

# INDUSTRIAL I.S.D.

## HEALTH AND WELLNESS PLAN



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## **I. Student Nutrition/CSHP/Wellness Action Plan**

**Mission Statement:** The Industrial Independent School District strives to facilitate a weaving between school and community resources to equitably serve the needs and interests of all students and staff while taking into consideration the present diversity of/in the varying cultural norms. Such cooperation between school personnel, food service, parents, and community organizations will serve to solidify a commitment to health education, physical activity, nutrition, and family involvement as they collectively work toward the wellness and academic success of each child.

**Goal:** The Industrial I.S.D. integrates its School Health Advisory Committee (SHAC) with its District Education Improvement Committee (DEIC). The SHAC's goal shall be to monitor district-wide nutrition and physical activity issues and to assist the district in developing, implementing, and evaluating guidelines that support a healthy school environment. The SHAC will have ongoing monitoring status and may make amendment suggestions to the Superintendent twice a year (more often if called upon by the district to do so) – once in the Fall and again in the Spring.

### **Component 1: A Commitment to Health Education and Wellness Promotion**

- A. In support of the District's Coordinated School Health Plan (CSHP), classrooms grades K through 8 utilize a TEA approved plan, *CATCH, Coordinated Approach To Child Health*, to be incorporated into the physical education classes. Grades K through 5 also utilize as a TEKS-based springboard *Health and Fitness and Be Active!* an adopted textbook from Harcourt School Publishers; the sixth grade textbook is *Health and Wellness Texas* from MacMillan/McGraw-Hill, and high school currently uses *Health* from Glencoe publishers. In addition, DVDs are available for classroom use including, *DINE Healthy* version 6.0 and *Super Size Me: an educational tool of epic portions*.
- B. Principals will monitor the classroom curriculum through observations, walk throughs, reviewing lesson plans, and teacher conferences to assure optimum student success.

- C. Nutrition education shall be integrated across the curriculum (for example: 1. elementary word problems could be written so that students are adding/subtracting the sugar contents of listed food products in an effort to help them select the one most beneficial for their bodies; 2. junior high/high school students could do an out-of-class assignment where they would bring to class the nutritional breakdown chart from five of their favorite foods--once in the classroom, a compare & contrast study would ensure centering on an understanding of which foods are healthier for them to select.
- D. Guest speakers from surrounding communities and counties (to include the campus school nurse) will be invited to enhance and reinforce the campus-specific classroom health lesson(s).
- E. Campus nurse(s) will record Body Mass Indexes as well as collect the height, weight, vision, hearing, and other wellness indicators for students.
- F. District nurse(s) will offer assistance to staff in maintaining updated vaccination and flu shots. Health programs for staff members will include diabetic care attendants, CPR training, AED training, and Epinephrine Auto Injectors training. Blood pressure and weight checks conducted if requested.
- G. Campus nurse(s) will ensure that all student immunization records meet state requirements and will conduct state mandated screenings:
  - a. Acanthosis
  - b. Height, Weight, Hearing and Vision
  - c. Scoliosis
  - d. FitnessGram
  - e. Annual Dental Education and Oral Assessments K-5
  - f. Puberty Education for 5<sup>th</sup> grade

## **Component 2: A Commitment to Physical Activity**

- A. Physical activity may be integrated across curricula and throughout the school day to promote health, psychological well-being and a healthy body weight. Movement can be made a part of science, math, social studies, language arts, etc.

- B. A short snack-free recess for elementary campuses will be encouraged to be scheduled sometime before lunch, so children will come to lunch less distracted and more ready to eat.
- C. Elementary teachers will be encouraged to provide students with a short recess in the afternoon hours in an effort to maximize the students' post-lunch academic tasks.
- D. Students kindergarten through 6<sup>th</sup> grade will receive a daily scheduled Physical Education class taught by a certified physical education teacher who maps the year's lessons via the TEKS appropriate to each grade level. Elementary teachers have access to strategies from training at the TAHPERD (Texas Association of Health, Physical Education, Recreation, and Dance) Convention.
- E. Elementary students may take part in activities such as Jump Rope for Heart, the Walk for Cancer, a Bicycle Rodeo, and a District-coordinated annual elementary track meet; each special activity serves to unite the students, staff, and community volunteers present in physical activity that promotes a healthy heart and a healthy body. It is the goal of the CSHP and the SHAC that each of these special campus activities will generate within each participant a commitment to physical activity that will bind school-family and home-family health and wellness.
- F. Parent groups organize, implement, and run athletic team opportunities for children outside the regular school day (ie: Industrial Youth Sports League, Industrial Little League, and Industrial Youth Football League – not an all-inclusive list). The District also arranges and supervises summer camps for team sports and cheerleading.
- G. District supports multiple UIL extra-curricular activities including football, volleyball, golf, tennis, basketball, softball, baseball, powerlifting, and track. Each sport is sponsored by a District-provided coach.

### **Component 3: A Commitment to Nutrition Education and Food Safety Services**

- A. The Industrial Independent School District will offer breakfast and lunch on a daily basis and after school snacks on days students stay for specially

established tutorial sessions. A list of nutritional snack options are provided in the Nutritional Guidelines section. Families are provided with free or reduced meal forms in order to assure/provide each student with a minimum of two nutritional meals each day.

- B. The food service staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities, and instructional techniques and strategies designed to promote healthy eating habits.
- C. Food safety will be a key part of the food service operation – ie: surfaces that are in contact with food are kept clean, frequent hand washing by staff, the use of colored band aids under gloves by staff for easy detection, and hand sanitizers at the beginning of each campus food line. Nutrition education information will be reviewed by a qualified, credentialed nutrition professional (e.g. Region III’s School Food and Nutrition Specialist).
- D. Menus will meet the nutritional 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 healthy choices that are tasty, attractive, of excellent nutritional quality, and are served at proper temperature. Weekly menus are published in the newspapers, and monthly menus are posted in classrooms and sent home with each student. Daily menus are read to students.
- E. Students will be given the opportunity to provide input on their local, cultural, and ethnic (food) favorites. In addition, students at grade levels 6 through 8 have the daily option of a la carte or hot lunch; students grades 9 through 12 have choices among a la carte, hot lunch, or Cobra Den vending area. New food products may be evaluated using taste-testing techniques through the cafeteria.
- F. School personnel, along with parents, will encourage students to choose and consume balanced meals concentrating on selections from all food groups. Positive statements coupled with an attractive, nutritionally motivating cafeteria setting will be provided on a daily basis. The school cafeterias will

serve as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom(s).

- G. The SHAC may review and make recommendations to the administration and School Board 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); such dates are posted to the district web site.
- H. Industrial I.S.D staff shall not use food of minimal nutritional value as a reward for student accomplishment. In addition, the withholding of food as punishment for students is prohibited.
- I. The school district shall provide nutritional information to parents to encourage them to use the home setting to teach their children about health and nutrition and to encourage them to provide nutritious meals for their families.
- J. Organizations shall only use non-food items or foods designed for delivery and consumption after school hours as fund-raisers. For example, barbeque plate sales after school hours would be acceptable.
- K. Facility design will be given priority in any renovations and/or new construction; tables and chairs are the correct size for students; school personnel will employ varied methods to keep noise levels appropriate.
- L. Drinking fountains or cups will be available for students to get water at meals and throughout the day.
- M. School personnel will assist all students in developing the healthy practice of washing hands prior to eating and will be provided hand sanitizer at the beginning of the lunch line.
- N. School personnel will schedule enough time to reduce the students’ wait-time in the lunch line.
- O. Schools shall not schedule tutoring, pep rallies, assemblies, club/ organization meetings, and other activities during meal times.

- P. Adequate time to eat in a pleasant dining atmosphere shall be provided. Nutritional posters will be displayed in the dining area on each campus. In addition, healthy eating habits will be modeled by school personnel.
- Q. Teachers and students may make use of web-based health and nutrition programs to enhance classroom instruction/campus-home connection.

#### **Component 4: Commitment to Family and Community Involvement**

- A. Each campus' school nurse will post on line and/or at each campus, periodic health bulletins (available at the National Center for Disease Control and Prevention) in an effort to keep home and school working together as one to connect the classroom health lessons discussed in school with each student's home life (ie: Bathroom Bulletin, or other information in campus newsletters or mailings).
- B. Guest speakers (to include the campus nurse) will support/enhance the classroom health and P.E. lessons. Periodically, a district-wide cookbook is generated with recipes from children, their parents, etc.
- C. Local health services/hospitals/organizations will be invited to do health, nutrition, and/or wellness presentations.
- D. Utilizing the local Region ESC (and other health agencies), parents may attend health, nutrition, and/or wellness workshops.
- E. Campuses shall encourage parents/guardians/grandparents/community members to have lunch with children.

#### **Component 5: Implementation**

- A. The SHAC shall be composed of a parent(s), a local business person, and school district staff. Each campus principal will secure the parent(s) and staff member(s) for his/her campus. Permanent members of the SHAC shall include the Food Service Coordinator, the Athletic Director, the district Superintendent, each campus principal, the Curriculum Director, and the District Nurse.



- B. SHAC members will hear reports from each campus principal at the Fall meeting and again at the Spring meeting. At these times, the SHAC will make recommendations to the Superintendent on any revisions to the CSHP it deems necessary. The Superintendent will take the SHAC recommendation to the School Board for approval.
- C. Each campus principal, as well as the Food Service Director, will report bi-annually to the Superintendent the progress of the campus and the status of compliance by the campus.

### **Component 6: Evaluation**

- A. SHAC review meetings – once in the Fall and again in the Spring, in order to report to the DEIC
- B. Principal and Food Service Coordinator bi-annual report to the Superintendent
- C. Student BMI (Body Mass Index) data compared to prior year to help evaluate activities and guidelines of the plan. BMI accumulated information will be produced in such a way that individual personal information will not be revealed. The results will be presented to the school board in the spring, and used to determine how well our students and faculty are progressing. Individual student reports will be kept on file. Parents will be notified that reports are available, and can be reviewed with the school nurse at their request.
- D. School Board review and approval of documented efforts toward student health, student nutrition, student physical activity and how this reflects in the overall academic student success.

## **II. NUTRITIONAL GUIDELINES AND WELLNESS GOALS**

### **Adequate Nutrients Within Calorie Needs:**

- A. Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol.

- B. Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the U.S. Department of Agriculture (USDA) Food Guide or the Dietary Approaches to Stop Hypertension (DASH) Eating Plan.

### **Weight Management:**

- A. To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended.
- B. To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

### **Physical Activity:**

- A. Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.
- To reduce the risk of chronic disease in adulthood: Engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.
  - For most people, greater healthy benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.
  - To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood: Engage in approximately 60 minutes of moderate- to vigorous- intensity activity on most days of the week while not exceeding caloric intake requirements.
  - To sustain weight loss in adulthood: Participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity.
- B. Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

### **Food Groups to Encourage:**

- A. Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2 ½ cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.
- B. Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- C. Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
- D. Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

### **Fats:**

- A. Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep trans fatty acid consumption as low as possible.
- B. Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.
- C. When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low fat, or fat-free.
- D. Limit intake of fats and oils high in saturated and/or trans fatty acids, and choose products low in such fats and oils.

### **Carbohydrates:**

- A. Choose fiber-rich fruits, vegetables, and whole grains often.

- B. Choose and prepare foods and beverages with little added sugars or caloric sweeteners, such as amounts suggested by the USDA Food Guide and the DASH Eating Plan.
- C. Reduce the incidence of dental caries by practicing good oral hygiene and consuming sugar-and starch-containing foods and beverages less frequently.

### **Sodium and Potassium:**

- A. Consume less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day.
- B. Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables.

### **Food Safety:**

- A. To avoid microbial foodborne illness:
  - a. Clean hands, food contact surfaces, and fruits and vegetables. Meat and poultry should not be washed or rinsed.
  - b. Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods.
  - c. Cook foods to a safe temperature to kill microorganisms.
  - d. Chill (refrigerate) perishable food promptly and defrost foods properly.
  - e. Avoid raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.

### **Approved Snacks:**

- Pretzels
- Fresh fruit
- Wheat/Saltine crackers
- Fruit grain bars
- Fruit/grain muffins
- Bagels
- Vanilla Wafers
- Goldfish/Cheese crackers

- Pudding cups
- Yogurt
- Dried fruit
- Raw vegetables with low fat dip
- Animal crackers
- Graham crackers
- English muffins
- Rice cakes
- Dry cereal
- Fig bars
- Granola bars
- Applesauce
- Raisins/craisins/Yogos
- String cheese

## **PLAN TO MEASURE SUCCESS – BODY MASS INDEX**

Morbid obesity can be a fatal disease that affects your health, life span, and quality of life. If you are 100 pounds or more above your ideal body weight, you may be suffering from morbid obesity. A common measure of obesity is Body Mass Index (BMI). Your BMI, especially when accompanied by one or more comorbid conditions, is important to consider when finding treatment. Another measure of obesity is the Ideal Weight Chart. Discuss your BMI and ideal weight with your primary care physician or a surgeon in your area if your BMI indicates an obesity-related health risk.

Body Mass Index will be taken yearly and calculations will be compared to those found the prior year. BMI accumulated information will be produced in such a way that individual personal information will not be disseminated.

How to calculate body mass index (BMI): Go online to [www.cdc.gov](http://www.cdc.gov) . Search for “BMI Calculator.” Next, click on Adult or Child and Teen BMI Calculator. Enter the information needed on the screen. The calculations will be done immediately.