

Cedar Hill ISD Wellness Policy

Cedar Hill ISD shall follow wellness guidelines that advance student health and reduce childhood obesity. CHISD shall promote the general wellness of all students through nutrition education, physical activity and other school based activities.

Development of Guidelines and Goals

Cedar Hill ISD shall develop nutritional guidelines and wellness goals in consultation with the CHISD School Health Advisory Council, and with the involvement from representatives of the student body, child nutrition department, school administration, the board, parents and the public.

Nutrition Guidelines

Cedar Hill ISD shall ensure that nutritional guidelines for reimbursable school meals and all other food available during the school day shall be at least as restrictive as federal regulations and guidance in accordance with the Texas Public School Nutrition Policy.

Competitive Foods (All food and beverage not sold by Child Nutrition) – May not be provided to elementary school students at any time before the end of the last class. May not be provided to middle school students until 30 minutes after the last lunch period ends. May not be made available to high school students in areas where reimbursable meals are served or can be consumed and then may not be available until after 12 pm.

Deep Fat Frying – Not an onsite method of preparation.

French Fries/Flash Fried Potato Products – May not exceed 3 oz and only be served once a week at the elementary school level. May not exceed 3 oz and only be served 3 times a week at the middle school level. May not exceed 3 oz at the high school level.

Beverages – Beverages at the elementary level are limited to milk, unflavored water and 100 percent fruit and/or vegetable juice. No electrolyte replacement drinks may be sold or served at the elementary level.

Contracts – All contract renewals must comply with this wellness policy.

Nutrition Education

Cedar Hill ISD has implemented, in accordance with law, the CATCH program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

In addition, CHISD establishes the following goals for nutrition education.

- Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

- Nutrition education will be a district-wide priority and will be integrated into other areas of the curriculum as appropriate.
- Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
- The child nutrition staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
- Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

Physical Activity

Cedar Hill ISD has implemented, in accordance with law, the CATCH program with a physical education activity component and shall offer at least the required amount of physical activity for all grades.

In addition, CHISD establishes the following goals for physical activity.

- CHISD will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
- Physical Education classes will regularly emphasize moderate to vigorous activity.
- CHISD will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
- Before and/or after-school physical activity programs will be offered and students will be encouraged to participate starting with 5th grade.
- Teachers and other school staff will receive training promote enjoyable, life-long physical activity for themselves and students.
- Cedar Hill ISD will encourage parents to support their children's participation, to be active role models, and to include physical activity in the family events.

School-Based Activities

Cedar Hill ISD establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities.

- Sufficient time will be allowed for students to eat meals in the lunchroom facilities that are clean, safe, and comfortable. At least 20 minutes for breakfast and at least 30 minutes for lunch will be planned for each student to receive their meal and consume it.
- Wellness for students and their families will be promoted at suitable school activities. Utilize students to produce videos/materials to promote wellness. Ex: Short videos that can be played at campuses.
- Foods of minimal nutritional value and foods that contain common allergens shall not be used as part of a lesson plan. Foods containing common allergens put students with allergies in danger of having a reaction. Some examples of these types of foods are hard candies, nuts, soy based products, milk based products, and any foods containing these types of common allergens.

- Employee wellness education and involvement will be promoted at suitable school activities.

Implementation and Monitoring

The School Health Advisory Council and District Administration shall oversee the implementation of this policy. The SHAC has designated the Director for Child Nutrition to oversee implementation of all nutrition components of this policy, and the Director of Athletics to oversee all physical education/activity components of the policy. The designees shall report to the superintendent and the board annually results/findings of this Wellness Policy.

In addition, the CHISD Business Office establishes that all food purchased with district funds will be reviewed for compliance with this policy prior to approving the purchase order. Furthermore, all food served/available to students within the Cedar Hill ISD will be prepared, held and served in compliance with the local health department requirements.

The School Health Advisory Council shall review this policy annually and make revisions as necessary.

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