

Wellness Policy: Newcastle ISD

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: The Wellness Policy Committee of Newcastle ISD is committed to providing a school environment that enhances learning and development of lifelong wellness practices as well as promoting physical activity and nutrition education for all students, staff, parents and community members.

Nutrition Education Goals and Guidelines

Goal #1 Schools will educate, encourage, and support healthy eating by all students.

Guidelines:

1A: CATCH Curriculum will be used to support Nutrition Education. Teachers will follow curriculum outlines.

1B: The school cafeteria will display posters to promote healthy eating and display other nutrition education materials.

Goal #2 Schools will provide nutrition education for all students.

Guidelines:

2A: Nutrition education includes training for teachers and staff.

2B: 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.

2C: The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.

Physical Activity Goals and Guidelines

Goal #1 Schools will provide opportunities for students to regularly participate in physical activity

Guidelines:

1A: Students are given opportunities for physical activity during the school day through physical education (PE) classes, dailey recess periods for elementary school students, and the integration of physical activity into the academic curriculum.

1B: The school will implement physical activities from the CATCH Curriculum.

1C: Students are given opportunities for physical activity in interscholastic athletics.

Goal #2 Schools will help students understand the short-and long-term benefits of a physically active and healthy lifestyle.

Guidelines:

2A: Parent meetings will focus on the importance of physical activity and parents will be invited to participate in school related physical activities.

2B: Time allotted for physical activity will be consistent with research, and state standards. 30 minutes of structured daily physical activity or 135 minutes a week in grades K-6.

Goal #3 Physical activity is not used as a reward or punishment.

Guidelines:

3A: Provide a daily recess period, which is not used as a punishment or a reward.

Consider planning recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.

Nutrition Standards Goals and Guidelines

Goal #1 School will comply with the current USDA Dietary Guidelines for Americans and the Texas Public Schools Nutrition Policy.

Guidelines:

See Texas Public School Nutrition Policy.

Other School Based Activities Guidelines

Goal #1 The school will provide a healthy learning environment for all students.

Guidelines:

1A: The school district will schedule lunch time as near the middle of the school day as possible.

1B: The school district encourages all students to participate in school meals program, i.e. the National School Lunch, including snacks for After School Program, and School Breakfast programs.

1C: Schools will coordinate and hold a health fair once a year to help promote and educate the school and community.

1D: Schools will educate students on the importance of grooming and proper hygiene.

Goal #2 The school will create a total school environment that is conducive to healthy eating.

Guidelines:

2A: The school district provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.

2B: The school district makes drinking fountains available, so that students can get water at meals and throughout the day.

2C: The school district will provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.

Goal #3 The school will create a total school environment that is conducive to being physically active.

Guidelines:

3A: The school district will not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.

3B: The school district will make efforts to keep school owned physical activity facilities open for use by students outside school hours.

3C: Outside after-school sport activities and practices will take into consideration heat index and rising temperature.

Signature _____ (Parent)
_____ (Food Service Director)
_____ (Student)
_____ (School Board Member)
_____ (School Admin.)
_____ (City Council Member)

Date: _____

