

NUTRITION AND WELLNESS

GCISD shall follow applicable state and federal nutrition guidelines that advance student health and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

GOALS AND GUIDELINES

GCISD shall maintain wellness goals and nutritional guidelines in consultation with the local school health advisory committee (SHAC) and with representatives of the district's Nutrition Services Department, school administration, school board and parents. Goals shall be accomplished through nutrition education, physical education and activity and the foods and beverages served by the Nutrition Services Program.

NUTRITION EDUCATION

GCISD shall implement, in accordance with law, a coordinated school health program with a nutritional education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

- Nutrition Education shall include:
 - a. Nutrition messages promoted throughout the school, including the cafeteria and classrooms.
 - b. Nutrition education available on the district website periodically.

PHYSICAL ACTIVITY

The District shall implement, in accordance with law, a coordinated school health program that complies with the state-mandated time for daily/weekly physical education. Students in high school shall meet the physical education component as required for graduation. GCISD will provide an environment that fosters safe and enjoyable fitness activities for students, including those who are not participating in competitive sports. Time allotted for moderate to vigorous physical activity will be consistent with state standards and district board policy and regulations, to include at a minimum:

- a. Elementary (K-5); 30 minutes daily or 135 minutes weekly
- b. Middle School (6-7): 30 minutes daily for four semesters;
- Physical Education will be offered to 8th graders as an elective and students will be encouraged to participate.
- High School (9-12): 2- ½ credits (1.0 credits total) of physical education. Exemptions for middle and high school will be in accordance with District Board Policy and State mandates.
- Schools will not remove or pull students from Physical Education classes unless for administrative reasons such as discipline or counseling issues.

- State-certified physical education instructors who will participate in professional staff development opportunities that are aligned with district requirements will teach all Physical Education courses.
- Schools are encouraged at all elementary campuses to schedule recess before lunch. The benefits of having recess before lunch includes: better behavior on the playground, in the cafeteria and in afternoon classes. Additionally, there is less food waste, increased beverage consumption and an improved cafeteria atmosphere.
- Schools are encouraged to hold family events that will promote the benefits of physical activity and healthy lifestyle choices. Information shall be provided to families to help them consider and know how to make healthy choices and incorporate physical activity into their daily routines. Check It Out Centers are available at each Elementary Campus to provide information regarding fitness activities throughout the local area.

SCHOOL-BASED ACTIVITIES

GCISD shall establish an environment conducive to healthful eating and physical activity and to express a consistent wellness message through school-based activities:

- Schools will set schedules that allow a minimum of 10 minutes to eat breakfast and 20 minutes to eat lunch. This time will not include the time a student waits in line.
- Wellness for students and their families will be promoted at suitable school activities.
- Employee wellness education and involvement will be promoted at suitable school activities.

HEALTH EDUCATION

Health Education is a component of the Coordinated School Health Model, which consists of a planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. The comprehensive health education curriculum includes a variety of topics such as personal health, family health, community health, consumer health, environmental health, mental and emotional health, injury prevention and safety, nutrition, prevention and control of disease, and substance use and abuse. Qualified, trained teachers provide health education. GCISD continually reviews the state and national standards for current updates and research.



GCISD has adopted a state approved coordinated school health curriculum for grades K-8. This program provides lessons and strategies aligned with the state curriculum.

HEALTH SERVICES

The District shall provide quality health screening and services to students at all levels. Goals of the Screening Program include:

- Teaching prevention and developmental health
- Staff trained in CPR and AED
- Assigning registered nurses to all schools
- Conduct AED Drills on each campus

GUIDANCE AND COUNSELING

GCISD shall help students develop positive, decision-making skills related to health and wellness in order to maximize educational opportunities to function, contribute, and compete in a changing world.

Counselors shall provide:

- Responsive services which may include group and individual counseling, coordination of services and /or referral to external agencies as needed.
- Individualized student planning, which includes goal-setting, transitional services between grade levels, college and career investigation, and course selection and graduation planning.
- GCISD will encourage schools and counseling personnel to maintain a system of support, which includes relevant training for teachers and parents along with program evaluation to ensure quality and effectiveness.

SCHOOL FACILITIES & STAFF WELLNESS

GCISD shall make outdoor areas and facilities that are not otherwise subject to an Interlocal Agreement or contract for use or are in use for school programs and activities, available for exercise and recreational activities that involve physical activity for students and staff when staff are available to supervise such use.

- Availability of outdoor areas and facilities shall be in accordance with Board Policy GKD (LOCAL)
- Examples include:
 - Playgrounds and field spaces at elementary schools that are not locked
 - Outdoor spaces at middle schools and high schools that are not locked, such as tracks, fields, and tennis courts.

NUTRITIONAL GUIDELINES

GCISD shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as applicable state and federal regulations and guidance and that all foods available on each program subscribing campus are in accordance with the Healthy Hunger Free Kids Act of 2010.

- Provide each campus with education and guidelines on the use of food as a reward.
- Comply with the applicable sections of the Texas School Nutrition Policy and USDA Smart Snacks.
 - Elementary schools will not have or use vending machines.
 - Middle school vending machines may offer snacks and beverages that comply with Smart Snack guidelines.
 - High School vending machines may offer snacks or beverages except for sodas and candy except during the established “Breakfast Period.”
 - Elementary and Middle Schools may not **give away** foods or beverages that do not meet the Smart Snack guidelines during any part of the school day with the exception of the five designated days per school year as determined by the principal.

COMPETITIVE FOODS

Foods **sold** at GCISD schools, except high schools, shall meet the nutrition requirements. GCISD has established local nutritional guidelines for foods and beverages at high schools. Third party individuals or groups may not sell competitive foods and beverages at any time during the school day in elementary and middle schools.

FUNDRAISING

Fundraisers conducted at GCISD schools must meet all nutritional requirements* according to the USDA’s Food and Nutrition Services Federal Code 7 CFR parts 2010 and 220 (FNS-2011-0019) and the Texas Department of Agriculture Administrative Code (Title 4, Part 1, Chapter 26 Subchapter A), and shall comply with one of the categories listed below:

1. Food items that meet competitive food service nutrition standards. Smart Snacks:
<http://www.squaremeals.org/Programs/NationalSchoolLunchProgram/SmartSnacks.aspx>

2. Food items that **are not** intended to be consumed at school such as ready-to-bake cookie dough or ready-to-heat pizza
3. Non-food items

EXEMPT FUNDRAISERS

Elementary and Middle Schools may sell food and/or beverages as part of a fundraiser that does not meet the Nutritional Requirements, as outlined above, during the school day for up to six (6) days per school year on each school campus. Such fundraisers must comply with the rules listed below:

1. Food and beverages sold during an exempt fundraiser must not be sold in competition with school meal service (breakfast and lunch)
2. Food and beverages sold during an exempt fundraiser must not be consumed in the school meal service area (i.e, school cafeteria).

MONITORING AND IMPLEMENTATION

The School Health Advisory Committee shall help GCISD oversee this administrative regulation and periodically review the implementation of the wellness regulation with input from: Health Services, Nutrition Services, Counseling Services and the Athletics/Physical Education Department. The campus administration shall be responsible for implementation.

*For a list of the Smart Snack compliant foods and beverages currently sold by Nutrition Services please visit the Nutrition Services' Wellness and Student Health webpage. Additional foods and beverages in question can be analyzed with the smart snack calculator online at <http://tools.healthiergeneration.org/calc/calculator/>