

MURCHISON INDEPENDENT SCHOOL DISTRICT 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:

Murchison ISD establishes a policy that addresses nutrition education goals, physical activity goals, nutrition standards for foods available on school campuses during the school day when school is in session, and other school-based activity goals designed to promote student wellness.

Nutrition Education Goals

- #1 Food and Nutrition Guidelines in Cafeteria.**
- #2 Serve low fat and reduce calorie intake.**

Physical Activity/ Education Goals

- #1 Physical activity will be integrated throughout the school day.**
- #2 Implement adequate physical activity during PE**
- #3 Proper screening of students**

Nutrition Standards

The Texas Public School Nutrition Policy has already provided a very solid base to setting standards.

Nutrition Education Guidelines

Goal #1 Follow the Food and Nutrition Guidelines

Guidelines:

- The staff will participate and follow the guidelines for food and nutrition as stated by the state.**
- The staff will encourage students to start each day with a healthy breakfast.**
- The district will provide a clean and safe environment for preparation and service of meals.**

Goal #2 Serve low fat and reduced calorie foods.

Guidelines:

- When ordering food for the cafeteria, the staff will order when possible.... Low fat and low calorie foods.**
- To offer low fat milk during breakfast and lunch.**

Nutrition Standards Guidelines

- 1. Meals served through the National School Lunch and Breakfast Programs will be served in clean and pleasant settings. The meals will meet, at a minimum, nutrition requirements established by local, state, and federal status and regulations. Low fat milk will be served with meals.**
- 2. 100% juice only may be purchased.**
- 3. The school will provide students with adequate time to eat breakfast and lunch.**
- 4. The school will not schedule tutoring, clubs, detention, organizational meetings or activities during mealtimes, unless students may eat during such activities.**
- 5. All students will be provided access to hand washing or sanitizing before they eat meals or snacks.**

Physical Activity and Education Guidelines

Goal #1 Physical activity will be integrated throughout the school day.

Guidelines:

-At least fifteen minutes will be allowed during the afternoon for physical activity, encouraging moderate to vigorous activity (recess).

Goal #2 Implement adequate physical activity during PE

Guidelines:

-135 minutes of vigorous physical activity will be given each week during PE.

Goal #3 Vision/Hearing/Scoliosis Screenings on appropriate student population

Guidelines:

During school hours, the school nurse will conduct:

-Vision and hearing tests on Pre-K, Kindergarten, 1st Grade, 3rd Grade, 5th Grade, and 7th Grade.

-Scoliosis screening on 6th Grade.

Other School Based Activities Guidelines

- 1. A wide range of activities will be offered to meet the needs, interest, and abilities of all students (including boys, girls, students with disabilities, and students with special health care needs).**
- 2. Physical activity will not be held as punishment nor will physical activity be used as punishment to a student.**
- 3. Through quality physical education, the student will be given the knowledge to develop attitudes, skills, behaviors, and confidence needed to be physically active for life.**
- 4. School based marketing for food products will be consistent with nutrition education and health goals where practical.**

Monitoring and Policy Review

- The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. The Superintendent will work with the MISD SHAC and the departments in charge with developing the MISD Wellness Policy.**