed any restrictions</p> <ul style="list-style-type: none"> - A la carte - Vending machines 	<p>Monitor: (Superintendent/ designee)campus principal</p> <p>Evaluation: (Food Service) campus manager and child nutrition compliance</p>	<p>TDA Coordinated Review Effort (CRE) Checklist, <i>TPSNP</i> Section 20, FMNV and Policy Exemptions</p>	<p>Must be on file in the district by March 2nd each year.</p>	

<ul style="list-style-type: none"> - Fund raisers - Class parties <p>In addition to the TSNP, the local Child Nutrition Program will make determinations on what food items will be sold that meet the nutritional standards set by the United States Department of Agriculture (USDA) and Texas Department of Agriculture (TDA).</p>	<p>supervisor and/or child nutrition coordinator.</p>			
<p>OTHER SCHOOL RELATED ACTIVITIES Guidelines for Goal 1:</p> <ul style="list-style-type: none"> A. The school district encourages all students to participate in school meals programs, i.e. the National School Lunch, including snacks for After School Program, and School Breakfast programs. B. Students attending after-school tutorials are provided with healthy snacks. C. The school district will ensure an adequate time for students to enjoy eating healthy foods with friends in schools. D. The school district encourages all students to participate in school meals programs and 	<p>Monitor: (Superintendent/ designee)</p> <p>Evaluation: (Principal/ designee)</p>			

<p>protect the identity of students who eat free and reduced price meals.</p> <p>E. Buses will be available to transport student home at the end of health related activities and practices.</p> <p>F. Each school weekly newsletter will have information about healthy eating and the benefits of physical activity.</p> <p>Guidelines for Goal 2:</p> <p>A. Schools will encourage students to wear appropriate attire during any physical related activity.</p> <p>B. Schools will educate students on the importance of grooming and proper hygiene.</p> <p>The school district will provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.</p> <p>Guidelines for Goal 3:</p> <p>A. The school district will provide information and outreach materials</p>				
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information and outreach materials about FNS programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents.

Guidelines for Goal 4:

- A. The district SHAC will make recommendations which can assist the district plan, implement and improve nutrition and physical activity in the school environment.
- B. Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances and assemblies).

Guidelines for Goal 5:

- A. The school district encourages and provides opportunities for students, teachers, and community volunteers to practice health eating and serve as role models in school dining areas.
- B. School organized local wellness committees, will be comprised of families, teachers,

administrators and students.				
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Documentation of District Board of Trustees Meeting

