

MATAGORDA ISD Student Nutritional Wellness Plan

Matagorda ISD's Wellness Policies on Physical Activity and Nutrition Purpose and Goal:

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is linked to reduced risks for the development of many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff will be encouraged to model healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms. Matagorda ISD Board Policy FFA (Local) details the District's emphasis on nutrition and health.

Component 1: A Commitment to Nutrition and Physical Activity

- Matagorda School will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies. This committee will be called the School Health Advisory Committee (SHAC)
- The Principal will address concerns such as kinds of foods available on campus. Sufficient mealtime, nutrition education, and physical activity.
- All students in grades K-12 will have opportunities, support, and encouraged to be physically active on a regular basis.
- Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *US Dietary Guidelines for Americans*
 - Matagorda ISD foodservice staff, Barbara Marchbanks, Superintendent, and Mr. Thomas Moorman, Food Service Manager, will administer the Child Nutrition Program. Food service staff will be properly qualified according to current professional standards.
 - Food safety will be an important part of the Matagorda ISD food service program.
 - Matagorda ISD will offer breakfast and lunch.

Component 2: Quality School Meals

- Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture.
- Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
- Students will be encouraged by both parents and teachers to eat breakfast and lunch daily. Menus will be sent to parents monthly and will be posted in the hall and on the Matagorda ISD website.

Component 3: Other Healthy Food Options

The SHAC will develop guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions (including concession stands at sporting and academic events).

Component 4: Pleasant Eating Experiences

- Water will be an option during lunch and drinking fountains will be available for students during the day.
- School personnel will assist all students in developing the healthy practice of washing hands before eating.
- Matagorda ISD will schedule lunch times so that students do not have to spend too much time waiting in line.
- No other activities will be scheduled during lunch.
- Adequate time to eat in a pleasant dining environment will be provided.
- Adults will properly supervise dining rooms and serve as role models to students. Parents are highly encouraged to dine with students in the cafeteria.

Component 5: Nutrition Education

- Matagorda ISD will follow health education curriculum standards and guidelines as stated by the Texas Education Agency.
- Teachers will be encouraged to integrate nutrition education into core curriculum areas such as science.
- Posters, websites, and videos will be available to students and teachers

- The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules.

- Food will neither be used as a reward nor a punishment for students.
- Matagorda ISD will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children. (On the back sides of the monthly menus, in the parent newsletter and occasional mailings to parents.)

Component 6: Marketing

- Schools will consider student need in planning for a healthy school nutrition environment.
- Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, parent meetings, Open House, and teacher in-services, etc.
- Students will be offered PE/Recess for at least 130 minutes per week

Component 7: Implementation

- The SHAC will meet four times a year to review and advise the food service director of concerns or improvements.
- The SHAC will develop a plan of action for improvement every fall.
- The SHAC will report to the Superintendent annually via the Food Service Director.
- The school health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public.

Approved: By Board of Trustees September 20, 2023

Updated and Assessed: By SHAC committee September 14, 2023