

TRENTON ISD

SCHOOL WELLNESS POLICY

Trenton ISD is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- **Child Nutrition Programs comply with federal, state, and local requirements. Child Nutrition Programs are accessible to all children.**
- **Sequential and interdisciplinary nutrition education is provided and promoted across all grade levels.**
- **Patterns of meaningful physical activity connect to students' lives outside of physical education.**
- **All school-based activities are consistent with local wellness policy guidelines and goals.**
- **All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties and fundraising) during the school day are consistent with current Dietary Guidelines for Americans to promote student wellness.**
- **All food made available on campus adhere to food safety and security guidelines as well as not being less restrictive than the regulations and guidance of the Child Nutrition Act and National School Lunch Act.**
- **The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.**

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Nutrition Education

- **Nutrition education will be integrated into areas of the curriculum such as math, science, language arts and social studies.**
- **The staff responsible for nutrition education will be adequately prepared and participate in professional development activities to effectively deliver an accurate nutrition education program as planned.**

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. (1)

- **The cafeteria will serve as a "learning lab" to allow students to apply critical thinking skills taught in the classroom.**
- **Nutrition education will involve sharing information with the whole learning community to positively impact the health of both students and the community. (7)**
- **Students will be encouraged start each day with a healthy breakfast.**

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Physical Activity

- **Physical activity will be integrated across the curricula and throughout the school day. Movement can be made a part of science, math, social studies and language arts.**
- **Physical education classes will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. (1)**
- **Ensure that highly qualified physical education instructors teach all physical education classes. (1)**
- **The time allotted for physical activity will be consistent with research, national and state standards. (2)**
- **Provide daily recess period for Pre-K thru 4th grades, which is not used as a punishment or a reward. Consider planning recess before lunch since research indicates physical activity prior to lunch can increase nutrient intake and reduce food waste.**
- **Physical activity participation will take into consideration the "balancing equation" of food intake and physical activity.**
- **Physical activity includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity. (9)**
- **The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who may not be athletically gifted. (1)**
- **Schools encourage and provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day. (9)**

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Other School Based Activities

- Local wellness policy goals are considered in planning all school-based activities such as: field trips, dances, and assemblies.
- Support for the health of all students is demonstrated by conducting health screenings and helping enroll eligible children in Medicaid / other state children's health insurance programs.
- The school district organizes local wellness committees comprised of parents, students, teachers, administrators, community members, school board to plan, implement and improve nutrition and physical activity in the school environment.

Nutrition Guidelines for All Foods on Campus

- All foods made available on campus will comply with current USDA Guidelines for Americans.
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. Food providers offer a variety of age appropriate healthy food and beverage selections for elementary, middle and high school students.
- Classroom snacks are chosen from healthy choices. (5)
- Nutrition education is incorporated during classroom snack time, not just during meals. (6)
- Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school. (1)

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Eating Environment

- The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated. (3)
- Lunch periods are scheduled as near the middle of the day as possible. Recess or physical education for elementary grades is scheduled before the middle of the day when possible. (8)
- Cafeterias include enough serving areas so students do not have to spend too much time waiting in line.

- Dining areas are pleasing and have enough space for seating of all students. (9)
- Drinking water is available for students at meals.
- Food is not used as a reward or punishment for student behaviors, unless it is detailed in the student's Individualized Education Plan (IEP).

Child Nutrition Operations

- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals. (1) (8)
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well. (1)
- The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after-school snack and summer foodservice programs).
- All food serve personnel shall have adequate pre-service training in food service operations. (1)
- A child's need for nutrients does not end when the school day ends. (1) Therefore, recommend offering meals during breaks in the school calendar and coordinate with other agencies and community groups to operate, or assist with operation, a summer food service program for children and adolescents who are eligible for federal program support.
- Students are encourage to start each day with a healthy breakfast.

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Food Safety / Food Security

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools. (1)
- For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines. (4)

References

(1) Action for Healthy Kids, Arizona State Team. Arizona healthy school environment model policy. Available at: www.asu.edu/educ/eps/CERU/Guidelines/CERU-0401-201-RCC.pdf.

(2) National Association for Sport and Physical Education. Physical activity for children: A statement of guidelines for children ages 5-12. Available at: www.aahperd.org/naspe/template.cfm?template=pr123103.

(3) National Association of State Boards of Education. Fit, healthy and ready to learn. Available at: www.nasbe.org/HealthySchools/fitthehealthy.html.

(4) United States Department of Agriculture, Food Safety and Inspection Service. Food Safety and emergency preparedness. Available at: www.fsis.usda.gov/FoodSecurity&EmergencyPreparedness/index.asp.

(5) Alabama Action for Healthy Kids. Guide to healthy school parties. Available at: www.actionforhealthykids.org/AFHK/teamcenter/teampublicview.php?team=AL

(6) Alabama Action for Healthy Kids. Guide to healthy school fundraising. Available at: www.actionforhealthykids.org/AFHK/teamcenter/teampublicview.php?team=AL

(7) Texas Agriculture Commission. Creating a course for change. Available at: www.squaremeals.org/fn/home/page/0,1248,2348000,0.

(8) Seattle Public Schools. Breakfast and Lunch program. Available at: www.seattleschools.org/area/news/x40903nr.xml?wrapper=0

(9) Wisconsin Association of School Boards. Promoting healthy eating and physical activity. Available at: www.wasb.org/policy/focusoct03.

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