

Schleicher County ISD Wellness Policy

2019-2020



Board Approval

Health Advisory Council

Cindi Williams..... School Nurse

Sandra Pina..... Parent

Kay Meador..... Parent

Courtney Triplett..... Parent

Kim Griffin..... Parent

Chad Williams..... Parent

Michael Johnson..... AD/Parent

The School Health Advisory Committee (SHAC) in conjunction with Coordinated Approach to Child Health (Catch) strive to promote the following mission statement in our schools and in our community:

Healthy Habits Last a Lifetime.

On June 30, 2004, Congress passed Section 204 of Public Law 108-265 of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires local education agencies to develop a policy that addresses the growing problem of childhood obesity. Schleicher County ISD has a history of producing healthy children through healthy eating and physical activity.

Needs Assessment:

A district needs assessment was conducted throughout the year using the School Health Index (SHI) module system. Eight SHI modules were completed by various school personnel to establish areas of concern. The results were ranked according to urgency and broken down into the following components and subsequent goals:

Component 1: Nutritional Education Goals

Goal 1: Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies. Each grade level will integrate nutrition into a unit of instruction once a year.

Goal 2: CATCH will be taught in the classroom and during PE in order to continue our tradition of student wellness and healthy habits.

Goal 3: The School District will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

Component 2: Physical Activity Goals

Goal 1: SCISD will follow the state time guidelines for rigorous physical activity every week.

Goal 2: The district will provide community members access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.

Component 3: Establishing Nutritional Standards for all foods available on school campus during the school day.

Goal 1: Set guidelines for foods and beverages sold in vending machines, snack bars, school stores and concession stands on school campuses.

Goal 2: The school District will make water available to students at all times during the school day, including additional water machines and water served with meals in the cafeteria.

Goal 3: The School District will be in compliance 100% of the time when serving refreshments at parties, celebrations and other meetings during the day.

Component 4: Goals for other school-based activities designed to promote student wellness

Goal 1: Prohibit the use of food as a reward or punishment.

Goal 2: Provide student opportunities for physical activities outside school hours.

Goal 3: Develop strategies for parents, teachers, school administrators, students, foodservice professionals and community members to serve as role-models in practicing healthy eating and being physically active, both in school and at home.

Component 5: Goals for tobacco awareness and prevention of student use

Goal1: Make students and staff aware of the dangers of tobacco use.

Goal2: Discourage students from using tobacco in any form.